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The Military Metaphor

By Ronny J. Coleman

The fire service has often been characterized as paramilitary. The reason for this is because the roots of our organizational structure were derived from military origins. The "corps of vigils" the original Roman Fire Brigade was literally a unit of the Roman Army. And we have proceeded forth throughout our history by adding additional components from the military. For example, the European Fire Service has a very strong military construct. The American Fire Service has so many vestiges left over from the Civil War that it literally shaped the language and vocabulary of the fire service at the turn of the century. Moreover, almost every generation of the fire service up until fairly recently had a strong element from veterans returning to serve in the fire service after they had military experience.

It is no wonder therefore that we had a tendency to think of firefighting as being the same as military combat. That may be good and it may be bad for us. For while we use many of the military terms in our profession there are certainly significant differences between going into combat and going to fight a fire.

What got me to thinking about this was a recent series of newspaper articles that involved photographs of young soldiers in Iraq accompanied by pictures of major fire losses that had young firefighters in the forefront. In both cases the images had similar connotation; force against force.

Nowhere does this analogy come quite as close to being real as the fact that people die in combat. However, it is not necessary that people die in combat. It is a potential. It is a probability. But it is also fairly true that the side that loses more of its people to injury and death in a war usually loses.

If we wish to continue the military metaphor in the fire service then perhaps we should go back to the military and examine some key questions about how true our methods of operations match one another. For example, in the military you seldom find combat individuals, i.e. those carrying a rifle and/or firing weapons are above the age of 40 years old. Granted for the most part you will find staff NCO's and maybe senior members of those companies that have age but the vast majority of those who are sent into combat are youthful, lithe, flexible and in good shape.





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Can we honestly say that about the fire service? I have been at a tremendous number of recruit academies and can attest to the fact that we tend to hire people who meet that criteria upon appointment but how long do they stay that way and are they in that condition when they reach the end of their potential useful life as a combat firefighter?

There is a reason that active combat is limited to the young. For one thing there is a tremendous need for the discharge of energy, a directness and endurance that tends to erode over time. So when the fire service talks about its combat fire force in comparison to the military we need to recognize that we have not clearly established the physical aspect of firefighting as something that needs to be maintained up to and including the day a person walks off of the fire ground. We have, consciously or unconsciously condoned the fact that as individuals get more tenure in the fire service they are not held as physically accountable as they have the day they came on the job.

A second interesting concept to me is the idea that in the military there are enlisted people and there are officers. Officers don't come from the enlisted ranks. Generally speaking most officers come from an institution of some kind that provides that person with a broader based education prior to them becoming an officer candidate. In our delivery system we tend to believe that everybody starts at the bottom including the organizational equivalent of the General; the Fire Chief.

On one hand I tend to believe that the military model doesn't work as well in civilian life for the very simple reason that there is not a categorization of classes between officers and enlisted personnel as there is in the military. Nonetheless there might be a lesson or two we could learn from this idea of treating officers as different from everybody else. One of our means of achieving the same goal is to educate people to the highest possible level before we promote them to officers.

I can almost hear somebody in the fire station saying out loud "education means nothing without experience". I believe an argument can be made to support the idea that what makes experience really relevant is when it relates back to a person's knowledge base. In other words if people know more and more before they experience more and more they tend to learn more from it. Therefore, it may not be an entirely bad idea for us to consider the idea that no one becomes an officer without an adequate education.

And how about this whole idea laying your life on the line. When a military officer looks his troops in the eye and tells them that they are going after an objective there is a high degree of possibility that some of those people are not going to come back. David Hackworth one of the most decorated military officers of the Vietnam War in his book, *About Face* clearly articulated the idea that an officer who doesn't plan for and doesn't prepare for the nth degree of safety is going to lose a lot more people than those who actually practice what they are going to do in reality. In other words, when a military officer tells a young person that they are going to face an enemy they make it really clear that the enemy has to be killed or the battle will not be won. However, it is also true that the enemy is trying to kill you at the same time.



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That is how battles are lost.

Our analogy on the fire ground is that when we send people forward to do difficult jobs in the fire service they need to know that they could die. That may sound a little bit harsh maybe even outright dramatic but the truth is firefighters do die fighting fire. And some of the reasons they do suffer that kind of tragic loss is the fact that they clearly don't understand that the enemy is trying kill them too.

I have often compared how some people approach the fire ground to a story that was told in Hackworth's book. He witnessed a training exercise one day in which individuals went walking up the hill waving their weapons and firing blanks as if it were a game. When those same individuals got into actual combat many soldiers were slaughtered because they exhibited the same kind of behavior that they had learned under tutelage in the training program, i.e. to treat it as if it were a game. I have seen that same kind of mindset on the fire ground. This is not a game. It is deadly business. If we allow people to treat the training experiences that they have in preparation for going into combat trivially then you can pretty well expect that they are not going to respond appropriately under fire.

I have born witness in more than one case to watching individuals who know exactly what they are supposed to do, do something entirely different because someone has allowed them to get away with it under training. The best example I can give of this is standing up in a super-heated atmosphere. I know of at least two cases in which individuals found themselves in a confrontational situation in a fire in which they immediately stood up and placed themselves in absolute jeopardy fully compromising everything they had been told about staying low and moving out of the way.

Upon examination it was determined that in many cases these individuals stood up because that is exactly what they were allowed to do during training fires in which only smoke bombs were being used.

Hackworth says practice doesn't make perfect. He says that practice makes permanent. Therefore, the military analogy is that if we are going to keep our people safe we have to treat every scenario as if it were real and that there are no "wooden guns" and artificiality aspects to our training environment.

Perhaps the last analogy to use between the fire service and the military is the manner in which we approach the battle. The concept of incident command systems was not invented by the fire service. If you look very carefully at the legacy of the process that led to the creation of incident command within the fire service you will find that it has strong ties back to the military. The people that planned the invasion of Europe had a very similar model. As a matter of fact in my archives I have quotations from Sir Ira Massey-Shaw talking about the use of the incident command system clear back in the 1880's. The fire service sometimes acts as if we just invented ICS as a result of major catastrophic fires. The truth is that it was invented by others a long time ago and we just finally figured out that it would work for us.

The lesson to be learned from this is to pay close attention to how the military has evolved their method of managing the battleground. But if we are still

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Chief Ronny J. Coleman

concerned about the span of control, chain of command and all the other principles of organizational structure on the battle field of the future we should be copying the military model of identifying components of it having to do with technology, data collection, intelligence, and other components that are much more sophisticated than our use of the incident command system as merely a management model.

