



Instructor's Dispatch

Newsletter of the Commission on Fire Prevention & Control

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Peer Fitness Trainer Workshop

The Peer Fitness Trainer Workshop will be held on March 2-6, 2009 at the



Milford Fire Department. The purpose of the IAFF-IAFC-ACE PFT certification program is to provide a fitness trainer standard consistent with the health and fitness needs of the Fire Service throughout the United States and Canada. The Peer Fitness Trainer (PFT) program was created so interested fire department personnel could obtain certification in fitness-program design and implementation in order to help their peers with their fitness programs on a one-on-one basis and to help with the physical training of recruits. Those successfully passing the certification exam will have demonstrated they possess the knowledge and skills required to design and implement fitness programs, improve the wellness and fitness of the uniformed members in their departments, assist in the physical training of recruits, and assist the broader community in achieving wellness and fitness.

The class consists of a five-day PFT workshop to assist the candidate in successfully achieving certification. The class must consist of a minimum of 25 students or cancellation of the class is mandatory. The American Council on Exercise (ACE) is the certifying organization that awards the IAFF/IAFC/ACE Peer Fitness Trainer Certification to candidates successfully passing the certification exam.

Class hours: 40

Eligibility Requirements: In order to be eligible to take the PFT examination you must be a firefighter, EMS provider, or employed by a fire department and involved in a fitness program. Examination candidates must possess a valid CPR certification by the day of the examination. For additional information look on the IAFF website (www.IAFF.org) under Programs & Services >Health and Safety >Wellness and Fitness> Peer Fitness.

Class Materials: Workout Clothing, Bring All Study Materials. For additional details, contact person and student application visit our website at: www.ct.gov/cfpc.



“Don’t change a rule by breaking it”.

By Alan V. Brunacini



USFA Focus on Fire Safety: Smoke Alarms

The United States Fire Administration has issued a new and comprehensive data sheet on Smoke Detectors. The “Focus on Fire Safety” sheet is written for adult age groups and as always is free for download at the USFA website (www.usfa.dhs.gov/citizens/focus/) It outlines the different types of detectors, recommendations for the type to use, installation locations and other FAQ’s citizens might have. It would be an excellent resource for any person with questions about smoke detectors.

Response: Playing the Odds

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I am not sure where I heard this (nor am I sure whether it is a real quote or not, but a trainer never passes up a good training point), but I always quote Baron von Rothschild as saying “The race doesn’t always go to the swift, nor the battle to the strong—but that’s the way to bet!” Point well taken. Statistics and odds. In the long run, the combination of those two are the ticket to responders’ success.

Not in the long, long run, of course, for John Maynard Keynes reminds us, “In the long run, we are all dead.” But, in the short long run, responders should prepare for what’s most likely to happen: what chemicals/biologics/explosives, what injuries, where, when, how and why. All other responses should be built off of our standard models. For instance, when we were building a bottom-up local exercise, I once asked an EMT “What do you want or need to practice, we can work it into the exercise?” The response, surprisingly, was all so simple: “Broken legs. We have a lot of stupid skiers!” She was playing the odds. Since it was a railroad-driven exercise, I asked the railroad rep what was the most common way a railroad employee might break a leg. “Easy, falling off a car.” So, using statistics and playing the odds, we broke a leg and it was the responders that designed the incident! Like Bobby Knight said, “It’s not the will to win, it’s the will to practice.

Thus, the job of “playing the odds” should become a priority. Let’s just look at a few things. First, let’s take chemicals. The overall odds tell us that hydrocarbons and corrosives lead the pack. But what about locally?

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Response: Playing the Odds

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Where are the common fixed facility and transportation incident sites? The typical injuries? For example: if you have an HF facility, do the EMTs and the ER know that this is not just a common acid, but that it loves calcium and will stop the heart in a heartbeat?

Another way to hedge bets and cover all bases is to look at what local at-risk facilities are located near hazmat facilities or near hazmat transportation accident zones. Think about schools, hospitals, assisted-care facilities, retirement homes, and day care centers. Do they have emergency plans, and more importantly, emergency plans that integrated with community EOPs? Are local responders familiar with in-house emergency plans? Non-integrated plans enhance disintegrated response!

