May 2013

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Vol 11 No 5

Email the Editor: Ricky.Brockman@navy.mil

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Guest Editorial

Constant complaining in the workplace is toxic. It can drain the happiness, motivation, creativity and fun from a whole company. Wherever it's going on it must be addressed and handled properly. Here's why constant complaining is so bad.

It makes things look worse than they are

When people complain, they only focus on what's wrong. Things may be mostly fine, but complainers only talk about the problems, annoyances and peeves they perceive. If things are 80% good and 20% bad and you spend most of your time thinking and talking about the bad 20% – the situation will look a lot worse than it really is.

It becomes a habit

The more you complain, the easier it gets. In the end, everything is bad, every situation is a problem, every co-worker is a jerk and nothing is good. The more you focus on the negative, the harder it gets to switch into a positive mindset.

It leads to one downmanship

A complaining session might go something like this:

"My boss asked me to finish two huge projects as I was leaving and I had to stay two hours overtime!"

"Hah, that's nothing! My boss..."

This type of interaction rewards the person with the worst story who can complain the loudest. Not healthy!

It makes people despondent

Not only does constant complaining make you see the workplace as worse than it really is, but because you're constantly hearing stories of how bad things are and how they're constantly getting worse it also destroys all hope that things can get better. This, of course, makes people less likely to take action to improve their situation, because everybody knows it's doomed to fail anyway.

It kills innovation

Because the situations looks so hopeless, people become less creative and innovative. What's the point of coming up with ideas and implementing them – it's never going to work anyway.



Guest Editorial (Cont.)

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It creates cliques

Being positive, optimistic and appreciative makes you more open towards other people – no matter who they are. It becomes easy to connect to co-workers in other departments, projects or divisions. Complaining, on the other hand, makes people gather in cliques with their fellow complainers where they can be critical and suspicious of everybody else.

Pessimism is bad for you

People who see the world in a positive light have a long list of advantages, including:

- They live longer
- They're healthier
- They have more friends and better social lives
- They enjoy life more
- They're more successful at work

We sometimes think that pessimists and complainers have the edge because they see problems sooner but the truth is that optimists not only lead better lives, they're also more successful because they believe that what they're doing is going to work.

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Combs Cartoon



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Tuba Trouble



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Last Alarms

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Last Alarms

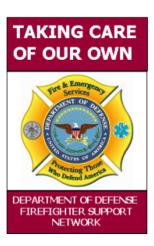
Age: 48

West, TX

The USFA reported 31 deaths to date in 2013. The following line of duty deaths were reported since we published our last issue:

Morris Bridges	Dale Queen 🔻	Albert Nejmeh ♥
Age: 41	Age: 37	Age: 59
West, TX	Hartselle, AL	Tacoma, WA
Cody Dragoo	Gene Kirchner	
Age: 50	Age: 24	
West, TX	Towson, MD	2013 Totals
Joseph Pustejousky	Stanley Martin 🔻	• 14 (45%) = 4 (13%)
Age: Pending	Age: 71	▼ Indicates cardiac related death
West, TX	Eutaw, AL	Findicates vehicle accident related
Douglas Snokhous	Daniel Davidson 🔻	
Age: 50	Age: 26	
West, TX	Cloudcroft, NM	
Robert Snokhous	Brian Woehlke	

TCOoO Update



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Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation. There are currently 22 DoD firefighters in the Taking Care of Own program.

Age: 29

Westland, MI

Name	Location	Point of Contact
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Stella Shimabukuro	USAG Presidio of Monterey, CA	Scott.Hudock@us.army.mil
Dana Picard	Westover ARB, MA	Diane.Lessard@us.af.mil
Edward Rust	DES Richmond, VA	Clyde.Hipshire@dla.mil
Billie Edwards	March ARB, CA	Melinda.Miller.2@us.af.mil
Wilson Humphries	USAG Camp Parks, CA	Alexis.A.Rivera8.civ@mail.mil
Stephen Dock	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Peter Giles	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Christopher Lumpkin	Fort Belvoir, VA	Joyce.R.Peck.civ@mail.mil
Chris Burke	Fort Wainwright, AK	David.Halbrooks@us.army.mil
Christopher Matthews	Portsmouth NSY, NH	Marc.J.Smith@navy.mil
Annie Sands	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
Mark Davis	JB Langley-Ft Eustis, VA	Dale.E.Hankins.civ@mail.mil
Michael McClure	Niagara Falls, NY	Peter.Stein@us.af.mil
Russell Reynolds	Niagara Falls, NY	Peter.Stein@us.af.mil
Richard Jefferson	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Thomas Trost	Wright Patterson AFB, OH	David.Warner@wpafb.af.mi
Brian O'Neill	Joint Base McGuire-Dix-Lakehurst, NJ	Paul.Presley.1@us.af.mil
Eric Schafer	Eglin AFB, FL	Kevin.Remedies@eglin.af.mil
Mark Luther	NAVSTA Newport, RI	Marc.J.Smith@navy.mil
Jeff Noel	Ft Campbell, KY	Charlotte.M.Epps.civ@mail.mil
Ricardo Mercado	NAS Corpus Christi, TX	Elizabeth.Atkinson@navy.mil

Furlough News

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To All DoD Personnel:

Chuck Hagel, Secretary of Defense

As you are fully aware, the Department of Defense is facing a historic shortfall in our budget for the current fiscal year. This is the result of current law that went into effect March 1. It imposes deep across-the-board cuts on DoD and other federal agencies. Combined with higher than expected wartime operating costs, we are now short more than \$30 billion in our operation and maintenance (O&M) accounts - which are the funds that we use to pay most civilian employees, maintain our military readiness, and respond to global contingencies.

The Department has been doing everything possible to reduce this shortfall while ensuring we can defend the nation, sustain wartime operations, and preserve DoD's most critical asset - our world-class civilian and military personnel. To that end, we have cut back sharply on facilities maintenance, worked to shift funds from investment to O&M accounts, and reduced many other important but non-essential programs. Still, these steps have not been enough to close the shortfall. Each of the military services has begun to significantly reduce training and maintenance of non-deployed operating forces - steps that will adversely impact military readiness. And even these reductions are not enough. Since deeper cuts to training and maintenance could leave our nation and our military exposed in the event of an unforeseen crisis, we have been forced to consider placing the majority of our civilian employees on administrative furlough.

After extensive review of all options with the DoD's senior military and civilian leadership on how we address this budget crisis, I am announcing that I have decided to direct furloughs of up to 11 days for most of the Department's civilian personnel. I have made this decision very reluctantly, because I know that the furloughs will disrupt lives and impact DoD operations. I recognize the significant hardship this places on you and your families.

