

August, 2007



Instructor's Dispatch

Commission on Fire Prevention & Control

First In: Strategies and Tactics for Company Officers Sitting in the Hot Seat

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The fourth installment of the 2007 Seminar Series was held on August 10, 2007. The seminar was delivered at the Connecticut Fire Academy.

The presenter was Robert Krause, B.S. EMT-P, Captain of Toledo Fire & Rescue Department, Toledo, OH.

From the opening slide in the PowerPoint presentation the attendees were immersed into a highly interactive session.

Participants were encouraged to discuss their thoughts and strategies openly, creating a pool of ideas that will educate all in attendance.

The program presented both fire and emergency medical problems that challenge the participant to focus on the challenge of command. This session develops stressed based decision-making.

Fire officers must be able to make critical decisions while under enormous pressure. This program gave individuals the chance to develop those critical thinking skills. The problems presented were real world scenarios.



“Lessons we learn
in the street are
always serious...we
grow old only if we
can quickly convert
the last lesson into
a functional
behavior.”

By Alan V. Brunacini

Beware of the dangers of ...HEAT

Warm weather is now upon all regions in the northern hemisphere. With warm weather brings the increased risk of heat stress for first responders. Although commonly attributed to warm weather conditions, heat stress should not be treated solely as a seasonal threat. Many occupations involve work in hot environments throughout the year. Heat stress injuries and illnesses that can result from heat exposure can be split into six major groups.

Heat Rash is caused by a hot, humid environment and plugged sweat glands. It is a bumpy red rash which itches severely. It is not life-threatening but is very annoying. Dry clothes that help sweat evaporate will reduce the chance of heat rash. Washing regularly and keeping the skin clean and dry will help prevent heat rash.

Heat Cramps are painful muscle cramps caused by a loss of body salt through excessive sweating. To help prevent heat cramps, drink plenty of nonalcoholic, and caffeine-free fluids while working in a hot environment. Anyone suffering from heat cramps should be watched carefully for signs of

more serious heat stress. If the cramps persist or other symptoms develop, seek medical attention immediately.

Heat Syncope (pronounced "sin-co-pay") is sudden fainting caused by a reduced blood flow to the head. The victim's skin will be cool, moist and their pulse will be weak. Immediate medical attention is needed in the event of syncope.

Heat Exhaustion results from inadequate salt and water intake is a sign the body's cooling system is not working properly. The victim will sweat heavily, their skin will be cool and moist, their pulse weak, and they will seem tired, confused, clumsy, irritable or upset, they may breathe rapidly--even pant --and their vision may be blurred. If you suspect heat exhaustion, don't let the victim talk you out of seeking immediate medical attention. The heat exhaustion will affect their ability to exercise good judgment. Until medical help arrives, try to cool the victim and offer sips of cool water as long as the victim is conscious. Immediate medical attention is required. Heat exhaustion can quickly lead to heat stroke.

Heat Stroke is the deadliest of all heat stress conditions. It occurs when the body's cooling mechanism has shut down after extreme loss of salt and fluids. The body temperature will rise, the victim's skin is hot, red, and dry, their pulse fast, and they may complain of headache or dizziness. They will probably be weak, confused, and upset. Later stages of heat stroke cause a loss of consciousness and may lead to convulsions. In the event of heat stroke, seek immediate medical attention. Until help arrives, try to cool the victim and offer sips of cool water if the victim is conscious.

Incidental Accidents and Injuries that result from workers becoming dizzy, disoriented, weak or confused. These incidents can go unrecognized as such and therefore never attributed to heat stress as a root cause. Personal physical condition and activity level combine with several environmental factors to determine the level of heat stress risk present. The best treatment and/or prevention remains rest, plenty of cool (nonalcoholic) beverages, cool shower or bath, air-conditioned environment and lightweight clothing.



Regional Foam Trailer Program Expanding in Connecticut

Back in January, 2003, the Commission on Fire Prevention and Control in partnership with the Fairfield, Hartford, New Haven, Norwich and Waterbury Fire Departments along with the CT Department of Environmental Protection placed into operation the Mobile Foam Trailer program.

These 500 gallon mobile foam trailers are available upon request by a local incident commander to respond to incidents within any community statewide.

Effective July 1, 2007, the Commission is pleased to report that three new mobile foam trailer units have been added to strengthen and enhance the response system. Funding for the new units was provided by the

Connecticut Department of Emergency Management and Homeland Security (DEMHS) under a federal grant. The new units are being hosted by Danbury, Willington and Winsted Fire Departments.

Fire department personnel in the three new host fire departments have undergone training and the units are available to respond if requested.

The procedure for requesting foam resources remains unchanged. To initiate a response, please do not contact the host fire department directly. You must contact the Department of Environmental Protection (DEP) by calling their Emergency Dispatcher (24/7/365) at: 860-424-3338.