On the scene of the largest fires we generally do a fabulous job of putting together that incident command system. However what we do not have is the technology transfer in the fire service that the military has been utilizing to become smarter and smarter in coping with the battlefield.

So far in this article I have more or less alluded to the fact that while we call ourselves paramilitary we still don't have quite that order and discipline that the military has. On the other hand maybe it is also true that the military could learn from the fire service. A lesson that I would like to see the military adopt is that of prevention as opposed to reaction. Because as we all realize whenever wars are fought people are lost. It is interesting that while we remember our forefather's admonition that an ounce of prevention is worth a pound of cure sometimes we forget that lesson ourselves. Our military might has grown over the last 250 years because we faced off against some of the world's most malevolent administrations. Likewise the fire service has developed a tremendous amount of combat capability because we faced the harsh reality that fire is an unrelenting enemy of society too.

So the military metaphor may have its place in the fire service. We should continue to adopt those things from the men and women of the military so that the men and women of the fire service can perform their jobs more adequately, more safely and more effectively in the future.

Combs Cartoon



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Two Hatter



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Last Alarms

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Last Alarms

The USFA reported 64 deaths to date in 2014. The following line of duty deaths were reported since we published our last issue:

Dave Anderson ⇒ Shaw. MT

William Wiita ♥ Kalkaska, MI

Richard Choate • Andover, NJ

Kevin Ollier ♥Anderson Township, OH

John Gupton 등 Spring Hope, NC

Anthony Grider Campbellsville, KY

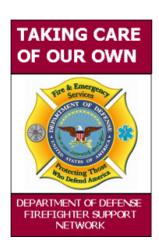
Allen Westby ♥
East Islip, NY

2014 Totals

▼ 42 (67%) = 7 (10%)

▼ Indicates cardiac related death
■ Indicates vehicle accident related

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 26 DoD firefighters in the Taking Care of Own program.

Nam e	Location	Point of Contact
Reynard Black	NWS Yorktown, VA	Marc.J.Smith@navy.mil
	,	,
Phillip Booren	MCB Quantico, VA	Raymond.Loving@usmc.mil
Chris Burke	Fort Wainw right, AK	David.Halbrooks@us.army.mil
Patrick Campbell	NAVBASEVentura County, CA	Paula.Hays@navy.mil
Nathan Cerulli	DLA San Joaquin, CA	Dew ey.Rose@dla.mil
Mark Davis	JB Langley-Ft Eustis, VA	Dale.E.Hankins.civ@mail.mil
Billie Edwards	March ARB, CA	Melinda.Miller.2@us.af.mil
Brandon Fines	Fort Belvoir, VA	Erika.M.Nieves.civ@mail.mil
Stephen Garman	Fort Detrick, MD	Katherine.M.Szamier-Bennett.civ@mail.mil
Peter Giles	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
David Gill	NAS Fort Worth JRB	Allen.Almodovar@navy.mil
Wilson Humphries	USAG Camp Parks, CA	Alexis.A.Rivera8.civ@mail.mil
Richard Jefferson	Kirtland AFB, NM	Curtis2.Ray@kirtland.af.mil
Derw in Jones	Pine Bluff Arsenal, AR	Paul.A.Jarrell2.civ@mail.mil
Joel Klouzal	Norfolk Naval Shipyard, VA	Marc.J.Smith@navy.mil
Christopher Lumpkin	Fort Belvoir, VA	Joyce.R.Peck.civ@mail.mil
Michael McClure	Niagara Falls, NY	Peter.Stein@us.af.mil
Robert Morris	MCAGCC 29 Palms, CA	Darlene.Hull@usmc.mil
Jeff Noel	Ft Campbell, KY	Charlotte.M.Epps.civ@mail.mil
Dana Picard	Westover ARB, MA	Diane.Lessard@us.af.mil
Russell Reynolds	Niagara Falls, NY	Peter.Stein@us.af.mil
Annie Sands	Altus AFB, OK	Nils.Brobjorg@altus.af.mil
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Maria Teno	NAS Oceana	Marc.J.Smith@navy.mil
Thomas Trost	Wright Patterson AFB, OH	David.Warner@w pafb.af.mi
Melvin Wilson	NAS Fort Worth JRB	Allen.Almodovar@navy.mil

Back in the Day

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FINERICAN® LAFRANCE

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American LaFrance in the Navy

Story By Tom Shand; Photo from the collection of Ted Heinbuch



The saying "The more things change the more they stay the same" is credited to the French novelist Jean-Baptiste Karr. During the decade of the 1970's the fire service saw unprecedented changes due to heavy fire duty in many cities, civil unrest with attacks on firefighters and enclosed apparatus to protect personnel. Protective gear consisted of canvas coats, three quarter boots, leather helmets and SCBA's with steel, 30 minute rated cylinders. While many of us remember this era as the war years, fortunately this point in time will not be repeated with todays apparatus and equipment designed to enhance our safety and operational capabilities.

During this period the U.S. Navy fire service was in transition using a combination of custom and commercial chassis apparatus. The photo of the former Philadelphia Naval Shipyard fire station fleet depicts this combination of units including two American LaFrance Pioneer model pumpers, a GMC/Fire Trucks Incorporated commercial chassis pumper together with an American LaFrance 900 series 85 foot tractor drawn aerial.

The Navy acquired a number of Pioneer model pumpers between 1964 and 1965. These units were produced by American LaFrance as their entry model vehicles and were powered by Chrysler eight cylinder gas engines rated at 256 horsepower with five speed manual transmissions. The shift pattern required a skilled operator and was very unforgiving if you missed a gear. The twinflow 750 gpm fire pump was mated with a 300 gallon water tank and modest compartment body with some units equipped with booster reels, top mounted deck gun and Rockwood model B-2 foam systems with a 40 gallon tank.

The pumpers were very compact in size with a 160 inch wheelbase and overall length of twenty five feet. All of these units were originally painted red with many of these rebuilt and repainted in chrome yellow colors. When compared to current apparatus these pumpers were built with all manual controls including relief valves and foam system controls.