Often the media headlines put the spotlight on probable incidents. Pay attention to them! Does your community have response plans for domestic and workplace violence and for hostage incidents? Does it have EAPs (Emergency Action Plans) for the most at-risk facilities, such as all local schools, even non-public, private schools? What about bomb threats? Biological threats? All of these have become commonplace. Plus, headlines and live TV coverage breed new incidents.

Hydrocarbons, corrosives, meth labs, T-bone wrecks, domestic-school-workplace violence, bombs, and biologicals may not be the calls, but that's the way to bet!

Promotion

Friends;

I am humbled to let you know that I have been promoted to the rank of Deputy Chief with the UCONN Fire Department. A brief swearing in ceremony was held on Monday, January 26 starting at 10:00 hours at the Public Safety Training Room, 2nd floor of the UCONN Public Safety Building on the Storrs Campus.

I was sworn in along with my new counterpart Deputy Chief John Mancini, who has recently retired from the Waterbury Fire Department after 27 years of service. Take care and stay safe!

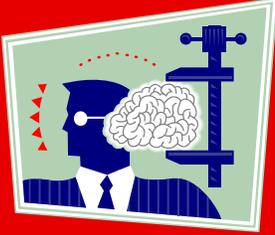
Deputy Chief Michael McGovern – Fire Marshal
University of Connecticut
Office of the Fire Marshal and Building Inspector
Fire Department—Division of Public and Environmental Safety



**“What burns,
never returns”.**

**By Alan V.
Brunacini**





“Most firefighters will not follow a committee into battle”.

By Alan V. Brunacini



Photovoltaic Systems

This information is part of an item posted on [Firefighter Close Calls. Com](http://FirefighterCloseCalls.Com)

The following information concerns PV (photovoltaic) systems, more commonly known as solar panels. The information came from Fire Engineer Matt Paiss of the San Jose FD who wanted to offer some "firefighter" clarity to this discussion. It is an area we all need to know about, but as is often the case; a few misconceptions can spin some VERY tall tales!

1. Panels are only energized in daylight. Overcast days too, but NEVER at night. Scene lights will NOT energize the panels.
2. If the panels, or the roof are on fire, you will not get shocked by spraying water on them. Put the fire out.
3. The voltages of panels are anywhere from 24-48 volts each and generate from 125 to 200 watts in optimal conditions. These panels are "strung" together in series to increase the voltages to 120 vdc to 400 vdc. While 600 vdc is possible, it is pushing the UL ratings of the enclosures, etc. The current of these strings is usually from 5-9 amps. And that is only when there is a load (or put more simply, the inverter is sending the power back into the grid). If the inverter is off, there is no current only voltage, i.e. open circuit.
4. The inverters that change the power from DC to AC, are powered by AC. If you shut off the main service breakers, the inverter is OFF and there is NO AC power being sent into the structure. There are capacitors in the inverters that can hold a charge for about 5 min, but in the daytime the panels are producing power anyway. When the sun goes down. Everything is de-energized.

FIREFIGHTER WARNING: There is ALWAYS energized DC power in the conduit from the panels to the inverter **IN THE DAYTIME**. So, secure all utilities (per SOP's) and stay away from the panels, and the conduit in the daytime. That is the danger.

5. Do not break a panel with your axe or related forcible entry tools! Each panel in the string could be carrying the **FULL VOLTAGE** of that string (120-400 VDC), not just one panel, so if you put a tool through it, you will very likely be getting the rest of the shift off! Don't do it...there is no need to do it, vent somewhere else, and kill the utilities at the main panel based upon your SOP's.

Jim Carroll
Program Manager

Email from Michael Gozzo, Noank Volunteer Fire Dept.

Email from Michael Gozzo, Noank Volunteer Fire Department to Mark Salafia, Program Manager

Mark,

Ed Amatrudo forwarded your email to me as I have been a frequent participant in the June Fire School weeks for several years. I have taken the engine company operations class a couple of years in a row with different members of my department and I feel it is an excellent class, especially for small companies like Noank. If part of that class could focus on low staffing levels and how to operate with two man teams, I think that would be a good addition.

I took the residential search and rescue class. It was also very good. The classroom and practical execution were in good synchronization. I would like to see that offered again so more of my department can have the opportunity to take it. These are the two classes that really get back to the basics of practical fire fighting, which is lacking in many of the certification, and other types of classes that are offered frequently.