It is anticipated that with any incident involving a flammable liquid fire or need for chemical vapor suppression the two closest foam trailer units will be dispatched and transported to any incident statewide by trained personnel.

In addition, DEP Hazardous Materials Response Personnel will also respond if not already on-scene. For larger incidents necessitating significant foam resources additional mobile foam trailer units will be dispatched accordingly.



Save the Date for these upcoming Seminars Series...

October 12, 2007
Rapid Intervention Isn't Rapid: Finally a Solution—Speaker: Steve Kreis, Assistant Chief City of Phoenix, AZ Fire Dept.

December 7, 2007
Eliminating Silly Rules in a Value Driven Organization—Speaker: Mark Wallace, Chief McKinney, TX Fire Dept.

Recognizing Members of Our Staff

Letter from Daniel Ingraham from Greenwich

Daniel Ingraham from Greenwich called expressing his thanks and appreciation to Denice Fortin for her quick response to a recent inquiry. Dan was most impressed with the fact that he left his request in the form of

an incomplete voicemail message. With only partial information, Denice was able to obtain and communicate the requested information back to him in a timely fashion.

Thanks Denice for your deciphering skills and quick response!

Letter from Beth Stafanik Volunteer Coordinator Bradley Family Day

A letter was received from Beth Stafanik, Volunteer Coordinator for the Bradley Family Day event. Beth expressed her thanks and appreciation to

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Twenty-Four Principles that Guarantee Success!

By *Frederick J. Cowie, Ph.D.*

One: The Pareto Principle! I know of no one who is successful that does not use some version of the Pareto Principle: Life is 80/20! 90/10 or 99/1. But never less than 80/20. Let me put it bluntly, eighty percent of your time and effort is spent on the twenty percent of your clients or customers which you would probably call "losers." Eighty percent of your success comes from the twenty percent you would call "winners," who take up virtually none of your time or effort. Eighty percent of whatever comes from twenty percent of whatever. Do your own personal research. Do a brief self-serving cost benefit analysis. Promise yourself to follow Mr. Pareto (Google him!) wherever he leads you. Promise!

Two: The Mercer Principle! Mr. Pareto's work spanned the late nineteenth and early twentieth century. Johnny Mercer had a hit song in 1945, whose lyrics you need to sing to yourself every day, for they are what I call The Mercer Principle: "You've got to accentuate the positive; Eliminate the negative; Latch on to the affirmative; Don't mess with Mister In-Between."

Latch on to Pareto's positives and affirmatives, the 20 percentile; eliminate the Pareto negative 80 percentile. Mr. In-Between, we'll see him in the next item!

Three: The Maguire Principle! Ed Maguire of the History Department at St. Louis University was the main reason I became an historian. Maybe the main reason I quit being an historian, for Ed had a life outside of the university and ran a business on the side and showed me I could do. Once in class he gave us a principle, which I call The Maguire Principle: "We tend to spend eighty percent of our decision-making time on stuff that doesn't matter." Here's the story he used to illustrate his principle. He was in the Navy and the cook told him to sort the potatoes, big potatoes were to go in the pot on the left, little potatoes in the pot on the right. Those decisions were easy. He spent all of his time on medium-sized potatoes and it really didn't make any difference which pot they went in. This is alternatively called the Medium Sized Potato Principle and is often voted "the most important thing I learned in class."

There's the good, the bad and just stuff (Mr. In-Between). Don't spend eighty percent of your analysis time on in-between stuff! This is a great principle to keep in mind always. When grading papers: there are As and Fs and then just stuff in-between. Job applicants fall into three classes: hell yes, hell no and just stuff in-between. Grant applications the same. Just spend enough time sorting to get the big potatoes, the great hires, the as, the best grant applications.

Four: The Larry Principle! I have a friend named Larry from a "holler" (that's a gulch if you're from Montana) in eastern Kentucky. Every once in a while I'd hear a yell coming from his cubicle, "I have to go kill something." If it was hunting season, he went hunting; if not, I think he just went shooting. Anyway, when he came back he could make it a while more amongst the bureaucrats. So, The Larry Principle is, "Take a mental health day off when you want to kill your coworkers." Hey, it's preventative medicine, so take a sick day. It worked for Larry, it works for me, and it will work for you too.

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"Good procedures are so simple you don't need to write them down to remember them or use a dictionary to understand them."

By **Alan V. Brunacini**



The Declaration of Independence and the National Seat Belt Pledge

*Independence for Seat Belt Line
-of-Duty Deaths*

[http://cms.firehouse.com/
content/article/article.jsp?
sectionId=168&id=55403](http://cms.firehouse.com/content/article/article.jsp?sectionId=168&id=55403)

BURTON A. CLARK

Firehouse.Com Contributor

Words are powerful because they spark our actions. Words are how we express our deepest thoughts, our cherished beliefs, and our important values. Words have stirred societies to wonderful acts of humanity and unspeakable acts of depravity. "Actions speak louder than words and your actions speak volumes." I don't know who originated this statement, probably Shakespeare or the Bible, but the statement illustrates how connected our words and actions are.