After required notifications, we will begin the furlough period on July 8 at the rate of one furlough day per week for most personnel. We plan to continue these furloughs through the end of the current fiscal year. If our budgetary situation permits us to end furloughs early, I would strongly prefer to do so. That is a decision I will make later in the year.

Furloughs for 11 days represent about half of the number we had originally planned, reflecting the Department's vigorous efforts to meet our budgetary shortfalls through actions other than furlough. There will be exceptions driven by law and by the need to minimize harm to the execution of our core missions.

Your managers have been given authority to develop specific furlough procedures to minimize adverse mission effects and also limit the harm to morale and productivity. They will be in touch with you to provide guidance and answers.

The President and I are deeply appreciative of your patience, your hard work, and your dedication and contributions to the critical mission of helping protect America's national security. I am counting on all of you to stay focused on this vital mission in the days ahead. As I said the day I assumed the responsibilities of Secretary of Defense, I'm proud to be part of your team and I'm proud to serve with you.

On the Job -PAX River

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As Seen Through Our Eyes! By Christopher Connelly, District Fire Chief, NDW / NAS Patuxent River



People often ask me what's it like being a firefighter. What's it like speeding down the road with your sirens blaring, and lights flashing? What's it like rolling down the road into the unknown, not knowing what you will have until you arrive on scene?

On March 27, 2013, Naval Air Station Patuxent River Commanding Officer Captain Benjamin Shevchuk took on the challenge of finding out.

Pax firefighters wanted to provide him with a better understanding of all the complexities that go into fighting a fire, including all of the equipment required to safely and effectively mitigate an emergency scene.

After being fitted and introduced to his firefighting proximity gear, Captain Shevchuk donned the silver suit. He was then introduced to the safe operating procedures of his self-contained breathing apparatus and mask.

With his gear on, the captain said he was up for the challenge of taking on an active fire, and with the Naval District Washington Fire & Emergency Services' Mobile Aircraft Firefighting Training Device, he was able to do just that.

With nozzle in hand, and a team of experienced firefighters behind him and coaching him, Captain Shevchuk successfully advanced the hand line, knocked down an exterior engine and fuselage fire and then advanced the line inside combating multiple interior fires.

It was a wonderful opportunity for our department to show case our services and allow our Installation Headquarters to have a better working knowledge of what it is their fire service personnel go through on a daily basis.

I asked Captain Shevchuk "How did the exercise enhance your awareness of your installations fire departments responsibilities?" he replied, "Joining the training allowed me to learn from F&ES professionals, feel the gear, and experience the tempo of training. It showed me how fit, intense and team-focused our firefighters have to be; turning a fully charged hose in a confined space while moving forward on my knees was a real eye-opener."

He continued, "My days at firefighting school are well behind me, but I would recommend all COs get involved in their local live fire training. In just a couple of hours, I had a much better sense of the challenges facing our first-responders. Having been a squadron CO before, I know we want the best possible rescue effort for our aircrew and airframes. Getting a hands-on demonstration has compelled me to strengthen awareness and partnerships with our tenants across the air station."

On the Job -Bahrain

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Grad Night

By William Shanholtzer, Fire Chief NSA Bahrain



NSA Bahrain Fire & Emergency Services conducted its first official Fire Academy Graduation on 16 April 2013 to recognize 16 Bahraini Grade (BG) firefighters completing the course of instruction.

CDR Justin Rubino, NSA Bahrain Executive Officer, and Operations Commander, LCDR Ray Davis attended as our honored guests. XO Rubino provided some inspirational words for the individual accomplishments of our BG firefighters. Fire Chief, Will Shanholtzer followed and offered praise for all those who contributed to the success of the fire academy. The Fire Chief's command staff then took to the stage for the formal issuance of IFSAC and associated professional certifications.

Our BG firefighters received 110 total certifications including Firefighter I & II, HazMat Awareness, HazMat Operations, HazMat Ops with PPE, HazMat Ops-Product Control, CPR, EMR, and EVOC.

Scholarship



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2013 Memorial Scholarship Fund

http://www.militaryfirefighterheritage.com/scholarship.html

The Military Firefighter Heritage Foundation Memorial Scholarship is for high school seniors, upcoming college sophomores, juniors and seniors that have been accepted into an undergraduate program in a U.S. accredited two year, four year, or vocational school during the 2013-2014 academic year. Applicant must be an immediate family member of a member of the DoD Fire Emergency Services, (this includes Active Duty, Reserve, Guard, and Civil Service) or immediate family member of a DoD Firefighter listed on the DoD Fallen Firefighters Memorial.

The Heritage Foundation Scholarship Committee has determined that this year they will award one \$3000 scholarship and one \$2000 scholarship. These awards will be paid directly to the academic institution for the student's tuition, books, fees, and on-campus housing.

Applications are due 1 June and the recipients will be announced 1 July 2013.

On the Job -Hawaii

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Career Day at Kamehameha Middle School

By Fire Inspector Angela Sanders



Kamehameha Middle School College and Career Fair held on Friday 15 March 2013, provided 640 students aged 11-13 years with insight on college and career readiness in the 21st century.

Kamehameha Schools is a private charitable educational trust endowed by the will of Hawaiian Princess Bernice Pauahi Bishop who was the

great-granddaughter and last direct descendant of King Kamehameha I. During her lifetime, she witnessed the rapid decline of the Hawaiian population and the princess knew that education would be the key to their survival. Upon her passing, she left 375,000 acres of ancestral land to be used for the education of her people. Today, her endowment supports an educational system that serves thousands of Hawaiian learners in Hawai'i and across the nation. Kamehameha Schools on the island of O'ahu, Maui and Hawai'i campuses serve over 6,900 students of Hawaiian ancestry from kindergarten through the 12th grades.

FFD presentations and displays focused on Fire Service, Fire Prevention, Fire Investigation and Emergency Medical Services (EMS) to include CPR training sessions. "It is a wonderful opportunity for FFD to showcase our programs, what we are all about, and what we do. Most civilians know very little on what the FFD mission is all about" said Dennis Yurong Federal Fire Department Regional EMS Chief. Yurong continued to say "FFD offers career opportunities in Fire Prevention/Investigation, Fire and Emergency Services as firefighters and EMS providers as an Emergency Medical Technician (EMT) and/or Firefighters/Paramedic.