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Tom Shand

On the Job – Cherry Point



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Joining the American LaFrance custom chassis pumpers during 1964 the Navy acquired at least three 900 series tractor drawn aerial ladders. These aerials were initially placed into service at the shipyards in Philadelphia and Norfolk as well as the Great Lakes Naval Training Center. The maneuverability of the tractor drawn ladder provided an excellent turning radius of twenty four feet with an overall length of just under fifty three feet.

The three section steel aerial ladder was stabilized with two manual screw down outriggers with a jack spread of nine feet, four inches. One of the changes in apparatus design after the war years was to fully enclose the cab jump seat area and compartment bodies to enable all tools and equipment to be secured. The open trailers on the Navy ladder trucks were equipped with four body compartments and 208 feet of ground ladders. Master stream operations required the crew to attach a 100 foot section of supply line to a portable ladder pipe which would be clamped on the uppermost rungs of the fly section.

Our fire apparatus today offers many safety enhancements that were learned as a result of past experience and history. The war years in the fire service was a unique period where many fires were fought which impacted our operations and procedures.

Structural Collapse Training



Marine Corps Air Station Cherry Point Fire & Emergency Service personnel recently completed TR-Structural Collapse Training, through the North Carolina Office of the State Fire Marshal. The training was conducted through Cleveland Community College, with the instructional staff primarily composed of USAR team members of the Charlotte Fire Department. The course was the first time the community college had been able to take this certification series on the road.

The training program was a 100 hour course broken into 10 days of training. Through the

program, personnel were instructed in the techniques of shoring, heavy lifting/moving, concrete breaching and breaking and metal cutting and burning. The final days of the program constituted of a full scale scenario that put all the information learned together in one evolution, as well as rescuing simulated victims from a simulated collapsed structure.

The information learned through this certification allows our department the ability to further enhance our capabilities and services to the MCAS active duty and civilian personnel. MCAS Cherry Point F&ES personnel have completed training over the past several years on trench, confined space and vehicle machinery rescue. The opportunity to obtain this certification further supports the mission and vision of our department to ensure we have the knowledge and capability to mitigate various emergency situations we may face.

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It's a Small World | Vice Commander and Fire Chief Share Goals



Two professional firefighters who live worlds apart were brought together 23 August in Busan, Republic of Korea, through their connections to naval service.

Capt. Darren Hanson, vice commander of U.S. Naval Forces Korea, Navy Reservist, and professional firefighter from Seattle, had the opportunity to meet Fire Chief

Kiok Lee, a former Korean navy officer turned firefighter, during a tour of the Busan Fire Department (BFD) emergency headquarters and special operations division. Hanson met with Lee and other BFD personnel during a pause from a major bilateral military exercise with the Republic of Korea.

Hanson, who also serves as the commanding officer for the U.S. Naval Forces Korea Reserve Detachment in Port Hueneme, California, is deployed to Busan along with members of his unit to support the U.S. 7th Fleet and the Republic of Korea navy during exercise Ulchi Freedom Guardian.

Lee, of the BFD fire safety and audit division, has been a friend of the U.S. Navy for years through his support for a U.S. military good neighbor community outreach program that helps connect American service members with Korean citizens for friendship and cultural engagements.

"We have a lot in common through our service to our countries and service to our cities," said Hanson. "Firefighters share a unique camaraderie through common experiences in serving our communities. The same goes for those who serve in the Navy. No matter where we serve in the world, we are a family of service professionals."

The two men also have similar career paths. Hanson and Lee both graduated with Bachelor of Science degrees in engineering and both men earned commissions as naval officers for their respective nations in 1988.

"I think we have similar goals in life," said Lee. "Those goals are centered around service. Capt. Hanson is allowed to serve both his country and his city as a naval officer and firefighter. I admire him because he chooses to serve for the American people and for the citizens of Seattle."

The fire station tour ended with each firefighter exchanging unit patches from the Seattle Fire Department and BFD.

"I feel like we built an important friendship today," said Lee. "I hope this relationship develops into a closer partnership between Busan firefighters, the U.S. Navy in Korea and with firefighters in the city of Seattle."



Pay Raise??

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President Issues Plan to Give Feds a 1% Pay Raise

By Eric Katz

President Obama issued an alternative pay plan late Friday, setting an across-the-board increase for civilian federal employees of 1% in 2015.

The figure matches the amount the president requested in his fiscal 2015 budget proposal. Obama issued a separate plan providing a 1% boost in monthly basic pay rates for military service members.

Obama alluded to a desire to give feds a larger raise, but said he was not at liberty to do so due to budgetary concerns.

"Civilian Federal employees have already made significant sacrifices as a result of a three-year pay freeze that ended in January 2014 with the implementation of a 1.0% pay increase -- an amount lower than the private sector pay increases and statutory formula for adjustments to the base General Schedule. However, as the country's economic recovery continues, we must maintain efforts to keep our Nation on a sustainable fiscal course. This is an effort that continues to require tough choices and each of us to do our fair share."

Under Obama's plan, locality pay levels would remain at their 2014 levels. Locality pay has been frozen since 2010.

Obama declared that his pay proposal "will not materially affect the federal government's ability to attract and retain a well-qualified federal workforce."

Federal labor unions had supported measures in both the House and Senate that would have given feds a 3.3% raise, though those measures have not yet received a vote in either house.

If the president had not informed Congress of his alternative pay plan for feds by the end of August, then the increase mandated by the 1990 Federal Employees Pay Comparability Act would have kicked in. Under FEPCA, the raise would be determined by the change in the Employment Cost Index minus 0.5%.

Presidents largely have ignored the FEPCA formula in their federal pay raise proposals, preferring to offer their own figure. Congress created FEPCA, which provides an annual across-the-board salary boost and a locality pay adjustment for General Schedule employees, to close the public and private sector pay gap. The Federal Salary Council has said that federal employees are underpaid relative to private sector workers by approximately 34.6%.

The reality, however, is that Congress will end up determining whether federal employees receive a pay raise next year.

So far, lawmakers have remained mum on the issue of a federal employee pay raise. The House has passed a bill that would allow a 1% raise to go into effect. Unless Congress proactively alters the proposal, Obama's 1% recommendation will become law.

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Serious Responsibility

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You Really Want To Be In Command?

By Billy Goldfeder

I remember years ago watching young firefighters in volunteer companies race to ride the front seat. After all, the radio, the sirens and the horns were the priority. In career departments, firefighters would want to "ride up" when the Lieutenant or captain had the day off, sometimes for the same reasons. I did both as many of you did (and do).