Around the nation, millions of words have been spoken and written, heard and read about the death of nine firefighters in Charleston SC: heroes, brothers, sacrifice, tragedy, horrific, LODD, 9-11, NIMS, ICS, standards, comply, right, experts, facts, investigation, honestly, answers, learn, building, collapse, codes, sprinkles, anger, again, training, never, forget and

many, many more.

I do not know what actions we collectively have taken based on these words. I do not know what our actions or inactions related to the loss of these nine firefighters will speak about us collectively in the future. So what do I **know**?

Most of you do not know that seven firefighters have been killed in vehicle crashes without their seat belt on since January 2007 and even more have been injured. A million words have not been written about them. Almost 50% of us still do not wear our seat belts. Not wearing seat belts is the number one safety violation in the fire service. As of July 1, 40,000 firefighters have taken the National Fire Service Seat Belt Pledge and 63 fire departments have achieved 100% participation. There are 1.2 million firefighters and 32,000 fire departments. Vehicle crashes account for 25% of our line-of-duty deaths (LODDs) annually. Seat belts save lives. Every six-year-old knows how to buckle up. We say that firefighter safety is important.

We are shocked to our core when nine are lost in a

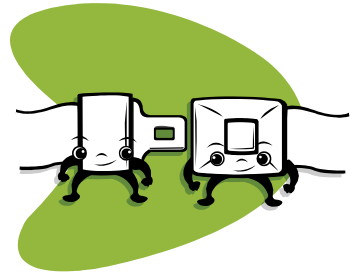
store fire. But if you are riding in apparatus, if you are driving apparatus, if you are the officer, if you are the chief and seat belts are not used, your actions speak louder than your words and your actions speak volumes about the unimportance of safety to you, each other, and your department.

If we do not follow our safety Standard Operating Procedures (SOPs) to and from the fire scene, what makes us think we will follow the safety SOPs at the fire?

How do we honor the Charleston 9? How do we stop firefighter LODDs in building collapses? I do not know. How do we honor the seven? Buckle up! How do we stop (LODDs) due to no seat belt use? Buckle up!

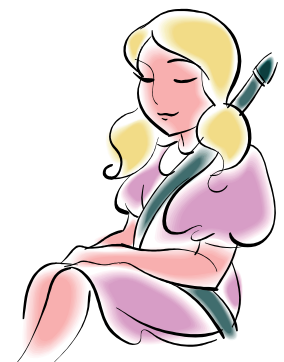
The National Fire Service Seat Belt Pledge is just a piece of paper with signatures on it. That is what King George thought about the Declaration of Independence. But the men who signed it turned their words "...we mutually pledge to each other our Lives, our Fortunes and our sacred Honor." into the spark that lead a nation to freedom.

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**"Remember
courage is only fear
that has said its
prayers."**

By Alan V. Brunacini





Twenty-Four Principles that Guarantee Success!

By *Frederick J. Cowie, Ph.D.*

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Five: The Washington Principle!

One of my minors was in American Colonial History and the most impressive person I ever read about was Washington. Everything he did set a precedent. He was a statesman, a general, a politician and most of all a symbol. He was like Cincinnatus, the Roman general who went back to the farm after his duty as dictator was done. (Google him too!) Washington was the key figure in the pre-revolutionary, revolutionary and post-revolutionary periods. Certainly all of that is remarkable and has never been equaled in history. But he was not the smartest person around or the sharpest tool in the shed, for the shed contained Franklin and Adams, Hamilton and Jefferson, *et al.* So, the Washington Principle is "Find the best people for the job and most of them will be smarter than you." Not better than you, just smarter than you.

Six: The Watson-Crick Principle!

Watson and Crick cracked the DNA code in the fifties. Their principle was DNA yields RNA yields proteins. Your genes produce your body and

your brain; in genetic terms, your genotype yielded your phenotype, almost like Aristotle's old essence and existence. Anyway, given that, I use what I call The Watson Crick Principle, "You are who you are, so work with what you have." You are you, accept that fact. Hold it close, honor it. Be the best you that you can be, for no one else has the power, the opportunity or the right to be you. Quit trying to be your dad or your mom, a saint or a hero. Just be you. Channel your good drives the best you can, and your not so good drives too. They won't go away; they will be with you till the end. Your genotype and phenotype (chromosomes, brains, looks, personality, etc.) can be blamed on your parents (and others farther back), but what you do with what you were given, that's up to you. I've used other names for this principle over the years, The Helen Keller Principle and The Popeye Principle, but Watson and Crick (surely worth Googling), even though they did figure out DNA and got the Nobel Prize, seemed a little less superhuman than either of those two.