I would also like to provide you with some feedback on the Friday afternoon seminars those have been very good. It's always good to get the perspective of other fire service members/leaders from around the country and compare how they do the job to how we approach it. Please continue to provide the wide variety of seminars as you have for the past couple of years.

I try to encourage everyone to go to at least one day of the June fire school as it's a great opportunity to get training we otherwise don't have the time for. Your idea of setting up one Saturday is also good. Some reason for not attending is time away from work during the week.

Keep up the good work. I hope my comments will be helpful to you.

Michael Gozzo

Noank Volunteer Fire Department, Captain



“Fires are meant to burn a certain (standard) length of time— offensive ones are pretty quick; defensive ones are generally slower...just be patient, they all go out eventually”.

By Alan V. Brunacini



*“Hanging around
daredevils is
painful—
remember, a hero
is nothing but a
sandwich.”*

*By Alan V.
Brunacini*



2009 Grant Writing Workshops

The Connecticut Fire Academy in cooperation with the Fire Grants Office of the Federal Emergency Management Agency presented six separate Grant Writing Workshops throughout the state from Tuesday, February 17 - Saturday, February 21, 2009. These workshops were designed to assist local fire departments and unaffiliated EMS organizations to apply for the Assistance to Firefighters Grant program. The six workshops were identical so attendance at any one workshop was sufficient.

Tuesday February 17, 2009 1PM Connecticut Fire Academy

Wednesday February 18, 2009 6PM Morris Fire Department

Thursday February 19, 2009 1PM Darien Fire Department

Thursday February 19, 2009 6PM Danbury Fire Department at the Miry Brook Vol. Station

Friday February 20, 2009 1PM Mohegan Sun Fire Department

Saturday February 21, 2009 10am Ashford Fire Department

2009 Connecticut Fire Officer's Weekend

The 2009 Connecticut Fire Officer's Weekend at the National Fire Academy in Emmitsburg, Maryland will be held March 27, 28 & 29, 2009. This weekend is a chance for numerous Connecticut fire service personnel to experience the superior level of fire related education available at the National Fire Academy. Applicants have a choice of one of six classes including four which include fire marshal credit. Applicants are requested to prioritize their class choices from 1-6, final class assignments are determined by officer rank and years in rank. Students are responsible to provide their own transportation to and from the National Fire Academy.

The Connecticut Fire Officer's Weekend agenda includes a Memorial Service on Friday evening at the National Fallen Firefighters Memorial, followed by an orientation and a social gathering in the Student Center. Saturday is a full day of classes with a barbecue in the evening. Classes run through mid-afternoon on Sunday prior to dismissal. The Connecticut Fire Officer's Weekend is not only a tremendous learning opportunity but also a great way to network with other fire personnel and instructors.

2009 Seminar Series: Fireground Strategies Private Dwellings, Strip Malls and Taxpayers

The 2009 Seminar Series: *Fireground Strategies Private Dwellings, Strip Malls and Taxpayers* will be held on Friday, February 27th. This course covers various types of Private Dwellings (including Estate Homes), Strip Malls, and Taxpayers fire spread and structural problems and the firefighting and life safety concerns inherent with these types of occupancies. Strategic considerations and interior fire control factors are discussed, with the point of entry rule of thumb explained in detail, to assist the fire officer and incident commander in proper decision-making on the fireground. Discussion will center on Engine and Ladder Company tactical considerations common to these occupancies and those that are specific to certain occupancies. The course also contains an interactive scenario that will allow the student to apply the information taught in the course with open discussion of the scenarios by the attendees completing the course.

Anthony Avillo, a 24 year veteran, is a Deputy Chief in North Hudson Regional (NJ) Fire & Rescue, assigned as 1st Platoon Regional Tour Commander. Chief Avillo has a B.S. in Fire Science from New Jersey City University. He is an instructor at the Bergen County (NJ) and Monmouth County (NJ) Fire Academies. Avillo, an FDIC instructor, is a member of the FDIC advisory board and is an editorial advisor to Fire Engineering Magazine. He is the author of *Fireground Strategies*, 2nd edition (Pennwell 2008) and *Fireground Strategies Workbook Volume II* (due in 2009). Anthony is a contributing author of the *Firefighters Handbook* (Pennwell 2008) and will be co-author of the *Firefighters Handbook Study Guide*.