The career fair started with four sessions throughout the day. The FFD Firefighters at station 8, Kaneohe Marine Corps Base showcased Engine 108 with all the firefighting tools and equipment. Firefighters gave students a chance to sound the sirens as well as trying on their firefighting gear. The Fire Inspectors focused on preventing fires, the importance of fire safety, and provided hands on fire extinguisher training with a new high tech Bullex laser fire extinguisher trainer. The EMS Chief Dennis Yurong and Firefighter/Paramedics Arlene Koh provided hands on CPR training. Students learned how to properly provide CPR for two whole minutes by keeping to the beat of the famous song Staying Alive sung by the Bee Gees which was played in the background.

During the lunch break, students and staff were entertained with a special and beautiful performance by FFD Firefighter/Paramedic Arlene Koh who played the violin alongside friend Rosalie Wadsworth playing the harp.

VADM Braun Visit

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STATES NALZ

Chief of Navy Reserve Visits Fire Academy Students

By Ricky Brockman, Deputy Director Navy Fire & Emergency Services Photos by ABHC Leonard Starr



Navy Reserve Firefighter
Academy students preparing for
final exams were surprised by a
VIP visitor to their classroom
recently. Vice Admiral Robin R.
Braun, Chief of Navy Reserve and
Commander, Navy Reserve Force
stopped by the Anne Arundel Fire
Department training facility on
Monday, 13 May to visit with
students as they prepared for final
exams.

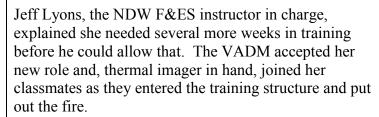
VADM Braun was very impressed with the program and how our Reserve Force firefighters are being used to supplement F&ES staffing at various locations around



the world. She spoke with the students for nearly 30 minutes, expressing her admiration for their efforts and explaining how they fit into the Reserve Force big picture. She invoked Commander Navy Installations Command, VADM William French several times, relaying his appreciation for CNIC Reserve Force firefighters.

When she solicited questions afterward, one of the students asked "What will it take to coerce you into donning turnouts and fighting a fire with us?"

Apparently, it did not take much coercion as she was quickly dressed in full structural PPE and SCBA and making entry into a live fire exercise with the students! Her aide was panic-stricken but VADM Braun enthusiastically (and SAFELY) joined the students and entered the training fire. When told she would be placed in an observer's role and equipped with a thermal imaging camera she protested, "I want to put out the fire!"



Afterward, she said she thoroughly enjoyed the experience and was beside herself with gratitude and admiration for her Reserve Force firefighters. The admiration was mutual.



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On the Job -Camp Lejeune

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Lejeune Firefighters Win Top Honors



On Saturday, 23 March 2013, a team of Camp Lejeune firefighters competed in the 19th Annual Hubert Volunteer Firefighters Competition. All proceeds from the annual competition benefitted the North Carolina Jaycee Burn Center in Chapel Hill. Team members that participated were Lieutenant Chad Hewlett. Lieutenant Jerod Kuhnly. Lieutenant/Paramedic Scott Longo, Lieutenant Robert Thompson III, Firefighter Eric Aker, and Firefighter Casey Wooten.

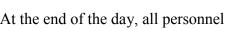
The competition consisted of local fire departments entering a six man team to

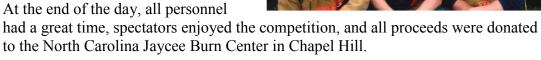
compete in six events. The Camp Lejeune team finished first in three events and second in three events, giving them overall bragging rights by taking first place overall in the competition. The team placed first in the Tug-of-war, Tower Challenge, and Bucket Brigade, while taking second place in Three Blind Mice, Water Ball, and the Midnight Challenge.

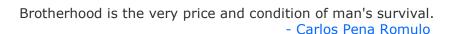
Camp Lejeune firefighters competed alongside their fellow Onslow, Jones, and Sampson County Volunteer firefighters. Firefighters came from Hubert Volunteer Fire Department, Bear Creek Volunteer Fire Department, Maysville Volunteer Fire

Department and Fire and Taylors Bridge Volunteer Fire Department.

This was a great opportunity to work alongside neighboring fire departments for a great cause. The brotherhood and camaraderie runs deep with firefighters, but when it came down to the firefighter competition all bets were off.







Station Dedicated

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Fallen Marine, Firefighter Honored

By Derrick K, Irions, Marine Corps Base Camp Pendleton



Headquarters Marine
Corps dedicated the
recently constructed Fire
Station 10 here, April 6,
in commemoration of Sgt.
Brian E. Dunlap, an
advisor for the Iraqi Army
and firefighter with the
Camp Pendleton Fire
Department. Dunlap was
killed by an improvised
explosive device after a

series of IED's were detonated during combat operation against enemy forces in Abu Fleiss, Iraq, in 2005.

Dunlap's family joined Pendleton Marines and firefighters and gathered inside the new fire station's garage bay and unveiled the dedication plaque to be hung near the front of the building.

Retired Staff Sgt. Fernando Castellanos, who was patrolling with Dunlap the day they were struck by the IED's, shared memories of their time together. "Brian was one of the only advisors who actually lived with the Iraqis," said Castellanos. "The rest of us didn't want anything to do with them."

Castellanos explained that Dunlap completely divulged himself into the Iraqi lifestyle. "He took it to heart," said Castellanos. "He actually ate, slept and lived with them and they returned the favor. Every time he went on patrol and the Iraqis sensed some danger, they would protect him."

"He really immersed himself

into everything he did," said Dunlap's cousin, Tom Tellez.

CPFD's Fire Chief, Tom Thompson, explained that Dunlap's unselfish desire to serve his country should be an inspiration for all emergency, rescue or military service members. "Sgt. Dunlap paid the ultimate sacrifice," said Thompson. "The motivation to forever memorialize him with our newest station was obvious."

Dunlap's mother, Dorothy Tellez, cried during the ceremony held in Brian's honor and shared her appreciation for all those who came to see the buildings archway don the name of her fallen son. "This is wonderful," expressed Dorothy. "Brian would have loved this station."



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Back in the Day

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Former Marine Corps Apparatus Still Serving

Story and photos by Tom W. Shand

With the planned acquisition of new fire apparatus both Navy and Marine Corps Fire and Emergency Services Departments have recently retired units which in many cases can meet the needs of municipal fire departments to bolster their apparatus fleets. Through the Defense Reutilization and Marketing Offices (DRMO) fire departments can acquire used fire apparatus for their communities at a fraction of the cost of new units.