Seven: The Judas Principle!

This principle has saved many a day for me, days I did my best and someone hated me for it. So the Judas Principle is, "No matter who you are, one out of twelve people will hate you for it." To this principle I have had to add the Apostle Sub-Principle, "and several of your friends will waver." Knowing that principle has allowed me to kick the virtual dust from my feet and just walk away many times.

Eight: The Good Principle!

Bill Good was the best boss I ever had. So I guess this should be called The Bill Good Principle. It's a decision-making principle. It is as helpful in life as is The Maguire Principle. It sort of goes like this (Bill never did explain things too well). You're only going to get twenty percent of the data you need in time. You can't wait for the rest of the data. So, (and this is The Good Principle) "Make a decision. If it's the wrong one, as soon as you figure that out, make another one." Ain't it great? Don't you wish you would have known Bill Good?

"We should pretty much always have more people fighting the fire than commanding the fire".

By Alan V. Brunacini



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Twenty-Four Principles that Guarantee Success!

By *Frederick J. Cowie, Ph.D.*

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Nine: The Nelson Principle!

Willie Nelson's band was a house band in Texas when I was drinking, dancing and flunking out of college the first time around in 1961. I blame him for ruining my life, ha, ha! He always played the song I requested when I was drinking, "Half a Man." But this principles not about that, it's about one of Willie's other songs. I like every one else, have a "long list of real good reasons, for all the things I've done." So what! Do your twelve steps, say you're sorry, make amends and move on. The Nelson Principle is "There's nothing I can do about it now!"

Ten: The Chris Principle! This one comes from my friend and mentor Chris, who turned me into a trainer. I had been a professor. As a teacher you have a semester or a year to change their minds, as a trainer you have two or four hours to change their behavior. In our four-hour class on how to have a successful meeting Chris and I used to have the class problem solve in a real meeting which took place during class. Chris' Principle was this, more or less paraphrased: "In a

meeting, they'll screw off the first half of the time and do the work in the second half." To which I added this sub-Principle: "It makes no difference how much time you give them, they can always do the work in half the time." There does seem to be a lower time limit of about five minutes, enough time to get the pertinent data out. So maybe The Chris Principle is best summarized as this, "You can usually make a good decision in five minutes."

Eleven: The Field Principle!

We have all heard the truisms. "No good design was ever made by a committee." "No good decision was ever made in a swivel chair." "No good idea ever came out of a cubicle." Reality is in the field, "out there" if you're in a committee or swivel chair or cubicle. Cell phones and e-mails should have been the death knell for decisions made in the vacuum of Headquarters. The Field Principle is simple: "Decision-making should be shoved down the institution to the lowest level possible, which almost always is in the field." This principle scares management. It might even scare field people.

But if you had good field people, trained them well and give them the necessary authority, The Field Principle would let your field people work wonders.

Twelve: The Cowie Principle!

This could easily be called The Paleontologists' Principle, for they like to say "To a first approximation, all species are extinct!" You could call it the Fossil Principle, for you too shall soon be extinct. Think of yourself as a fossil, squashed paper thin and hard as a rock. (Not just dead and in the grave, for that's not a distant enough perspective.) Then have that fossil make the decision, for that "fossil-you" has a good perspective. Because, in the long run, whether you do this or that, it probably won't make much of a difference next week or next year, much less in a billion years. Briefly stated, The Cowie Principle is "Make the best decision you can with the data you have and don't worry about it ever, just let the paleontologists sort it out later." (Sometimes I think this is just The Bill Good Principle. Oh well, let the paleontologists sort it out later!)



"Complicated fire operations are generally screwed up fire operations".

By Alan V. Brunacini



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“Old guy describing structural firefighting to a recruit: “Son, this is hockey; it ain’t ballet.”

By Alan V. Brunacini



Twenty-Four Principles that Guarantee Success!

By Frederick J. Cowie, Ph.D.

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Thirteen: The Red Principle!

Red was an under sheriff and looked at the sign that said Rule One and Rule Two with no mention of what the rules were. “What about Rule Three?” he said. Larry (of The Larry Principle) and I quizzed him as to the first two rules, which he somehow knew were “Never quit when you’re mad!” and “Never quit till you have another job!”. Having passed our test, he then gave us Rule Three, or The Red Principle: “Never forget there’s as big a jerk where you’re going as where you’re leaving!” Now, folks that is a truism and something to always keep in mind.

Fourteen: The OBE Principle!

This also came from Bill Good (of The Good Principle) and bears repeating, though I have used it in other writings. Sometimes, Bill would say, you are simply “overwhelmed by events” or what he called “OBE.” Then he would say The OBE Principle: “When overwhelmed by events, step back, relax, and wait for things to stop. Accept the devastation then decide what to do.” He kept telling us this, over and over, since standard principles

don’t work in catastrophes when the infrastructure is wiped out, when OBE. This is a good thing to remember when you are in the emergency management business. Damn I miss Bill!