Be it the front seat or arriving in a car, the SUV, or whatever, having command means you literally own that scene and you are responsible for everyone, everything and anything that can happen.

It's no BS and serious, serious stuff.

I'm not sure I can emphasize that any more than so many fire service writers have over so many years.

The first interesting transformation happens (hopefully) when firefighters go from firefighter to company officer-and you have to deal with (as Chase Sargent says) the "Buddy to Boss" stuff. It's a big deal.

The next real interesting transformation (again, hopefully), is when a company officer goes from the front seat of the rig-to the front seat of the chiefs car, chief SUV or whatever your command officers arrive in. Suddenly, you own that scene.

It's a huge deal. You are the bottom line of every aspect and action at that incident. You ARE command, control, accountability and communication. Your "day" has come - and hopefully, those before you have provided solid and verifiable training that is actually applicable to the job you now own - and the massive responsibility you now have.

When things go right-and hopefully they do purposely, it's a good day - and that is what happens most days. Again-hopefully by design vs. just because.

However-when things go wrong on the fire or fire training ground, it can be life altering.

Life altering to civilians.

Life altering to your Firefighters.

Life altering to you...which includes your family and friends around you.

Take a few minutes to read these two articles and the related reports.

The first is the *Line of Duty Death of Dallas Firefighter*. If you have ever commanded (or dreamed of commanding) a fire, absolutely read this article-and the reports.

http://thescoopblog.dallasnews.com/2014/09/investigative-reports-show-dallas-firefighter-died-due-to-commanders-decisions-communication-problems.html/

Responsibility (Cont.)

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Deputy Chief Billy Goldfeder

The second is the *Line of Duty death of a Fire Officer* during "smoke diver" training:

http://blogs.houstonpress.com/news/2014/09/neal_smith_firefighter_death.php

A related NIOSH report:

http://www.cdc.gov/niosh/fire/pdfs/face201227.pdf

A related Texas State Fire Marshal's report:

http://www.tdi.texas.gov/reports/fire/documents/fmloddsmith.pdf

Take some time to read the articles and the related reports. If these reports do anything, they remind us that like every firefighter, training as a command officer never stops. Every day is a training day...from reading, reviewing, studying, simulators, hands on, live drills or whatever-the "coaching staff" of the fire departments responsibility to take care of their "players" is never ending-it's a massive responsibility-and it is not for everyone.

These reports also remind us of our total no BS responsibility to take care of our people in what can certainly be tough conditions....but that is our 24/7/365 commitment and responsibility. While our people operate in tough conditions - and just like we expect them to perform as expected operating "interior" - they must be able to expect and count on us on the outside, in command roles, to do what we must do - to take care of them.

And lastly, these reports remind us that in 2014 - people are asking questions, families want to know, investigations are conducted, and attorneys are lined up to help them determine the truth on how and why their loved ones died.

Command is nothing new in the fire service. However, the defined responsibility, the tasks, complexity and expectations have evolved over the years into what we know today as an extremely intense role requiring training and skills like never before.

Need more proof? Seriously?!

New Navy Rigs



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New Aerial for Kings Bay



Wellness Corner

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Prevent Gynecologic Cancers



When cancer starts in a woman's reproductive organs, it is called *gynecologic cancer*. The five main types of gynecologic cancer are; cervical, ovarian, uterine, vaginal, and vulvar. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

Of all the gynecologic cancers, only cervical cancer has a creening test – the *Pap test* – that can find this cancer early, when treatment can be most effective. Since there is no simple and reliable way to screen for any gynecologic cancers except cervical cancer, it is especially important to recognize warning signs, and learn if there are things you can do to reduce your risk.

Prevent cervical cancer with regular screenings

Cervical cancer is the easiest gynecologic cancer to prevent, with regular screening tests and follow-up. Two screening tests can help prevent cervical cancer or find it early:

- The Pap test (or Pap smear) looks for *precancers*, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.

The Pap test is recommended for all women between the ages of 21 and 65 years old, and can be done in a doctor's office or clinic. During the Pap test, the doctor will use a plastic or metal instrument, called a *speculum*, to widen your vagina. This helps the doctor examine the vagina and the cervix, and collect a few cells and mucus from the cervix and the area around it. The cells are then placed on a slide or in a bottle of liquid and sent to a laboratory. The laboratory will check to be sure that the cells are normal.

If you get the HPV test along with the Pap test, the cells collected during the Pap test will be tested for HPV at the laboratory. Talk with your doctor, nurse, or other health care professional about whether the HPV test is right for you.

When you have a Pap test, the doctor may also perform a pelvic exam, checking your uterus, ovaries, and other organs to make sure there are no problems. There are times when your doctor may perform a pelvic exam without giving you a Pap test. Ask your doctor which tests you are having, if you are unsure.

When to get screened

You should start getting regular Pap tests at age 21. The Pap test, which screens for cervical cancer, is one of the most reliable and effective cancer screening tests available.



Cancer (Cont.)

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cervical cancer. It does **not** screen for ovarian, uterine, vaginal, or vulvar cancers. So even if you have a Pap test regularly, if you notice any signs or symptoms that are unusual for you, see a doctor to find out why you're having them. If your Pap test results are normal, your doctor may tell you that you can wait three years until your next Pap test.

The only cancer for which the Pap test screens is

If you are 21–65 years old, it is important for you to continue getting a Pap test as directed by your doctor – even if you think you are too old to have a child or are not having sex anymore. If you are older than 65 and have had normal Pap test results for several years, or if you have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids, your

HPV is a very common virus, passed from one person to another during sex.

O Most people get it, but it unally goes away on its own.

If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year!

Have your 1st Pap test when you're

21

If your test results are normal, you can wait
3 years for your next Pap test.

HPV tests aren't recommended for screening women under 30.

When you turn 30 you have a choice:

If your test results are normal, get a Pap test every 3 years.

OR

Get both a Pap test and an HPV test every 5 years.

You can stop getting screened if:

O You're older than 65 and have had normal Pap test results for many years.

Or You're older than 65 ilke fibroids.

doctor may tell you that you do not need to have a Pap test anymore. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. Both tests can be performed by your doctor at the same time. When both tests are performed together, it is called *co-testing*. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then tell you that you can wait as long as five years for your next screening. But you should still go to the doctor regularly for a checkup.