Following the introduction of the Snorkel articulating boom platform during 1958, Snorkel Fire Equipment Company of Saint Joseph, Missouri unveiled the 50 foot Tele Squrt at the 1972 International Fire Chiefs Conference. This device was designed to be installed at the rear hose bed area of any pumper with the operating pedestal requiring an 18 x 28 inch space. The Tele Squrt device consisted of two aluminum box boom sections with an external waterway. When operated as a water tower the unit could produce a 1000 gpm stream with nozzle movements that were beyond the range of conventional ladder pipes on aerial ladders.

Snorkel Fire Equipment had patented the nozzle which was capable of a 250 degree sweep in the vertical plane and 45 degree sweep from the centerline while flowing water. The tower had a 400 pound tip load when operating between 0 to 45 degrees above horizontal and 800 pounds when operating above 45 degrees. Due to the compact design of the Tele Squrt the device only weighted 5100 pounds and could be operated from the rear using a joystick style control for all boom and nozzle functions.

During 1987 the Marine Corps Fire and Emergency Services placed into service eighteen Pierce Arrow pumpers equipped with 50 foot Tele Squrt water towers. These units carried a 1000 gpm pump, 500 gallon water tank with a 100 gallon foam tank supplying a Feecon APH around the pump foam system. In later years these pumpers were rebuilt by Pierce to provide four door enclosed cabs, upgraded warning lights and hydraulic system work.

Each of the stateside bases was assigned one of these Tele Squrt pumpers with Camp Pendleton and Camp Lejeune each assigned four of these units. The Camp Lejeune Tele Squrt pumpers at one time were assigned as Engines, 5, 6, 8 and 10. With the acquisition of new 75 foot Pierce quints these units became available through DRMO for use by outside fire departments. As a result communities that could not justify the cost of a new aerial device have been able to acquire used apparatus from the Navy and Marine Corps Fire and Emergency Services to provide truck company service.

Hanceville, Alabama in Cullman County and White Hall, Arkansas in Jefferson County are operating 1987 Pierce Arrow Tele Squrt pumpers that were acquired through the local DRMO authorities. The White Hall pumper was once operated at Camp Lejeune and the lineage of the Hanceville Tele Squrt is being researched. While new to these two communities these pumpers may bring back some memories of what twenty five year old pumpers looked like "Back in the Day".

Landmark NIST Report

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Study Changes NFPA 1710, High-Rise Tactics

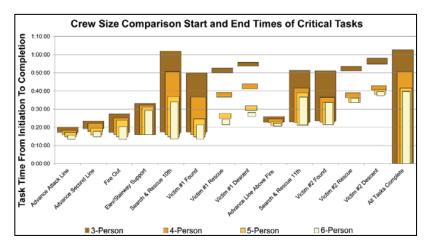
By Mary Rose Roberts, Fire Chief Magazine

A consortium of public-safety organizations today unveiled a study that uses field and computer-modeling data to determine the minimum high-rise fire crew size. The study, along with the companion *Report on Residential Fireground Experiments*, establishes a technical basis for the deployment of resources to fireground events with varying levels of underlying hazards. It also will be used to update the next edition of NFPA 1710, a national standard for the organization and deployment of fire-suppression operations.

"This study was conducted as we watched nationally, and in Canada, decision-makers cut fire department resources with little knowledge of the impact or ramifications of their cuts," said Lori Moore-Merrell of the International Association of Fire Fighters, a co-principal investigator for the study, during a press conference. "[Participants] in the study helped us set, what we hope, will be the minimum crew-size standard in response to high-rise fires."

Funded by the FEMA Assistance to Firefighters Grants Program, the study was led by the National Institute of Standards and Technology (NIST) in partnership with the IAFC, IAFF, WPI, the Urban Institute and 13 Washington, D.C., area fire departments. Researchers took into account the growing rate of high-rise building construction in the U.S., and collected data to quantify the impact that different fire-crew sizes — three-person, four-person, five-person and six-person — alarm assignments and vertical-response modes had on occupant survivability, firefighter safety and property protection. Field studies were conducted in a 13-story vacant high-rise office building in Crystal City, VA, and involved 48 separate controlled experiments and computer modeling.

According to the report, having a five-member crew has a dramatic effect on the crew's ability to protect lives and property. The report found that when responding to a medium-growth-rate fire on the 10th floor of the high-

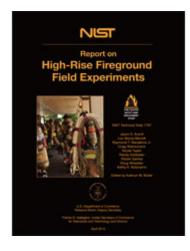


rise structure, a three-person crew ascending to the fire floor confronted a blaze that is almost 60% larger than the fire faced by a six-member crew, which would start extinguishing a fire roughly three-and-one-half minutes earlier.

In addition to the time-to-task portion of the study, fire modeling was used to correlate time-to-task completion (by crew size, alarm size and vertical-response mode) to the degree of toxicity of the structure environment, for a range of fire growth rates.

NIST (Cont.)

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"In general, occupants being rescued by smaller crew sizes and by crews that used the stairs rather than the elevators were exposed to significantly greater dose of toxins from the fire," according to the report. "While the exact risk exposure for an occupant will depend on the fire growth rate, their proximity to the fire, and the floor on which the fire is located, it is clear that on-scene deployment decisions can have a dramatic effect in determining the fate of building occupants."

The results and conclusions will inform local fire chiefs and elected officials charged with matching fire risks in a community with a safe and effective fire department deployment configuration, added Dennis Compton, chairman of the National Fallen Firefighters Foundation and retired chief of the Mesa (AZ) Fire Department.

"To the see outcome of this work over the years we've been trying to complete this project is absolutely amazing," Compton said. "The most important thing about this study is it is going to assist fire chiefs, union officials and, just as important, city, county and district managers and elected officials in making informed decisions about the resources we send to those events."

Visit http://www.fireandemsdata.com/High_Rise_Report.pdf to download the complete report.

Fire Chief. Reprinted by permission of Penton Media, Inc. Copyright 2013. All rights reserved.

HVAC Humor



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Search for an Honest Contractor

A technician working at a small not-for-profit organization reports that they are having problems with the air conditioning in their small computer room.

"It was routinely getting into the low 80's," he says. "We thought the air conditioning for the room should be plenty for the space, but we had added a number of additional systems."

So the organization brings in a vendor to see what beefing up the cooling system will cost. The quote is in the neighborhood of \$25,000 -- way too pricey for this outfit.

"At non-profits, money is never in abundance and we knew we wouldn't be able to scrape up anywhere close to \$25,000," says the technician. "However, our board required us to get three quotes for any expense close to that. So we brought in a competing vendor."

The second air-conditioning guy walks into the computer room and looks around for a minute. Then he picks up a spare cardboard box off the floor and tapes it over the thermostat. "No charge," he says.