Fifteen: The Stupid Principle!

There is a big difference between stupidity and ignorance. We are in the business of working with ignorance which is defined as a lack of knowledge. The Stupid Principle is simple: “You can’t change stupid.” A whole class can’t be stupid that’s statistically impossible. If a class doesn’t get it, then the problem is you as trainer—you haven’t figured out the knowledge-ignorance thing. If the whole class gets it, except for one person and after two breaks you can’t get that person to get it you may need to remember The Stupid Principle.

Sixteen: The Brilliant Principle!

I usually attribute this saying to Ashleigh Brilliant (worth a Google), but if he wasn’t the first, his first name still is a good adjective. The Brilliant Principle is: Wherever you go there you are! Meaning, as the 12-steppers say you can’t have a geographical cure to a personal problem. You bring with

you wherever you go, so change and you will probably not have to leave. Stated another way, a trainer friend of mine says, “Bloom where you’re planted.” Then when you’ve learned to like yourself see if you still need to move.

Seventeen: The Institution Principle!

This principle comes from my years in institutions (higher education and state government, not psychiatric wards, but the principle probably still applies) and going to work on Monday to find things reorganized, a new flow chart, new divisions and bureaus, new departments, new bosses and chaos. The Institution Principle is simple: Re-organization is not the answer and the solution, if lack of re-organization was not the problem. You can’t solve behavior problems with a new flow chart.

Eighteen: The Short Circuit Principle!

This is a problem solving principle often brought to mind when I ask someone “Why are you telling me?” Problems at work or anywhere else are caused primarily, in my humble estimation, by triangulation and managers who promote it.

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Twenty-Four Principles that Guarantee Success!

By *Frederick J. Cowie, Ph.D.*

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People have a problem with someone and they go to the boss instead of the person they have a problem with and the managers triangulate and go talk to the third person. Quit that shame on you! The Short Circuit Principle: Get out of the middle, don't triangulate and make them talk to each other.

Nineteen: The Behavior Principle! Simply stated, this is The Behavior Principle: It's not who you are it's what you do. The corollary to this is very important also: It's not who they are it's what they do. How many times have you hated someone, fought with them and then you became friends? Why? Because the behaviors changed not the players! If you have a problem, step back, physically, emotionally and intellectually. You are part of the problem, so change your part first, before you ask another person to change. Change your behavior and most of the problem will go away. Don't take it personally, it's not about your person, it's about your behavior.

Twenty: The Occam-Einstein Principle! William of Occam (various spellings, surely worth a Google) flourished in the early

fourteenth century and was famous for the philosophical principle that one should always use an explanation with the fewest possible number of causes, factors, or variables. It is sometimes called the Rule of Parsimony, i.e., least is best. Einstein amended this with a caveat: Things should be as simple as possible, but no simpler. Thus, The Occam-Einstein Principle: When using Occam's razor don't cut off too much or too little can be as bad as too much.

Twenty-One: The Christian Principle! This principle is named for my son Christian. Christian would yell at me when he still lived at home, "Get out of here!" We would have had a fight and he would be in his room, trying to settle down and not fight with me. I would hunt him down and start the fight over again. Not a good idea. So The Christian Principle is this: Let it go and let them go heal. Life gets better from that moment on.

Twenty-Two: The Jonathan Principle! This principle is named for my son Jonathan. Jon always says to me, "Don't do that dad," because, of course, I had started nagging or whining or interfering. Jon

always stops any father-son arguments early on. So the Jonathan Principle is: Stop any fight after the first punch. Life gets better from that moment on.

Twenty-Three: The Cecilia Principle! This principle is named for my wife Cecilia. It could be called The Spousal Principle. She tells me many things, but until I hear the same thing from what she calls "the stranger on the street corner," do I pay attention. So The Cecilia Principle is: Listen to your spouse, for your spouse knows you the best. Gee, I wonder if she is listening.

Twenty-Four: The Fred Principle! This principle is named for all the Fred's out there. I drive fifty or sixty thousand miles a year on back roads, often with trees blocking the view and overcast skies. In other words, I get lost a lot. Each time I get lost I call my son Christian. We talk, it gets funny, he mocks me and life is good. The Fred Principle is: When you are lost quickly admit it to someone. Life gets better from that moment on.

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"Fires are meant to burn a certain (standard) length of time..."

By Alan V.
Brunacini





**“Educational times
on the fireground
are many times not
fun times.”**

**By Alan V.
Brunacini**



The Declaration of Independence and the National Seat Belt Pledge

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If firefighter safety is important to you, take the seat belt pledge. We can have Seat Belt LODD Independence starting on July 4, 2007, if we all buckle up.

