



**State of Connecticut  
Department of Emergency Services & Public Protection  
Commission on Fire Prevention and Control**

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- 2. Strategy & Tactics Course**
- 3. 2017 CPAT Registration Now Open - Registration Will ONLY be Available Online**
- 4. CFPC/CFA Direct Dial Numbers**
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**1. Open Competitive Recruitment for Certified Firefighter – Town of Hamden**

The Fire Commission and the Civil Service Commission announce the open competitive recruitment for the position of Certified Firefighter.

Applications and copies of the job description are available in the Personnel/Civil Service Office from 8:30 – 4:30 PM daily and also on our website, [www.hamden.com](http://www.hamden.com).

**Closing date: Friday, March 31, 2017 @ 4:00 P.M.**

Please see attached for more information

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**2. Strategy & Tactics Course**

The Burrville Fire School will be conducting a 4-day Strategy & Tactics Course at the Kent Fire Department.

Dates: March 7, 9, 14 & 16

Time: 19:00 to 22:00

Cost: \$45.00

Contact: Rich Winn 860-309-4375 or John Field 860-806-3560

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**3. 2017 CPAT Registration Now Open - Registration Will ONLY be Available Online**

Connecticut Fire Academy is now accepting applications for the 2017 CPAT season. The deadline to apply for the Spring 2017 CPAT season is March 10<sup>th</sup>, 2017. **Registration will ONLY be available online for CPAT.** Please use the following link to register for the 2017 Spring CPAT season:

<https://ctlms.ct.gov/Saba/Web/Main>

*All those interested must use the online system.* The CFA is not accepting registrations for CPAT over the phone, faxed, or mailed applications. The Registration fee is \$150.00. When using the online registration system please do use mobile Apple devices. PC/Mac users will need to turn off pop-up blockers. AMEX is not accepted for payment, VISA or MasterCard only.

For further information or questions, please contact CPAT Program Manager Jason Decremer at 860-264-9242 or [jason.decremer@ct.gov](mailto:jason.decremer@ct.gov)

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#### **4. CFPC/CFA Direct Dial Numbers**

For your convenience, attached please find a phone list with direct dial access numbers for staff members of the Commission on Fire Prevention and Control/CT Fire Academy.

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#### **5. Paramedic Refresher**

CPR Training Professionals will be holding a Paramedic Refresher in May. This refresher is good for maintaining NR-P, attempting to re-instate National Registry, or just 48 hours of CME.

Go to this link for info and to register: [Click to register for NR-P Recertification](#)

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#### **6. PHTLS Provider Program**

Capital Community College  
and St. Francis Hospital & Medical Center

Present - 8<sup>th</sup> Edition

PHTLS Provider Program

Open to all levels of EMS Provider

Saturday March 25<sup>th</sup> and April 1<sup>st</sup> 08:00 to 17:00

Degnan Hall (11<sup>th</sup> Floor) Capital Community College

950 Main Street

Hartford, CT

\$ 300

Seating is limited

Registration Daniel Tauber

Phone: 860.906.5153

E-mail: [dtauber@ccc.commnet.edu](mailto:dtauber@ccc.commnet.edu)

See attached

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## 7. Firefighter Near Miss Report of the Week

### Firefighter Injured During Physical Fitness

#### Event Description

During morning physical-fitness time, a firefighter was playing full-court basketball. While running during the game, the firefighter stepped on someone else's foot, causing their ankle to roll. Popping sounds were heard from the ankle and pain was noticed. The firefighter was unable to walk on the injured ankle because the pain was too severe; ice was applied to the injury and eventually returned to work that day.

View the Report: [Accident Injures Firefighter During Physical Fitness](#)

#### Take-Aways

Looking at [NFPA's annual firefighter-injury statistics](#) shows the need for a fitness and wellness program and its possibilities for reducing injury. These statistics highlight the necessity for departments to develop an individualized fitness program that addresses specific needs. A potential injury is possible no matter what the activity, but there may be choices each person can make, addressing the assumption of risk when working out on duty.

Certain departments have specific policies regarding the types of fitness activities that on-duty personnel can participate in. For example, departments may find that certain sports activities that increase the stereotypical competitive nature of firefighters could have a higher potential for injuries. These recreational activities may be deemed inappropriate for on-duty physical fitness training, requiring personnel to participate in more stereotypical events such as weight training or the use of stationary cardio equipment.