It turns out that an air-conditioning vent was blowing directly onto the thermostat. So as soon as it would turn on, the thermostat would register the temperature change and shut the air conditioner off.

The technician reported, "We did end up spending \$100 or so to replace the cardboard box with something nicer ... and to buy dinner for the second vendor.

Hawaii AEDs

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FFD Supplies AED for Hickam Elementary School

By Fire Inspector Angela Sanders





A 10 year old child attending Hickam Elementary School was recently diagnosed with Hypertrophic Cardiomyopathy (HCM), a disease that affects the muscle of the heart. The Parent/Teachers Association reached out to the Automated External Defibrillator (AED) Institute of American and the Hawaii Heart Foundation requesting for support for an AED to be installed in the school to provide immediate emergency care in the event the child went into sudden cardiac arrest.

Sudden cardiac arrest can strike people of all ages and fitness levels usually without warning. Many more lives can be saved if trained to act promptly, call 911, begin cardiopulmonary resuscitation (CPR) and provide defibrillation within minutes. The American Heart Association (AHA) Guidelines stress "the importance of high-quality CPR and the availability of an AED will help improve outcomes in a cardiac arrest situation". Last year, the AED Institute provided training to the Hickam teachers and 5th graders. This training gave the staff the knowledge and awareness for the need and value of having an AED on property.

The AED Institute and the Hawaii Heart foundation reached out to the Federal Fire Department to assist with Hickam Elementary Schools request. The Federal Fire Department has volunteered to supply two ZOLL AED Plus AEDs to the Hickam Elementary School. The AEDs will be placed in the school cafeteria and the other placed in the Administration office.

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These AEDs will be included in the Command Navy Region AED program and the Federal Fire Department will maintain and provide support. The Federal Fire Department in partnership with the AED Institute and the Hawaii Heart Foundation will also provide CPR and AED training to the students and staff. In addition, Major Graham a parent has donated his services to build two custom wooden cabinets for the AEDs and Pam Foster from the AED Institute has graciously provided two 3D AED signs to be installed in the School. The Mother of the 10 year old child Christine Cook stated "I know these AEDs will be a valuable asset to Hickam Elementary. Although I hope the AEDs never have to be put to use, I know my son, the Hickam Elementary community, staff, parents, and students, all have a much better chance at survival if a heart attack should occur".

AEDs (Cont.)

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The ZOLL AED Plus is a full service AED for infrequent rescuers and features real CPR Help. CPR Help is a tool that is able to see what you are doing and will provide feedback to help you do it well. Audio and visual prompts help you rescue with confidence and the clarity is unmatched by any other AED. The ZOLL AED Plus will direct you when to push harder, will inform you if you are pushing hard enough by saying good compressions, a metronome will lead you to the right rate, and it shows in real time the depth of each compression.

On Tuesday April 2, 2013, the Federal Fire Department Regional



Fire Chief Fletcher Dahman, Deputy Chief Gayland Enriques, Regional EMS Chief Dennis Yurong, EMS Battalion Chief Douglas Asano, Fire Inspector Shannon Gipaya along with Pamela Foster founder of Hawaii Heart Foundation, had the pleasure of visiting Hickam Elementary School to hand over the two AEDs. This special gift was given to Principal John Erickson. Several staff members and Christine Cook were also present to watch a brief demonstration on the operation and capabilities of the ZOLL AED Plus. "As a parent of a child with heart disease, I am extremely grateful to have two AEDs installed at Hickam Elementary. I want to thank Kim Lowe, the AED Institute of America, Hawaii Heart Foundation, the Federal Fire Department, ZOLL, Christine Graham and her husband Major Jered Graham" said Christine Cook.

"It is an honor for Hawaii Heart Foundation to partner with the Federal Fire Department on establishing Hickam Elementary as a Hawaii Heart Safe school. To save an individual who experiences a cardiac arrest in the community, it takes a team of heroes to save this life. With the Federal Fire Department supplying the school with life-saving devices, Hawaii Heart Foundation teaching the staff and children how to respond, and partnering with the local professionals, the Chain of Survival will be strong and each link will be as strong as the next. Together we will turn the survival rates UP Side Down!" said Pamela Foster, founder of the Hawaii Heart Foundation.

The individuals who contributed in providing AEDs to Hickam Elementary School include: Hickam Elementary School Administration Parent/Teachers Association, Federal Fire Department, Navy Region Hawaii Regional EMS Chief Dennis Yurong, President of the AED Institute of America Inc and Founder of Hawaii HEART Foundation Pamela Foster, DXE Medical Inc National Sales representative Donovan Sievers, and Lifescience Resources Inc., Eric Tessmer.

More Landmark Research

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Flashover Research Could Change Tactics

By Shane Ray | Fire Chief

Chief officers face tough questions about what we do on the fireground and why we do it — especially when a firefighter is injured or killed. But it's important to understand that today's fires aren't the same as the ones chiefs once fought as firefighters.

Research shows that modern furnishings, construction components and other factors have changed how fires burn. Firefighters must have the latest information to hear what a fire is saying and how best to extinguish it.

Indeed, a new research study conducted by the National Institute of Standards and Technology is giving the fire service a lot to talk about.

"We finally are listening to the fire — what will it have to tell us?" asked Phoenix Fire Chief Alan Brunacini (Ret.) about the tests.

The Testing Environment

In January, NIST researchers and volunteer and career firefighters conducted a series of tests in Spartanburg, SC, to study various suppression methods — individually and in combinations — for ventilating and isolating fires to prevent — or at least delay — flashover. Firefighters from 15 states and the District of Columbia participated in the burns, which were funded by a \$619,000 FIRE grant awarded to the ISFSI.

More than 160 fire-service officials from across the country, along with elected officials, public-works partners and a fifth-grade class attended the demonstrations. Such an open-door policy ensured maximum exposure to this information.

The burns were conducted in eight homes already slated for demolition. The houses were of older construction, but they did feature newer windows and modern furnishings. Each of the houses was furnished with the same pieces: a couch, two chairs, coffee table, end tables and lamps in the living room and a queen-sized bed, dresser and night stand in the bedrooms. The houses also featured heat-measuring devices and high-heat thermal cameras.

Also inside some of the houses were simulated firefighters wearing full gear to see if human firefighters would survive conditions based on the tactics used.

This research continues to build on the work already conducted by NIST and Underwriters Laboratories. What made Spartanburg different was researchers' focus on single-family detached dwellings.

"This is the first time we're looking at how older homes with new furniture and windows burn," Dan Madrzykowski, NIST research team leader, told the media after the burns. "Now, lot sizes are a lot smaller, so houses are closer together and there are more open spaces so fire moves more quickly than fires we had, say 20 years ago.