Letter From Spina Bifida Association of CT

Letter from Mr. Kiley J. Carlson, Executive Director of Spina Bifida Association of Connecticut

A letter was received from Mr. Kiley J. Carlson, Executive Director thanking Recruit Class # 42 for a donation of \$600.00 in honor of Miss Maggie Marie Fusco. Maggie is the daughter of Graduating Recruit Class # 40 Chris Fusco. Mr. Carlson stated "On behalf of the staff and Board of Directors of the Spina Bifida Association of Connecticut, we would like to acknowledge a generous donation made by Recruit Class # 42. Their support is greatly appreciated".

The SBAC supports individuals and families affected by Spina Bifida, along with educating the public about the use of folic acid in reducing the incidence of affected pregnancies. It is due to the kindness of people like them that we are able to provide these programs and services.

Future 2009 Seminar Series

Friday March 13, 2009

Review of Post Incident Assessment

Charlestown SC Sofa Superstore

Chief J. Gordon Routley
Course #09184

Friday May 15, 2009

50 Ways to Kill Your Brother

Chief Richard B. Gasaway

Course #09214

Friday June 5, 2009

Firefighter Cancer Support Network

Mike Dubron President
FCSN

Course #09219

Friday October 9, 2009

2009 Survival Program:
Not Everyone Goes Home

Deputy Chief Billy Goldfeder

Course #10034

Friday December 4, 2009

Think Like an Incident Commander

Deputy Chief Thomas Dunne

Course #10058

Instructor Seminar Series

Saturday May 9, 2009

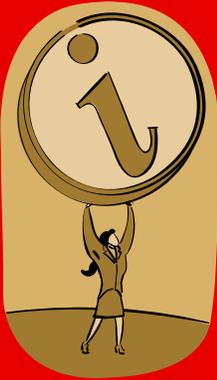
Training Today's Fire Service

Chief Doug Cline

Course #09227

34 Perimeter Road • Windsor Locks, CT

06096-1069



“Old engine
company saying
about the
application of fire
streams: “nothing
unburns,
everything dries
out.”

By Alan V.
Brunacini

RESCUE TECHNICIAN CORE PROCESS CHANGE

During the January meeting of the Commission on Fire Prevention and Control it was decided to eliminate the stand alone testing of the Core competencies as a part of the process leading to certification to the NFPA 1006 standard. This will eliminate the need for the students to spend an extra day testing after the completion of the six day training program. In order for a student to apply for certification in one of the NFPA 1006 listed rescue specialties that the CFPC certifies to, their student records must indicate the successful completion of the RT-Core program. The current CFA training calendar was printed and distributed prior to this decision and therefore lists a test date for all RT-Core deliveries. Based on the decision of the Commission, from this point forward no more testing of the Core competencies will be conducted by the Certification division. There is no time limitation between the completion of the Rescue Tech.-Core and completion of any of the rescue specialties.

Jim Carroll
Program Manager

HazMat Seminar Series: Explosives

The HazMat Seminar Series: *Explosives* was held February 18, 2009, at the Connecticut Fire Academy. The presenter was Shawn S. Kelley who is a retired Assistant Chief/Chief Fire Marshal with the Arlington County Fire Department in Arlington, Virginia. He has more than 27 years in public safety service, both as a career and volunteer firefighter.

This 8 hour day covered the following topics:

- The Terrorist Threat
- Definitions and laws
- Chemistry of Improved Explosives
- Recognition of household materials being used as explosives
- Recognition of Improvised Explosive Devices and Dispersal Device
- Improvised initiators
- Fertilized based explosives
- Response to pre-detonation events
- Response to post-detonation events
- Case studies and practical exercises

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We're on the web at: www.ct.gov/cfpc

Agency Mission

To prevent or mitigate the effects of fire and disasters, either natural or manmade, on the citizens of the State of Connecticut. This objective shall be accomplished through the development and delivery of state-of-the-art educational programs designed to meet nationally recognized standards, certification of individuals to such standards and maintenance of up-to-date resources for use by fire service personnel, public educators and other first responders.