Eliminating competitive activities isn't necessarily a solution to stopping injuries. Best practices include proper warm-ups, stretching and safe practices with equipment to reduce the chances of injuries being sustained during any sort of physical fitness.

#### Discussion

- What is your department's policy or guideline regarding physical fitness activities?
- What are the risks of fitness activities that appear recreational compared to those that are not?
- What is your department's process for reporting an injury or potential injury?
- What can firefighters do to prevent injury from fitness activities?

#### Leading Practices

It's unlikely that anyone wants to get injured on duty, especially working out. We work out to improve our

tactical physical abilities and to be prepared for anything. We also use fitness to maintain or improve our health for a long career and to be able to enjoy retirement.

Due to the possibility of greater risk of injury when playing competitive games on duty, fitness leaders should examine what methods personnel use for fitness. Is a policy listing specific exercises necessary? That may be extreme but holding regular training and informing personnel of proper techniques or best practices to reduce the risk of injury is necessary.

Proper warm up and stretching isn't just for workouts. Another source of injuries is training. Implementing a warm-up and stretch routine before a training activity may prove beneficial.

Other professionals whose jobs are athletic in nature—professional athletes and fitness professional—make the effort to warm up and stretch before activity, regardless of their level of expertise for the coming movements.

Do you have time to stretch at an emergency scene or while responding? Probably not. But just like working on your technical skills in training, working on your flexibility and mobility will prepare you for those cold starts when called to respond and will help prepare you for that ankle roll when you're playing basketball.

Take a look at the resources below to build your knowledge of including stretching in your routines for both fitness and regular work.

### Related Near Miss Reports

- [Exercise Routine Overcomes Firefighter During Drill](#)
- [Spotter Needed During Weightlifting](#)
- [FF Becomes Dehydrated During Fitness Training](#)

### Additional Resources

- [IAFF/IAFC Wellness/Fitness Task Force](#)
- [IAFF Firefighter Injury Prevention \(video\)](#)
- [FireRescue1.com Article: 4 Firefighter Stretches in 4 Minutes](#)

**PLEASE DO NOT REPLY TO THIS EMAIL**

**TOWN OF HAMDEN**  
**CONNECTICUT CERTIFIED FIRE FIGHTER**

**Requirements for all applicants applying for Certified Fire Fighter**  
**with the Town of Hamden**

**A non-refundable \$40.00 Application Fee is required**

- 1.) **Certification:** Applicants must have successfully completed a career fire department oriented, structured recruit class, i.e. the Connecticut Fire Academy Recruit Firefighter Class or equivalent within the past five (5) years and must have obtained at a minimum the following Connecticut Firefighter certifications to apply for the position: Firefighter I, II and Hazardous Materials – First Responder Awareness and Operational. A copy of your Connecticut certifications **must accompany your application** for employment. Those applicants who have not yet attended the Connecticut Fire Academy Recruit Firefighter Class or equivalent may apply for the position but must present proof of successful completion of the Connecticut Fire Academy Recruit Class or equivalent at time of a conditional job offer along with copies of your Connecticut Firefighter I, II and Hazardous Materials – First Responder and Operational certificates.
- 2.) **Education/Training:** Applicants must possess a High School Diploma and all applicants must possess a current EMT license issued by the State of Connecticut at the time of application. **A copy of both must accompany your application for employment.**
- 3.) **Age:** Applicants must be eighteen (18) years of age at the time of application to be eligible.
- 4.) **Physical Examination:** Applicants must possess a current CPAT physical agility certification (CPAT certifications are valid for two years from the time of successful completion) **at the time of a conditional job offer** to be eligible for employment **OR** be presently employed full-time by a career fire department with a minimum of two (2) years of continuous service with that department **at the time of a conditional job offer.**
- 5.) **Residency:** Applicants must be a U.S. Citizen and must be a resident of the State of Connecticut at the time of application.
- 6.) **License:** Applicants must possess a valid Connecticut driver's license with **Q endorsement** at the time of application and **provide a copy at time of application.**
- 7.) **Drug Testing:** Applicants shall be required to submit to and successfully pass a drug and alcohol test as part of their pre-employment medical examination.
- 8.) **Non-Smoker:** Applicants must be non-smokers at the time of application and remain non-smokers as a condition of employment with the Town.
- 9.) **Character Requirements:** Applicants must meet the highest legal and ethical standards. No applicants will be accepted with any drug related conviction, felony conviction, conviction for any Class A or Class B misdemeanor or any conviction for domestic violence. Applicants will undergo a rigorous background investigation before any offer of employment is made. An applicant may be disqualified for poor employment history, recent use of illegal drugs or previously undetected criminal activity. Any omission, falsification, fabrication or misleading statement will automatically result in disqualification from further consideration.