"Some of grandad's (firefighting) tactics haven't held up," he said, because of the plastics and fuels from crude oil found in homes.



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Flashover (Cont.)

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The first-due company officer to a single-family detached dwelling — whether its 1,000 square feet or 10,000 square feet — should evaluate the strategy of limiting air by controlling the flow-path and getting water into the space where the fire appears. If the fire appears confined in the space and has not extended into the attic, the initial application of water from a non-IDLH position will reduce the temperature.

This isn't to say that firefighters should not enter a burning building, just that it doesn't cause harm to put water on the fire while firefighters are outside the structure. Spraying smoke may be just enough to prevent flashover, because if firefighters can limit the air supply to the fire, they have a better chance of controlling it.

Applying water into the fire space results in a greater than 750° temperature reduction, regardless of how the water is applied. Opening doors and windows on a house that has a ventilation-limited fire will increase the temperature, which can make fuels ignite almost immediately in an environment that previously wouldn't have supported combustion.



What to Do With New Information

Much of fire-service training has been based on perception rather than reality, and tactics focused on skill rather than knowledge. This information should cause well-trained, well-educated and long-experienced fire officers to stop and think.

Experienced company officers and instructors should examine the latest research, textbooks, and NIOSH firefighter-fatality and near-miss reports. Does the fire service operate and function the way it does — especially on single-family, detached dwellings — because it produces the best outcomes or because of anecdotal procedures and processes from the past? Fire officers can make a difference by improving tactical decision-making and training new firefighters and upcoming fire officers to think about their actions based on the knowledge they have, not just the skills and abilities. Ask the tough questions and embrace the answers

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Fire instructors should research the origin of the tactics they are teaching and be able why they are being taught. For example, why were we taught not to spray smoke? Is it because it "wastes" water? Is it because it decreases visibility? Wouldn't it be better to train firefighters to use water effectively rather than worrying about waste?

If the smoke is hot, firefighters need to cool it by spraying water. Spraying smoke does not have a negative effect. There are many times in which firefighters should spray smoke to lower the temperature and reduce pyrolysis in the environment. Remember smoke is fuel, so spraying water on hot fuel is a logical move.

It will be argued that this method will produce steam that could harm the occupant and firefighter. But Spartanburg burns showed that in order to survive a room and contents fire in a single-family detached dwelling smaller than 1,400 square feet, an occupant or firefighter needs to be in a separate room from the fire with the door closed.

Flashover (Cont.)

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In the tests, a occupant or firefighter could have survived the fire, even a multiple room-and-contents fire if he or she kept the door closed and the fire department immediately applied water upon arrival. This assumes that the arrival time is prior to the failure of the door, which would vary depending on whether it was a solid door or a hollow core, plus the amount of air flow to the fire, and other factors.

Changing Pub-Ed

The information produced by the Spartanburg burns also should prompt chief officers to change their fire- and life-safety efforts and messages. For example, if it is so smoky that an occupant has to crawl, should he or she evacuate, or isolate from the fire in a room with a window large enough for escape? Does the escape plan make sure that the occupant shuts doors on the way out? Explain to them why this is important: Limiting the air limits the fire.

None of the new double-pane windows installed at the Spartanburg houses failed on their own. This created ventilation-limited fires, keeping the temperature down and limiting the number of an owner's contents destroyed by fire. This highlights the importance of functioning doors and windows. Fire departments should partner with building officials to learn about window size and function. Also, departments need to ensure that the International Residential Code (IRC) is being enforced.

Whether it's regarding strategy and tactics or public education and building- and fire-code enforcement, the key to success and survivability is fast water application, limited air flow, and buildings built and maintained to the latest code. During the Spartanburg tests, researchers equipped one room in one of the houses with a residential fire sprinkler. Not surprisingly, a single quick-response residential fire sprinkler head activated and controlled the fire in the bedroom within minutes, leaving the rest of the house dry and occupiable. If an occupant could get from the bed to the floor, he or she could have survived the whole event.

What's Next

The next challenge for Spartanburg participants is sharing the data with firefighters and fire departments across the nation. NIST researchers are reviewing and analyzing the data for incorporation into a training module, expected to be available in mid-July.

Presentations already are scheduled for the International Association of Fire Chiefs Volunteer & Combination Officers Section's Symposium in the Sun in November, and the ISFSI's Fall Conference. Updates also will be available via Twitter (@SpartanburgBurn), Facebook (www.facebook.com/SpartanburgBurns), and the associations' websites.

The Spartanburg burns were a great example of a federal, state, local and private partnership. They also were a great way for the local community to contribute to the body of knowledge in the fire service and for the fire service to give back to the community. It's time for the fire service to use what it knows and what the fire says. It's time for the fire service to refocus its strategy on fire control and fight fire with all of the available tactics.

Shane Ray is the South Carolina State Fire Marshal. He is a member of FIRE CHIEF's editorial advisory board.

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SA Matters!

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SAMatters, Com

Nine Dangerous Mindsets Part 2: The Subordinate

By Rich Gasaway, PhD.

Being a subordinate is an inherently essential skill for first responders. Borrowing a line from the movie *A Few Good Men* "We follow orders or people die." This is true. However, consistent with the outcome of the movie, sometimes BECAUSE we follow orders people die. An example of this would be when a decision maker has flawed situational awareness but does not know it. This segment addresses the dangerous outcomes that can arise from being a loyal follower.

Dangerous Mindsets

The potentially dangerous mindsets I will be writing about in this series include:

The starter (a.k.a., the new member)

The subordinate (a.k.a., the loyal follower)

The specialist (a.k.a., the expert or 'know-it-all')

The superior (a.k.a., the BOSS!)

The stubborn (a.k.a., the defiant)

The silent (a.k.a., the shy one)

The superman (a.k.a., the unstoppable)

The slacker (a.k.a., the complacent)

The synergist (a.k.a., the like-minded)

This article addresses the subordinate.

So I don't get off on the wrong foot with the readers, this article is not a damnation of formal authority. I have always been a strong supporter of the chain of command and the essential need for subordinates to follow the direct orders of superior officers. No where is this concept more critical than on an emergency scene. If someone does not follow orders, people can die. There no place for blatant insubordination.

Good leaders – Bad Decisions

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Is it possible for a good leader to make a bad decision? Whether you are in a formal leadership position or not, I hope your answer to this questions is a resounding YES! To think otherwise is to believe a leader (yourself or someone else) is a flawless decision maker. This simply is an unrealistic expectation. In no environment is someone's decision quality at greater risk of error than in the high-risk, high consequence environment of emergency scenes. Rregardless of the level of training or experience, all humans are subject to error.