How to prepare for Your Pap test

You should not schedule your Pap test for a time when you are having your period. If you are going to have a Pap test in the next two days:

- You should not douche (rinse the vagina with water or another fluid).
- You should not use a tampon.
- You should not have sex.
- You should not use a birth control foam, cream, or jelly.
- You should not use a medicine or cream in your vagina.

Pap test results

It can take as long as three weeks to receive your Pap test results. If your test shows that something might not be normal, your doctor will contact you and figure out how best to follow up. There are many reasons why Pap test results might not be normal. It usually does not mean you have cancer.

If your Pap test results show cells that are not normal and may become cancer, your doctor will let you know if you need to be treated. In most cases, treatment prevents cervical cancer from developing. It is important to follow up with your doctor right away to learn more about your test results and receive any treatment that may be needed.

 $Reprinted \ courtes y \ of the \ Centers \ for \ Disease \ Control \ and \ Prevention. \ For \ more \ information \ visit \ \underline{cdc.gov}.$

CPSE News

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FPWG Corner



CPSE Announces New Chief Executive Officer



Chief Randy Bruegman, CFO, CPSE President and Fire Chief in Anaheim, CA, on behalf of the Board of Directors, announced today the appointment of Preet Bassi to become CPSE's next Chief Executive Officer. Chief Bruegman stated, "Preet's education and experience and her work in the international accreditation field and application of International Organization of Standardization (popularly known as ISO) standards will help to elevate the quality of CPSE's own processes in the future. During

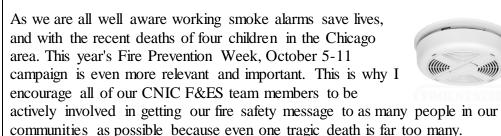
the recruitment process Preet continued to stand out in her understanding of the challenges and opportunities that the CPSE is facing. We believe she has the leadership and managerial skill to take the reins from our retiring CEO/Executive Director, Paul Brooks, and continue to build upon the foundational core values of the CPSE.

Preet Bassi currently serves as the Director of Finance and Administration for the International Accreditation Service (IAS). She also manages the IAS Fire and Life Safety Department and Building Department Accreditation Programs. Prior to her current role she worked for the City of Anaheim, CA and the California State Assembly. She is a proud Trojan alum, graduating from the University of Southern California with a Master in Public Administration and also has a B.A. in Economics and Political Science with a minor in Education from the University of California Davis.

Preet and her husband, Maurice, are looking forward to relocating to the DC metro area. Preet said, "I am honored to be joining an organization that provides such great services to the fire and emergency service and look forward to working with the customers, partners, staff, and board members on continuing to grow CPSE."

Preet will join the team in the Chantilly, Virginia office on September 22nd, working with Chief Brooks during a transitional phase and will assume full responsibilities upon his retirement on October 31, 2014.

Working Smoke Alarms Save Lives





SA Matters!

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SAMatters.com

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Confronting Flawed Situational Awareness

I recently read a post on social media where a firefighter said at an incident scene that he doesn't worry about his situational awareness. That's what he has an officer for. Further, he didn't worry about having situational awareness about the larger incident scene, that's what he has an incident commander for. I could not disagree more with this mindset. In fact, I would characterize this as a dangerous mindset and would like to defend why you would never want to relegate your situational awareness to anyone else.

Three Types of Awarenesses

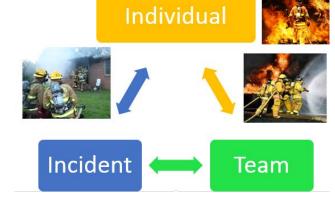
As we discuss situational awareness, there are three types we need to develop.

First, is individual situational awareness - an awareness of our own knowledge,

skills, abilities, fear, phobias, stamina, etc.

Second, is **team** situational awareness – an awareness of our team members' knowledge, skills, abilities, etc.

Third is **incident** situational awareness – being vigilant to the fact that few things at an incident scene are done in



isolation. What one crew is doing can have an impact on another crew and certainly (hopefully) a positive impact on the overall incident.

Situational awareness gone awry

Anyone can lose their situational awareness, at any time, for a wide variety of reasons – a point I speak to extensively in the Mental Management of Emergencies and the Flawed Situational Awareness programs I teach. In fact, I demonstrate for students just how fragile situational awareness can be by doing exercises that steal away their situational awareness. It works every time, even when I warn them I'm going to do it and tell them how NOT to let it happen. Suffice it to say, situational awareness can be a very fragile commodity and can be lost so quickly that you'll never even know it's happened.

Do you see what I see?

Two people can be looking at the same thing, at the same time, from the same angle and each of them see something completely different. This can happen at an incident scene as well. When this occurs, both members may believe they have strong situational awareness but one is suffering from a flawed perception of reality. Chances are, however, they won't know it unless someone points it out to them.

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The risk is too great

Many responders have admitted to me that if they saw an officer making a mistake or an commander making a mistake (in the context of this discussion, from flawed situational awareness) the responder would not speak up. They perceive doing so as too risky. They may get yelled at or they may into trouble for being insubordinate to the orders of a superior officer. Or the responder might fear being judged harshly by their peers if they speak up and express concerns. But what if there was a way... a method... a process... you could use to tell a superior you think they may be making a mistake?

An Example

You're a firefighter assigned to a roof job. It's a flat metal roof and there's a lot of water on it. (Set aside for a moment all your judgment about why you're on the roof in the first place). Your situational awareness is strong and you're getting a gut felling that's causing you concern for your safety. And... you can see the same concern in the eyes of your fellow firefighters. But no



one's speaking up. No one wants to be the "wuss" as it was described to me by the firefighter who reached out to me for advice. I understand this is a tough position to be in. Your gut (intuition) is telling you get off the roof, but your pride is telling you to stay and be brave. What do you do?

This may be the toughest position a firefighter can find him or herself in. Having a gut feeling that a situation is bad and not knowing how to express those concerns to ranking officers.

In this situation, the command officer is (hopefully) on the ground and unable to see the conditions on the roof. This puts the firefighter in a position of distinct advantage to be able to see things in a way the commander cannot. So how does the firefighter let the commander know he's concerned for his wellbeing without sounding like, as he put it, "a wuss."