Related Links

Video: [Firefighter Hugh Lee Newell story](#)

[Seat Belt Pledge Form \(PDF format\)](#)

[Seat Belt Pledge Form \(DOC format\)](#)

Video: [National Seat Belt Pledge National Seat Belt Pledge Thermometer Page](#)

Podcast: [Leadership on the Line: Seat Belts - Past, Present, Future](#)

Related Articles:

[The Princess, the Governor and the Firefighter](#)

[Certificate for Seat Belt Pledge Now Available - Will Your Department Get One?](#)

[Seat Belts and Dog Food: I.O.U. 24 Hours and \\$200.00](#)

[Do You Have The Courage To Take The Seat Belt Pledge?](#)

[Leadership: We Killed Firefighter Brian Hunton](#)

[Seatbelts: The Hugh Lee Newell Story](#)

Recognizing Members of Our Staff

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Christy Delvey and the Academy for our assistance with this year's Space and Aviation Day event held Saturday, July 14, 2007. There was a huge turnout this year with very little advertising.....they hope to grow next year's event even more.

I'd also like to extend my thanks and appreciation to both the Hartford County Regional Fire School and Office of State Fire Marshal for providing staff and wonderful demonstrations for the many visitors that day.

Space and Aviation Day would not be possible without the kindness and generosity of people and organizations like yours!! Because Space and Aviation Day benefits The Hole in the Wall Gang Camp know that your efforts will make a difference in the life of a sick child and their families.

Chief Fritz Hilbert Mystic Fire Dept.

Chief Fritz Hilbert, Mystic FD recognized Jim Turner's efforts in delivering a 40-hour EPA Tech Class.

The Region now has 18 more entry level Technicians available to serve. Congratulations to Jim and thanks to you and others involved in the program for your service.

Peter Towey, Adjunct Instructor

As part of his Adjunct Instructor up-grade project (Level I to II), Pete Towey developed a surface water rescue awareness class then went further to create an operation level class as well.

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Recognizing Members of Our Staff

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Pete wanted to recognize the other instructors who helped him out during the first delivery. They were Al Bassett, Mike Richards, Steve Veneziano, and Mike Jepeal. According to Program Manager Jim Carroll their willingness to step up and help out was invaluable.

Mike Jepeal made Simsbury FD equipment available for the field portion of the class. Equipment donated to the Academy from Steve Hallin (Minnesota Moose) was also used. Student feedback on the program was excellent!

Thank you to Pete and all who were instrumental in this development project.

Letter from Stephen N. Goley, Project Manager National Fire Academy

A letter was received from Stephen N. Foley, Project Manager for the National Fire Academy's and All-Hazards Incident Management Team Technical Assistance program extending thanks and gratitude to Jacklyn-Kilby Richards and Tom McGowan for their support of the AHIMT pilot training program delivery.

He wrote "Their contribution deserves special recognition for the additional time spent on all the logistical support, registration, and for their attention to detail in marketing, and supporting this unique training opportunity in the state."

Thanks to Jacklyn and Tom as well as to a number of Connecticut Fire Academy Adjuncts who participated in this important pilot delivery. The instructors and course evaluators were **very** impressed with the caliber of students from our state.

Deputy Chief Marc Scrivener

Deputy Chief Marc Scrivener wrote thanking the Academy for the support provided to the Willimantic Fire Department during its recent full scale Confined Space Rescue drill. He wrote, "Mike Jepeal and Fred Arnold were perfect for the task of evaluating our performance and did an outstanding job. With their years of experience, they quickly commanded the respect of our firefighters. Early in the drill, one of the Captains pulled me aside and said, "Those instructors the CFA sent are TOUGH--and I'm glad!"

Congratulations to Mike and Fred! Their actions are representative of all our instructors and staff.

Each month I have the wonderful opportunity to recognize staff and instructors. This recognition is generally limited to those individuals for whom we have received some form of formal external communication of praise. While it is our responsibility as public servants to investigate negative comments with an eye toward continuous improvement, we certainly receive a significant and at times overwhelming number of positive comments which deserve recognition as well. With the help of our staff I will begin taking excerpts from class and examination comment sheets and share some of the information we capture from those sources as well.

August, 2007 - Flashover Survival

Instructors: John Botsko, Ed Burwell, Dave Christoff

"The classroom was modern and clean. Instructors knowledgeable and polite. I also enjoyed how the instructors treated us as equals.

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**"Be careful
where you put
the water, and
who you give it
to."**

**By Alan V.
Brunacini**



"The essence of firefighting is that the fire and the IC's troops can't live in the same space... one has to leave".