Loyal to the Death

Some would say to be subordinate is to be loyal. In fact, loyalty is a subordinate quality coveted by many leaders. Loyalty can be acquired a variety of ways including by building trust or by instilling fear. The loyal subordinate who follows out of trust may not question the decision of the leader because there is a level of trust that inhibits the follower from questioning the decision of the leader.

SA Matters (Cont.)

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A subordinate may also avoid calling into question the decisions of superiors out of fear. If the fear of retribution from the leader exceeds the fear of the consequence of performing the order, the order may be obeyed even if the consequences to the subordinate are catastrophic. This form of learned helplessness arising from fear can prevent a subordinate from making any statement in opposition to the leader's wishes, on or off the emergency scene. Here's a clue: If it is happening off the emergency scene, then it is almost guaranteed to happen on the emergency scene.

The Good Subordinate

A good subordinate does not follow blindly. Rather, he or she sees their role as one who collaborates and, when appropriate and in appropriate measure, challenges the decision of a superior. In my Fifty Ways to Kill a First Responder course we discuss the vulnerabilities all of us possess as humans – especially under stress. I demonstrate through a series of classroom experiments that we are all susceptible to flawed performance. These demonstrations are often described as a wake up call by commanders and company officers in the program and it also dials the subordinates into the fact their bosses are not super-human.

The Badge Tapper

I was recently introduced to this term by a student in one of my leadership classes and I'd like to share what a badge tapper is and how he or she can impact the safety of a team. A badge tapper is a supervisor who, when questioned, taps their officer badge with their index finger while proclaiming the subordinate is to do what is ordered because the officer outranks him or her. Some might describe this as the supervisor having a superiority complex.

This mentality may lead to a subordinate saying nothing, even in the throes of the supervisor making a grave error in judgment on an emergency scene. Only after the bad outcome has occurred will the critics voice their concerns. By then, however, it is too late.

Chief Gasaway's Advice

Bosses yearn to have subordinate employees and most employees strive to be faithful followers. However, supervisors with healthy self-esteems and egos that are in-check will be the first to genuinely admit their decision making is vulnerable and they want to be told when they may be putting subordinates in harms way.

Likewise, subordinates have an obligation for their safety and the safety of other providers operating at an emergency scene to speak up when a supervisor's decision is flawed and the well-being of responders is in jeopardy. It would be good to have a conversation with a supervisor, in advance of the circumstances giving rise to a flawed situational awareness, and subsequently a flawed decision at an emergency. In advance of a call is the time to work out how the supervisor wants to be told when his or her situational awareness seems flawed or a decision seems flawed. It is important to keep in mind that flawed situational awareness can be disguised.

If there is anything I can do to help improve your situational awareness please contact me at: Rich@RichGasaway.com

Fitness Programs

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Sara Jahnke, PhD.

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Benefits of Investing in Firefighter Fitness

By Janet Wilmoth

My brothers' department installed basketball hoops in its first attempt at a firefighter-fitness program, but ultimately took them down after a rash of sprains and strains. Many risk managers still argue that exercising will result in lost-time injuries for firefighters. But firefighting is physically demanding job, and maintaining fitness is not a luxury — it's a necessity.



A recently released report from the Center for Fire, Rescue and EMS Health Research highlights the benefit

of physical training for firefighters despite the risk of injury during exercise. According to "Injury among a population based sample of career firefighters in the central USA," firefighters who exercised over a long term were half as likely to sustain non-exercise or line-of-duty injuries.

According to lead researcher Dr. Sara Jahnke, the study was the result of hearing firefighters frequently complain that exercise causes injuries. "What we did find when we looked at that comment is that when people exercised, they were half as likely to experience any other kind of injury," she said, adding that a medical director in the southwest region told her firefighter injuries on the fireground tend to be much more catastrophic.

Researchers studied 462 career firefighters from 11 randomly selected fire departments in the Missouri Valley region. The report looks at an Illinois study of worker's compensation claims from 1992 to 1999 in which nearly a third of the claims were for overexertion and 83% of those were related to strain or sprains. The average firefighter's worker's compensation claim was \$5,168. In 1997, the costs of injuries sustained by firefighters nationally were estimated between \$830 million and \$980 million annually.

This report is important from a risk-management standpoint, as it gives evidence that exercise is effective if firefighters are trained correctly to protect against other injuries.

"On duty, there are people every morning checking on fire trucks who get injured, but you would never argue that there shouldn't be truck check-ins," Jahnke said. "It's just assumed that injuries from lifting, slipping or truck checks are just part of operations. To make exercise a different issue seems sort of short sided. [The report] gives support to the argument for those who support exercise programs versus the risk-management arguments against exercise."

Jahnke said that she's seen a dramatic shift in the fire service's view of exercise. "It amazes me that we should ever question whether firefighters should be working out on duty. We've had people arguing about the public perception of firefighters working out, whether running the track or telling them 'not to work out where the public can see you'. I've had fire chiefs from across the studies say risk management is concerned about implementing exercise programs because injuries will increase. There's not a question, fitness is going to be key."

Fitness (Cont.)

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Indeed, in the 12 years since FIRE CHIEF first introduced the Station Style Design Awards, there has been a significant increase in station fitness rooms. Departments are adding space for workout rooms and investing thousands in treadmills, weights and other equipment. Volunteer fire departments offer fitness rooms as a perk to their members, while career fire departments frequently allocate on-duty time during which firefighters can work out.

Jahnke agreed that some injuries are going to be unavoidable, but proper training and scaling workouts to a reasonable pace will minimize injuries.

The report is not publicly available at this time, but Jahnke is willing to share the abstract with interested chiefs. Contact Jahnke at Jahnke@ndri.org.

"Even though there are going to be injuries from exercise, the long-term benefit and the protective effect of exercise will far outweigh the minimal injuries you'll get from exercise," Jahnke said.

What is your department's exercise protocol?

National EMS Week



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Fire Service-Based EMS Advocates Recognize Week

Sunday May 19, 2013 marks the beginning of National EMS Week and presents an opportunity to honor the men and women who deliver prehospital 9-1-1 emergency medical care throughout the United States.



This vital public safety service is provided primarily by cross-trained, multi-role emergency responders who are based in our nation's fire departments.