A lesson from aviation

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The answer to this question comes from a process used in aviation. It's called the *Five Step Assertive Statement Process*. It came about because first officers were afraid to speak up to captains who, at the time, were known to have large egos and did not accept advice or criticism very well. Prior to the implementation of Cockpit Resource Management (the precursor to Crew Resource Management), the Captain was King. What the Captain said was the Gospel. No one ever dared disagree with the Captain or they would be reprimanded and admonished in front of everyone.

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The only problem was, there were plenty of instances where the Captain was wrong. Captains were making mistakes and, in some instances, flying perfectly good airplanes into the ground and the first officers were saying nothing to stop it from happening. To help fix the problem, the aviation industry implemented Cockpit Resource Management as a way to get the flight crew to work better together. Know this – the Captains did not embrace the concept. Many dubbed it '*Charm School*' and opposed the notion that a first officer could actually tell a Captain he or she was making a mistake.

The Five Step Assertive Statement Process

But, the program prevailed despite all the kicking and fussing from the Captains. One of the outcomes was the Five Step Assertive Statement Process. It's a preestablished, well-communicated process for how concerns are supposed to be articulated in an aircraft. The steps include:

- 1. Address the person by formal title
- 2. State: "I have a concern." (This is important and I'll explain why in a moment).
- 3. Provide details of the concern.
- 4. State an alternate course of action.
- 5. Seek the approval to implement the alternate course of action.

In action, it might sound something like this:

"Captain, I have a concern. This is a metal roof with metal trusses under it. There are thousands of pounds of water accumulating up here and this building is under stress. I would like to recommend we remove all personnel from the roof until we can find a way to relieve the water and reduce the weight. Are you ok with that?"

I have a concern

The statement -I have a concern - is not a casual statement. Rather, it is a 'trigger statement.' The use of those four words, by policy, requires that the captain acknowledge and consider the concerns of the crew member. In aviation, failure to do so may lead to the captain being relieved from commanding the aircraft. This trigger statement is taught to all members of a flight crew and any member of the crew can express their concerns using it. Here's the catch: They all know it in advance. Everyone's been trained on it and they all know what it means and what they have to do when it is stated.

Chief Gasaway's Advice

Every fire department should have in place a policy that establishes a *Five Step Assertive Statement Process*. Then, when anyone on an emergency scene says to someone in authority '*I have a concern*' it is a trigger statement that requires the concern be given consideration.

Obviously, training on the process and training for how to make the statement and how to receive the statement is critical. Absent the training, a firefighter will not know how to state a concern and will be fearful if one is stated.

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Rich Gasaway, PhD

Likewise, a commander is not likely to be accepting of a statement of concern unless the commander understands and accepts it as part of a formal process that is intended to look out for everyone's safety. A commander who cannot accept the 'I have a concern' statement does not have a healthy ego and has a low self esteem and should not be in a position to lead firefighters into battle.

Action Items

- Discuss at time when you've been in a position where you were concerned for your safety but did not speak up because you were afraid to or did not know how to.
- 2. Discuss a time when you brought safety concerns to the attention of a supervisor at an emergency scene. How did they react? Where you praised for your actions or admonished for doing so?
- 3. Discuss why a supervisor might not appreciate being told they are making a mistake.
- 4. Discuss what process your department has (or could develop) that uses a 'trigger statement' to a express safety concern.

Richard B. Gasaway is a scholar-practitioner with a passion for improving workplace safety. In addition to serving 33 years on the front lines as a firefighter, EMT-Paramedic and fire chief, he eamed his Doctor of Philosophy degree while studying how individuals, teams and organizations develop and maintain situational awareness and make decisions in high stress, high consequence, time compressed environments. Dr. Gasaway is widely considered to be one of the nation's leading authorities on first responder situational awareness and decision making. His material has been featured and referenced in more than 350 books, book chapters, research projects, journal articles, podcasts, webinars and videos. Dr. Gasaway's leadership and safety programs have been presented to more than 35,000 first responders, emergency managers, medical providers, military personnel, aviation employees, industrial workers and business leaders throughout North America, Europe, Asia and Australia.

Accreditation Workshop



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Three Days in San Diego 26-28 August



New Tool

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More New Rigs



Vulnerability Assessment Tool

The NFFF, in conjunction with Honeywell and the United States Fire Administration, has developed and is now making available the Vulnerability Assessment Program (VAP), an online assessment tool that provides fire departments with a systematic process to evaluate risks and ultimately reduce the threat of firefighter injuries and deaths. At the end of the process, departments will have a customized report identifying areas of vulnerability linked to firefighter injuries and deaths. Each report contains suggestions for "risk reduction alternatives" specific to identified vulnerabilities and, when they exist, provides pertinent industry standards and guidelines to address the identified concerns.

Fire departments can then use this analysis to develop operational and strategic plans to implement the risk reduction recommendations necessary to minimize or eliminate preventable of line-of-duty injuries and deaths. The VAP has many advantages over traditional fire department evaluations—it is on-line and private, secure, customizable, easy to use and free. Unlike other fire department evaluations, which may run into tens of thousands of dollars to obtain, the VAP will cost a department nothing to begin and complete.

You will be proud to know that CNIC played a pivotal role in the development of the VAP. For the entirety of its four year development, Ricky Brockman attended meetings and contributed insights from the Navy F&ES point of view. Virtually every fire service organization with a stake in preventing firefighter injuries and line-of-duty deaths participated in this process. *The VAP is a fire service product in the broadest and proudest sense of that term*.

The NFFF suggests that every fire department in the United States go through the VAP exercise to discover gaps in resources and service capabilities. Firefighters should not die because they are unaware of safety practices that could save their lives. Please ask your Fire Chief to visit the VAP website at www.firevap.org to begin the process today. If you are a fire department manager or serve on a safety committee, please bring the VAP to your service. For more information, email: contactVAP@firehero.org.

Aerial for Sigonella



On the Job -Guam

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Lifesaving Training

By Tech. Sgt. Zachary Wilson, 36th Wing Public Affairs



Firefighters from Andersen Air Force Base and Naval Base Guam joined with their island partners from the Guam Fire Department to develop the skills to perform high-risk rescues by participating in a three-week Defense Department Rescue Technician Course here in September.

Thirteen military and civilian firefighter students participated in the course taught by instructors from the 554th RED HORSE Squadron, said Stanley Torres, the Andersen AFB Fire and Emergency Services chief of training.

"This is higher echelon training," he said. "It's one of the hardest courses we have in the firefighter community and there are usually students who have to washout due to the academic and physical requirements."