By Alan V. Brunacini



OLR Research Report – 2007 Acts Effecting Firefighters

The General Assembly's Office of Legislative Research has published a research report on 2007 Acts Affecting Firefighters. It may be viewed below:

MUTUAL AID COMPACT

A new law establishes the Intrastate Mutual Aid Compact as a legal statewide mechanism for participating towns to request and provide mutual aid during a declared local civil preparedness emergency. Responding personnel, including firefighters, providing aid during such emergencies have the same rights, duties, privileges, and immunities as they have in their own towns.

PA 07-56, effective October 1, 2007

FIRE CODE ENFORCEMENT

A new law makes several unrelated changes affecting fire code enforcement. As an alternative to annual inspections, the new law allows the state fire marshal to adopt a schedule for inspecting certain buildings subject to the State Fire Safety Code less often if it is in the interest of public safety. It streamlines fire incident reporting procedures and expands the kind of fire-related

incidents that local fire marshals must report to the state fire marshal.

It extends the deadline for adopting the State Fire Prevention Code from January 1, 2005 to October 1, 2008. It requires (1) at least one member of the Fire Marshal Training Council to participate in hearings to revoke the certificate of local fire marshals unable to prove that they completed required training and (2) the council to advise the state fire marshal and Codes and Standards Committee on decertification hearings.

It authorizes the state fire marshal and Codes and Standards Committee to issue emeritus certificates to certain retired fire code officials.

PA 07-84, effective upon passage for the training council requirements and October 1, 2007 for the other provisions.

PENSION BENEFITS

A new law requires any municipality that provides pension benefits to survivors of paid police and firefighters who die in the line of duty to continue to provide the benefits after the surviving spouse remarries.

PA 07-161, effective October 1, 2007

FIRE RESCUE VESSELS

New legislation establishes responsibilities for vessel operators (1) being approached by a law enforcement or fire rescue vessel using an audible signal device and displaying appropriate flashing lights or (2) approaching a stationary law enforcement or rescue vessel. It subjects violators to penalties.

PA 07-179, effective July 1, 2007

MUNICIPAL EMPLOYEES

A new law requires political subdivisions to provide employees (1) who are parties to a civil union and (2) have worked for the political subdivision for at least 12 months and 1,250 hours during the past 12 months, with the same Family and Medical Leave Act (FMLA) benefits that federal law provides to parties to a marriage.

It allows employees who have worked for political subdivisions for at least 12 months and 1,250 hours during the past 12 months to request leave to serve as an organ or bone marrow donor.

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Political subdivisions include any town, city, borough, school district, fire district, improvement association, and other districts or associations.

The new law states that it cannot be construed to authorize leave in addition to the 12 weeks allowed within a 12-month period under the federal FMLA, which cover political subdivision employees. Federal regulations state that (1) the federal FMLA does not supersede any provision of state law that provides greater rights and (2) if leave is taken for a purpose covered by state law

but not federal law, it does not count toward the 12 weeks allowed under the federal FMLA (29 CFR 825. 701). It is unclear how the provisions of this law and federal law will be interpreted.

PA 07-245, effective October 1, 2007 except the provisions on "marital status" and anti-discrimination laws are effective upon passage.

FIREFIGHTER TRAINING

A new law specifically allows money in the state fire school training and education extension account to be used to (1) reimburse municipalities and municipal fire departments for

one-half the cost of Firefighter I certification and recruit training for paid and volunteer municipal fire service personnel and (2) reimburse state agencies one-half the cost of Firefighter I certification and recruit training for state agency fire service personnel.

By law, the Commission on Fire Prevention and Control, which maintains this General Fund account, may already use the account for training and education programs and sessions, which, in practice, include Firefighter I certification programs.

PA 07-4, June Special Session, effective July 1, 2007



"Experience and education are like oregano...they must be mixed with a lot of other stuff to be good."

By Alan V. Brunacini

Recognizing Members of Our Staff

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I understand most of the instructors are from career backgrounds, they treated our group with much respect."

Jeff Morrissette

State Fire Administrator

**Letter from the
CT Fire Police Association**

Letter was received from Carl Catalannotto, President CT

Fire Police Association and Jim Belote, 2nd VP CT Fire Police Association. They wrote " We would like to thank all the people who put together weekend's Train-the-Trainer for Traffic Control for the Emergency Responders class."

The Connecticut Fire Police attendees had only praise for instructor Don Quillette. They also stated, "A debit of gratitude is owed to all who worked so hard to bring Don to our

class. The relationship between the CT Fire Academy and the CT Fire Police Association has increased tremendously. The attendees all expressed a desire that this program be shown at a Connecticut Fire Chiefs Association in the near future."

Bill Auclair

Program Manager



Symtron Training

The initial training course for new Symtron Operators will be held here on October 27th and 28th. This two-day program will teach instructors to operate all the equipment involved in the Symtron live fire training system. This includes the propane tank farm, the burn building, and the outside props as well as the training ground pump house and the breathing air compressor and SCBA fill stations.