The fire service has a rich history of protecting the health and safety of our communities through an 'all hazards' response model that includes the delivery of pre-hospital emergency medical care. Fire service-based EMS providers are located, trained, and equipped to provide virtually every community with timely pre-hospital 9-1-1 emergency medical response and patient care. Every day, dual role firefighter/EMTs and firefighter/paramedics respond quickly, professionally and compassionately to medical emergencies in communities across the country.

The Fire Service-Based EMS Advocates coalition recognizes the life-saving contributions and achievements, as well as the dedication and commitment of those who serve in fire service-based EMS systems. National EMS Week is a time to pause and say "thank you" to the entire EMS Community, including firefighter/EMTs and firefighter/paramedics - our nation's 'all hazards' response professionals.

The Fire Service-Based EMS Advocates coalition, based in Washington, DC, provides Members of Congress, federal agencies, and many others with information they need to effectively support fire service-based EMS systems throughout the nation. For more information about the Fire Service-Based EMS Advocates and how to join the coalition, visit www.fireserviceems.com.

Cherry Point Accredited

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Fire Department Earns Accredited Status

By Corporal Scott L. Tomaszycki, The Windsock



The Cherry Point Fire Department earned accreditation from the Commission on Fire Accreditation International in March for proving they are in line with the best practices and procedures of firefighting. CFAI is an agency that inspects how fire departments perform and either grants or denies accreditation based on findings of an investigation and interviews.

"In January, we had a peer team from CFAI come down, and they looked all over the fire department, saw the performance indicators and really went in depth for how we do business in the fire department," said John L. Wilson, a Fire Captain and the Accreditation Manager for the fire department. "They looked in our records and documentation. They wrote up a final report and had some recommendations."

Cherry Point is the sixth Marine Corps fire department to receive accreditation status. There are currently 28 accredited DoD fire departments.

"Some of the key items they (look at) are promoting excellence within your fire emergency service organization and encouraging quality improvement through continuous self-assessments," said Wilson. "We look at the program and ask if there are any improvement that can be made." Wilson said each supervisor actively seeks ways to improve and makes recommendations based on analysis within their area of expertise.

After the initial accreditation, the department will be reassessed every five years. "In 2018, we have to do it again, but we're not starting from scratch," said Wilson. "We're improving every year on what we've got and making changes."

Wilson said parents would never send their children to a college that wasn't accredited because there is no guarantee of a quality education. The fire department's new status is a credential saying Cherry Point can expect quality and professional service provided by the department.

"Everyone in the department deserves recognition for the successful accreditation," said Ken Lavoie, the Fire Chief of the air station. "Going through the process and reaching accreditation makes everyone on the installation safer and makes us a better department."

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New Book

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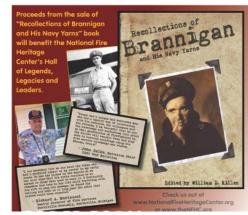
Bill Killen

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Navy F&ES Hall of Famer Remembered

The National Fire Heritage Center (NFHC) is pleased to announce their first publication *Recollections of Brannigan and His Navy Yarns* is now available from the NFHC. This book is a compilation of recollections from Brannigan's peers, friends and students as well as several of Frank's personal yarns about his Navy experience during World War II.

Professor Brannigan was one of the original inductees into the National Fire Heritage



Center's Hall of Legends, Legacies and Leaders in October 2010, Emmitsburg, Maryland, following his induction into the Navy Fire & Emergency Services Hall of Fame in August, 2010.

Frank Brannigan was named by Fire Chief Magazine as one of the 20 people who contributed the most to firefighting in the 20th century. He was a Fellow of the Society of Fire Protection Engineers, a life member of the National Fire Protection Association (NFPA), International Association of Fire Chiefs (IAFC), and International Society of Fire Service Instructors (ISFSI). He was awarded the first Fire Engineering Lifetime Achievement Award, the Fire Department Instructors Conference (FDIC) Service Award, the International Association of Fire Chiefs President's award, and the International Society of Fire Service Instructors "Instructor of the Year" award. He continuously studied tragic casualty reports to identify new or unrecognized hazards. He delivered his results and recommendations in countless presentations and periodicals. He developed the concept of "preplanning" and the study of building construction to minimize the risk of avoidable hazards. He pioneered "fire loss management," and improved planning and prevention techniques.

The proceeds from the sale of *Recollections of Brannigan and His Navy Yarns* will benefit the NFHC's Hall of Legends, Legacies and Leaders. For more information about this book and the NFHC visit their website at http://nationalfireheritagecenter.org.

ASIAN-PACIFIC AMERICAN HERITAGE MONTH



ESAMS Summary

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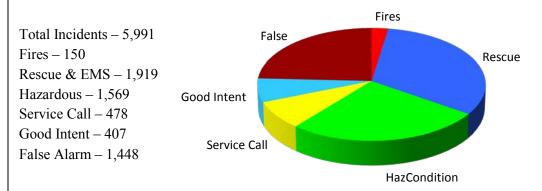
POWERED BY HOW

ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

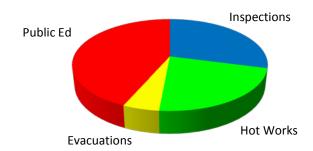
April 2013 Statistics

Operations



Prevention

Fire Inspections Completed – 3,278 Hot Work Permits Issued – 2,519 Building Evacuation Drills – 573 Public Education Contacts – 4,892



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Emergency Management -	91%
Safety Training –	92%
Proficiency, Skills, & Practice -	- 80%
DoD Certification –	92%



F&ES On Duty Mishaps Report

Mishaps Reported – 15 Total Lost Work Days – 103

F&ES POCs

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Navy Fire & Emergency Services (N30)

Commander, Navy Installations Command 716 Sicard Street, SE, Suite 1000 Washington Navy Yard, DC 20374-5140

https://cnicgateway.cnic.navy.mil/HQ/N3/N30/default.aspx DSN 288

Carl Glover, 202-433-4775, <u>carl.glover@navy.mil</u>
Ricky Brockman, 202-433-4781, <u>ricky.brockman@navy.mil</u>
Gene Rausch, 202-433-4753, <u>gene.rausch@navy.mil</u>
ABHC Leonard Starr, 202-685-0651, <u>leonard.starr@navy.mil</u>
John Smithgall, 202-685-0882, <u>john.smithgall@navy.mil</u>
Lewis Moore, 202-433-7743, <u>lewis.moore@navy.mil</u>
Chris Handley, 202-433-7744, <u>christopher.handley@navy.mil</u>
Adam Farb, 202-685-0712, <u>adam.farb@navy.mil</u>

News Distribution

Job Links

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Interested in becoming a DoD firefighter? Visit https://www.usajobs.gov/