**10.) Background Investigation:** A thorough background and character investigation will be conducted for the specific purpose of obtaining pertinent data for the Hamden Fire Department to consider in determining suitability for employment as a Firefighter. Eligible applicants will be requested to authorize a release of personal information including, but not limited to, educational institutions, medical history, employment history, legal complaints, arrests or convictions and motor vehicle history.

**General Statement of Duties:**

Firefighters are responsible for performing fire suppression, fire prevention, and rescue work; work is performed in accordance with departmental procedures and specific instruction; work requires performance of hazardous tasks under emergency conditions; work may involve extreme exertion for usually short periods of time under such handicaps as smoke, heat, and cramped surroundings; work involves inspecting and maintaining firefighting equipment and quarters, and performing supervised training. Over 70% of the Hamden Department of Fire & Emergency Services incidents involves both BLS and ALS emergency medical service. All on-duty personnel are required to respond to emergency medical calls regardless of their assignment.

**Supervision Received:** Works under immediate supervision of a superior in the Fire Department who issues instructions and reviews work for conformance to orders and instructions.

**Required Job Duties:** Respond to alarms; protect exposures; ventilate fire-involved structures; forcibly enter buildings at fire scene; use and climb ladders; apply water and extinguishing agents; perform rescues; conduct overhaul and salvage operations; maintain fire service apparatus and equipment; maintain station house; participate in fire service training; perform BLS emergency medical care; inspect structures; engage in fire prevention, staff a watch desk and drive and operate all Hamden Fire Department fire apparatus and equipment.

**Knowledge, Skills, and Abilities:** Ability to follow written and oral instructions; mechanical comprehension and aptitude; ability to discern spatial relationships; mathematical ability; ability to interpret numerical tables; ability to work in accord with others; physical strength and agility necessary to perform the required work.

<b><u>Method of Selection</u></b>	<b><u>Weight</u></b>	<b><u>Minimum Passing Score</u></b>
CT Firefighter certifications	--	Pass
CPAT certification/or 2 yrs employment	--	Pass/or Proof of employment
Background Investigation	--	Pass
Oral Board Interview	100%	70

The Fire Chief reserves the right to reject any eligible candidate whom, on the basis of background or character investigation or medical examination, does not appear to be the most suitable qualified candidate for the position in accordance with the provisions of the Hamden Civil Service Commission's Rules and Regulations.

**The Town of Hamden is an Equal Opportunity Employer  
Female and Minority candidates are encouraged to apply**

State of Connecticut  
 Department of Emergency Services and Public Protection  
 Commission on Fire Prevention and Control  
 Connecticut Fire Academy, 34 Perimeter Road, Windsor Locks, CT 06096-1069  
 Main Phone Number 860-627-6363  
 1-877-5CT-FIRE (In-state toll free)  
 Fax: 860-654-1889  
 Office Hours M-F 8:30-4:30