"We teach at Silver Flag, but we also are a mobile training team where we teach this specific course to military members across the Pacific," said Staff Sgt. Nathan Milan, one of three RED HORSE instructors teaching the course. "It's not a required course for firefighters so we focus primarily on training the best candidates possible (because of the difficulty and washout rates)."

The course featured classroom work on procedures for rescuing victims at elevated environments and in closed spaces, Milan said. Because of the highly specialized nature of the course, graduating firefighters become instant assets to incident commanders responding to emergencies where a person could be injured or stranded at a hard-to-reach place.

"We could have a guy working up on the tower get stranded and tangled up in a line," he said. "You need someone with the training to perform that kind of rescue."

According to Torres, having all of the firefighters on the island qualified on these difficult rescue techniques would be ideal, but it's not realistic due to training limitations.

"We want all of our firefighters to get this training but it's so highly specialized and we can't teach it anywhere, we need skilled instructors," Torres said. "The best opportunity for them to get it is when they're young in their career."

Firefighters who complete the course bring firsthand knowledge and hands-on experience in the event of real-world operations and can provide on-scene commanders an invaluable resource, Torres said.

"When they come back to their station after completing the course and we respond to an incident in an elevated or confined space if someone is injured, our guys at the direction of the incident commander, are trained to do all of these skills," Torres said. "When the incident commander says 'let's get it done,' we get it done -- our job is to save lives."

Health Issues

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Poor Firefighter Health: Risk with No Reward

By Dennis Rubin

Many firefighters dreamed of joining the service at a very early age and worked diligently to reach the goal of pinning on a Maltese cross badge on their chest one day. Considering all of the entrance-testing hurdles and personal background checks that most firefighters go through, it is one of the most difficult careers to enter.



One well-known fire service icon said, it's easier to enter medical school than to get hired by a metropolitan fire department. There are not many other agencies that use such a rigorous selection process to determine who will wear their uniform and who will not.

Another undeniable personal trait of nearly every newly appointed firefighter is that they enjoy great health. In fact, they are generally much healthier then their civilian counterparts. Most rookies have amazing skills in the areas of strength, stamina and flexibility.

Consider the physical fitness and ability screening testing process (CPAT) that a candidate must successfully complete; it really is no surprise that they are in outstanding physical condition. Candidates who pass the CPAT must be evaluated by a medical doctor.

The doctor uses the NFPA 1582 as the benchmark to determine a candidate's overall medical fitness. When new members report for duty, they are in amazing physical shape. Couple their great physical condition with a six-month rigorous fitness program in recruit school, and the finished products are approaching professional athlete status.

Freshman 40

When the new member is assigned to a fire company, the great habits seem to slowly but surely change. Most probies begin to gain weight (fat). I am not aware of a scientific study that backs this. However, some experts have said the first-year weight gain ranges from 15 to 30 pounds, or more.

Generally, fire station meals are outstanding. The cost is very reasonable and the portions are enormous — with the second helpings for the taking. The highly structured exercise regimen of the recruit academy is in the rearview mirror.

Further, most departments do not give incumbent firefighters fitness tests, adding to the de-motivation to stay fit of duty. The individual member is now responsible to stay in shape with no one watching and seemingly no one caring about physical fitness.

There are different pressures that become the "new booters" priority. The academic exercise of passing a probationary period and preparing for emergency medical technician re-certification move up on the list of worries to maintain employment.

Health (Cont.)

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Firefighter's disease

The term for non-specific occupational disease was coined many years ago and described as "firefighter's disease." It's the accumulation of various risk factors that are known to substantially shorten a firefighter's life.

Firefighters are at greater health risk because they conduct the type of work inherent in extinguishing fires, performing under extremely stress conditions, and dealing directly with hazardous materials and other unknown risks.

A few of the projected consequences of firefighter's disease includes a life span 10 years shorter than civilians, a first heart attack in mid-40s; a likelihood of systemic cancers rarely seen in the general population, and a two to six times greater chance to contract cancer of some type.

Perhaps one of the best arguments for the existence of firefighter's disease comes from a great lecture presented by Capt. Jerry Gray, the hazardous materials commander for the San Francisco Fire Department.

Jerry's story

Capt. Gray spoke about responding to and extinguishing a serious structure fire. He was on the nozzle and moved in very close to apply water at the base of the burning materials. The fire took a few minutes to extinguish followed by a much longer period to overhaul the deep-seated burning embers.

Capt. Gray asked the class if anyone had experienced a similar situation. Every hand in the room of dozens was raised. Next, he described waking-up the following morning with a substantial headache.

He believed a hot shower would remove the grim of the firefight off of his body and bringing some much need relief during his day off. As he showered, he smelled the odors of the fire from the past evening.

Capt. Gray said that the residue in his hair and on his body was just as though he just walked out of the fire environment. He experienced the same conditions over the next four or five days. Again, he questioned the group of young students and everyone acknowledged that they too had the same situation occur.

Microscopic threat

Here's why it happened. When the veteran fire captain was working to knock down the fire, his skin pores opened in response to his core temperature raising.

The junk in the fire area (smoke and gases) collected inside his body at a microscopic level. Each time that Capt. Gray showered, some of the junk was released by the hot water and soap until it was flushed out of his body.

Closing his lecture, Capt. Gray discussed the barrier protection that is offered to a firefighter's ear opening. Simply, there is not very much when it comes to stopping microscopic particles to enter the ear canal. Of course, it's a direct pathway to the brain.

Health (Cont.)

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On a purely intuitive level, this is one of the many possible factors that cause healthy people entering the work place to be susceptible to a wide range of illnesses. Why should we allow this to happen to our folks? There has got to be a better way to do business and properly protect our most important resource — our members.

Diet, exercise, lifestyle

Clearly, poor health can be a career crusher, shortening or ending a person's tenure on the department. The best way to avoid this career, and perhaps life, crusher is to be aware of your diet, focus on your exercise regimen and make good lifestyle choices.

The best way to maintain the proper body weight is to eat right; both the amount and types of food need to be considered. As your mom would remind you, "It takes a lean horse to run a long race."

If you body fat exceeds the recommended level (it once was 20 percent for males and 25 percent for females) eat less and eat better foods. If you cannot bend over to tie your shoes comfortably, this is a clue to do something different. Another good indicator is the fit of your clothing. And, of course, the standard bathroom scale is another great way to monitor your weight.

Next, is a regular and realistic exercise program that improves strength, stamina and flexibility. The best programs seem to be those that all members participate in, and are not punitive. If the entire company has an established time set aside for exercise, participation becomes more likely than not.

However, there are no excuses in fighting fires and saving lives, so get that work out in on every shift.

Kick the habit

Finally, lifestyle must be included in any discussion about health and fitness. Habits like cigarette smoking presents a level of risk that the average person should not engage in. Knowing that firefighters are at a higher level of personal risk, I am in favor of signing a contact agreeing to no type of tobacco use from the first day on the job.

Excessive use of alcohol will lead to trouble and illegal drug use of any kind cannot be tolerated. The department should have a comprehensive drug and alcohol screening and testing process, including regular random testing.

Mental health services should be accessible to employees. Excessive stress, divorce, the loss of a loved one and so many other factors require the support of a mental health care professional to assist the member in distress.

Most high-trust, high-performance departments offer a comprehensive employee-assistance program that help members with smoking cessation, drug and alcohol rehabilitation and everything in between on a highly confidential basis at little or no cost to the member. Many fire departments have health and wellness centers that provide all types of support from exercise facilities to nutrition counseling.



Health (Cont.)

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Dennis Rubin

Response Times?



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This career crusher may be the most important of the 13. A member's health is directly connected to quality of life and enjoyment as well as performance at work.

A firefighter shows up for work in great condition (both physically and mentally), the goal must be to retire 30 years later in the same or better condition. The knowledge and tools are there for us to use.

Without question, taking care of our most important asset — our selves and our members — is the right thing to do. Be safe out there.

Dennis L. Rubin is the principal partner in the fire protection-consulting firm D.L. Rubin & Associates. The firm provides training, course development and independent review of policy and procedures for all types of fire and rescue agencies. In his more than 35 years in the fire service, Chief Rubin has served as a company officer, command level officer, and fire chief in several major cities including Dothan, Ala., Norfolk, Va., and Atlanta. Chief Rubin holds a bachelor's of science degree in fire administration, an associate's in applied science degree in fire science management, and graduated from the National Fire Academy's Executive Fire Officers Program. Rubin has taught at several universities and colleges as well as at the National Fire Academy. He frequently speaks and lecturers at local, state, national and international events. You can follow him on Twitter at @ChiefRubin and contact him at Dennis.Rubin@FireRescue1.com.

The White Elephant in the Room: Response Times

By Burton Clark

Is response time the white elephant of the fire service?

According to Wikipedia, "A white elephant is an idiom for a valuable, but burdensome, possession of which its owner cannot dispose and whose cost (particularly cost of upkeep) is out of proportion to its usefulness or worth. The term derives from the story that the kings of Siam were accustomed to make



a present of one of these animals to courtiers who had rendered themselves obnoxious, in order to ruin the recipient by the cost of its maintenance."

Fire officers tell me that fire department management, city managers and elected officials hold them accountable for getting out of the station in 60 seconds and want to know why they do not meet that standard. NFPA 1710 has a 4-minute arrival time for the first engine 90% of the time and an 8-minute arrival time for the full alarm 90% of the time. I do not know of any fire department that meets that standard. But, every department and city reports the response time and it is a measure of a job well done, even if the occupants are injured or killed. Response time is used to keep a fire station open or justify closing it. We never get there fast enough when your house is on fire.

Society is addicted to the notion of response time because we are stuck on the manual fire suppression model of fire safety. In other words, when a fire starts we expect a group of people to come rescue the occupants, put the fire out and keep the fire from spreading and destroying the community. This concept is left over from Ben Franklin's notion of fire protection.

Times? (Cont.)

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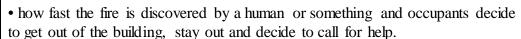


Dr. Burt Clark

The manual fire suppression model is still the most prevalent fire protection model today and will be for the foreseeable future. It explains why 32 states have passed laws forbidding mandatory state residential fire sprinkler building codes for new construction. The stated rational is the added cost of fire sprinklers to new construction is not worth the money and will negatively impact home construction and sales, even though the cost of home fire sprinklers today is less the \$2 per square-foot with new construction. The idea of rejecting home fire sprinklers is driven by the home builders association and the fire service has not been able to counteract this political influence. So, society will continue to use the response time of fire trucks as a measure of fire safety.

Put these in the order of importance:

- how fast the fire truck arrives at the incident
- how fast the fire truck leaves the station
- how fast dispatch sends out the alarm
- how fast 911 notifies the fire department
- how fast a human or something notifies 911 that there is a fire



If you do not buy the white elephant argument, let's try science.

Flashover can happen in three minutes. That is before anyone can discover the fire, escape the building, call 911, dispatch the fire units and finally we can respond. If you do not have smoke alarms and fire sprinklers, we cannot save your family and your property.

Does the fire service have the courage to tell the truth about response time? A fire department's average response time is less important than the number of homes that have working smoke alarms. The fire service can never have enough fire stations, fire trucks and firefighters to take the place of residential fire sprinklers. Please put these numbers and facts into your next annual report. If we don't, we will continue to keep the fire service response time white elephant to the determent of public fire safety and firefighter safety.

When the king tries to give you a white elephant, don't take it. Ask for smoke alarms and residential fire sprinklers because that is the science behind measuring fire safety response time. No matter where you live, even in Siam.

measuring fire safety response time. No matter where you live, even in Siam.

DR. BURTON A. CLARK, EFO has been in the fire service for 44 years. He he was a firefighter in Washington, DC, assistant fire chief in Laurel, Md. and the Management Science Program Chair at the National Fire Academy. Clark he

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assistant fire chief in Laurel, Md. and the Management Science Program Chair at the National Fire Academy. Clark has a BS is in business administration from Strayer University, a MA in Curriculum & Instruction from Catholic University and a Ed.D. in adult education from Nova Southeastern University. He studied fire science at Montgomery College with Professor Frank Brannigan, Emergency Management at the Emergency Management Institute, National Security at the National Defense University, and is a graduate of the National Fire Academy Executive Fire Officer (EFO) Program. He is a nationally certified Fire Officer IV, Chief Fire Officer Designee for nine years, and a Eagle Scout mentor. Clark writes, lectures, and teaches fire service research, safety, culture, and professional development worldwide. He can be reached at burton@firehousezone.com.

F&ES POCs

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Test Yours Every Month!

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