NAME	TITLE	PHONE	EMAIL/PHONE
<b><u>Administration</u></b>			
Jeffrey Morrisette	State Fire Administrator	860-264-9230	<a href="mailto:jeff.morrisette@ct.gov">jeff.morrisette@ct.gov</a>
Kara Ouellette	Secretary to State Fire Administrator	860-264-9231	<a href="mailto:kara.ouellette@ct.gov">kara.ouellette@ct.gov</a>
Brian Mello	Juvenile Firesetter Program	860-264-9231	<a href="mailto:ctmrfire@comcast.net">ctmrfire@comcast.net</a>
<b><u>Certification Division</u></b>			
Denice Fortin	Director of Certification Certification Registrar	860-264-9229 860-264-9229	<a href="mailto:denice.fortin@ct.gov">denice.fortin@ct.gov</a>
<b><u>Training Division</u></b>			
William Higgins	Director of Training	860-264-9272	<a href="mailto:william.higgins@ct.gov">william.higgins@ct.gov</a>
Eric Munsell	Program Manager	860-264-9260	<a href="mailto:eric.munsell@ct.gov">eric.munsell@ct.gov</a>
Jason Decremer	Program Manager	860-264-9242	<a href="mailto:jason.decremer@ct.gov">jason.decremer@ct.gov</a>
Michael Anzellotti	Storekeeper Logistics and Inventory	860-264-9235	<a href="mailto:michael.anzellotti@ct.gov">michael.anzellotti@ct.gov</a>
Kim Taylor	Training Registrar	860-264-9238	<a href="mailto:kim.taylor@ct.gov">kim.taylor@ct.gov</a>
Ken Hanks	Program Planner	860-264-9286	<a href="mailto:hanks.ken@ct.gov">hanks.ken@ct.gov</a>
Brenda Tenney	Program Planner	860-264-9268	<a href="mailto:brenda.tenney@ct.gov">brenda.tenney@ct.gov</a>
Jacklyn Kilby-Richards	Program Coordinator	860-264-9285	<a href="mailto:jacklyn.kilby-richards@ct.gov">jacklyn.kilby-richards@ct.gov</a>
Alan Zygmunt	Public Fire and Life Safety Coordinator	860-264-9222	<a href="mailto:alan.zygmunt@ct.gov">alan.zygmunt@ct.gov</a>
	Recruit Lead Desk	860-264-9243	<a href="mailto:cfprecruit@ct.gov">cfprecruit@ct.gov</a>
	EMS Coordinator	860-264-9260	
<b><u>Bookstore</u></b>			
Pam Cooney	Bookstore Manager	860-264-9271	<a href="mailto:pam.cooney@ct.gov">pam.cooney@ct.gov</a>
Karen Junguzza	Assistant Bookstore Manager	860-264-9244	<a href="mailto:karen.junguzza@ct.gov">karen.junguzza@ct.gov</a>
<b><u>Business Office</u></b>			
Deborah Richardson	Office Assistant	860-264-9257	<a href="mailto:debbie.richardson@ct.gov">debbie.richardson@ct.gov</a>
<b><u>Facility</u></b>			
Christopher Johnston	Facilities Engineer	860-264-9232	<a href="mailto:chris.johnston@ct.gov">chris.johnston@ct.gov</a>
<b><u>Food Service Vendor</u></b>			
	Lessing's Food Service	860-264-9248	<a href="mailto:cfa@lessings.com">cfa@lessings.com</a>
<b><u>Other (After Hours Emergencies)</u></b>			
<b><u>Hartford County Fire School Director</u></b>			
	Hartford County Fire School Director	860-264-9246	
<b><u>CFA EXT Dial 860-627-6363 &amp; EXT #</u></b>			
	Dormitory Reservations	421	Or 860-264-9231
Class Cancellation	Weather Notification	450	updated 6:30 am
CPAT Testing	Status Hotline	415	



## 48 Hour Paramedic – NR-P Recertification

at

CPR Training Professionals

in

South Windsor



EMS Division

[www.ctemsclasses.com](http://www.ctemsclasses.com) [www.cprtrainpro.com](http://www.cprtrainpro.com)

860-474-5525

**May 1, 2017 to June 12, 2017**

Mondays from 9am to 5pm

- 48 Hours of Continuing Education
  - Meets NR-P requirements
  - Can be used to reinstate NR-P

Cost: \$400

\$200 non refundable down payment  
required to reserve a seat

Instructor: Nancy E. Brunet, RN, M.Ed., NR-P, EMS-I

To Register:

[www.ctemsclasses.com](http://www.ctemsclasses.com)

860-474-5525







Capital Community College  
and



**Saint Francis Hospital and Medical Center**  
**Center for Emergency Medicine Education**

Present



# **PHTLS Provider Program**

8<sup>th</sup> edition

Open to all level of EMS Provider

Saturday March 25<sup>th</sup> and April 1<sup>st</sup>  
08:00 to 17:00

Degnan Hall (11<sup>th</sup> Floor Capital  
Community College 950 Main  
Street

Hartford, CT

\$ 300

Seating is limited

Registration Daniel

Tauber

Phone: 860.906.5153

E-mail: [dtauber@ccc.commnet.edu](mailto:dtauber@ccc.commnet.edu)