Attendance on both days is required. All Symtron operators are required to take a re-fresher class on an annual basis to review the procedures and demonstrate competency on the equipment.

If you are available on both October 27th and 28th and wish to become a Symtron live fire training system operator, please e-mail Jim Carroll at: jim.carroll@po.state.ct.us.

Seats are limited in this training session so applying for the session does not guarantee acceptance.

**"The only safe
fireground
assumption is to
assume (plan for
and not be
surprised by) the
worst..."**

By Alan V. Brunacini

"A Mother's Prayer"

The alarm goes off, ready to go,
all with no hesitation

Time to save a soul or a home,
straight to that destination

This prayer's for my son, as
that fire calls

Protecting the innocent and
fighting flaming walls

Guide him with your strength,
the courage to pull him through

Give him that breath of air, if he
gets down to his last few

By chance he may get weak; do
give him the will to stand

Carry him as you said, your"
Foot Prints in the Sand"

He will have to lift or ax a door
today

May your angels chip away,
helping along the way

There's always the unknown, of
what they call "back draft"

Secure your arms around him,
and the others who have his
back

Make way for him to listen, to
hear that persons call

If he gets blinded, give him
sight, direct him down that hall

Determined to break a window,
to rescue that angry dog

Or fight the wild fires, to keep
lands beauty how it belongs

Keep there team in motion, to
know where one is at

There're taking turns in and out,
of these fires that attack

When that duties done, he'll
have peace of mind

You were right beside him; he
now thanks you for your time

Lord I ask this of you, I pray you
watch over him

Help him always save the lives,
then return him to me again.

"Dedicated to my Son and to all
Firefighter's"

(Written by Carolyn Kay Carr)



Health and Fitness

Well, I knew that it was going to happen sooner or later; a recruit who wouldn't promise me the world when it came to leaving the Academy and staying in shape. This is legitimately a surprise, because the motivation component for recruits is always much higher when they can rely on the PT instructors to start them off every day, and keep them going. Correspondingly, they always leave, despite our best efforts, with the mistaken belief that they have had something to do with the continuity of their training. This inspires "the promise". More of the whole truth is that they have always had a hand in the effort itself, but not in their consistency – they have had no choice in that part because that's our job (at this point).

Although one might think that this surprise is plenty enough for my simple entertainment, there is obviously more if I am writing about it today – a lesson. The lesson for all of us lays not only this recruit's expression of honesty, which is incredibly valuable, but also in what followed. He stated that he actually approached me out of a fear of not being able to sustain the progress he had made, which he thought was important for our profession, and that he

wanted help with strategies he could employ for his continued success. That was not only a bright spot in my day, but may have just made it to the top of my "high points" list in this current recruit class. In his statement and expression, I knew and explained to him that he was tapping into personal information that was potentially a key to improving his chances. This is as good as it gets. It will provide him with an opportunity to really explore how he goes about getting it done, and then to act on it. It may include asking someone else who can brainstorm some strategies, or just making a list of likes, dislikes, preferences, etc. for himself, like with the SMART goal-setting. For instance, he also said that he knows from experience that working out alone isn't motivation enough. When I asked him how he could work around that potential road block, he answered that he knew of other firemen back on the job who worked out regularly, and that he plans to capitalize on their consistency to make it his own. In addition to this one strategy, I am betting that he probably has a good handle on other roadblocks, and can develop equally plausible solutions (and we haven't even

covered motivation and tools yet before his graduation in a couple of weeks).

Essentially, here is a kid who will know right out of rookie school the importance of exercise as a daily habit of living, not only because of what he was taught, and who has also deliberated long enough to know that if it was easy everyone would do it in first world countries like ours, fireman or not. Here is a kid who picked up on the subtleties of what it takes to actually do the work, besides showing up at 0800 with an ability to keep breakfast where it belongs. He also knows the results – and he came in fit enough for duty as it was. He knows to train often, train hard, be safe, and ask himself the right questions to keep going with something that is our first priority. He knows that it has less to do with the type or cost of the equipment, and more to do with being honest with yourself, and yet still acting.

As always, you can call me if you have any questions (CFA 627-6363, ext. 343), or if you want to just be honest with yourself about getting or keeping going.

Bill DeFord

PT Instructor



"When something is burning, don't assume that it is separated from what is not burning."

By Alan V. Brunacini



Office of the Director of Training

It used to be that summer was a time of relaxation, vacations, and a general escape from the normal hectic schedule. Well this summer at the Connecticut Fire Academy we have been as busy as ever. Despite missing instructors, we have done our best to maintain a full schedule of deliveries and staff a 24 person Recruit class.

The changed method for CPAT now includes two practice sessions that has created a drain within our instructor pool. We continue to interview every Wednesday for new adjuncts. By increasing the pool size of qualified adjunct instructors we expect to eventually be capable of staffing most requests during vacation season.

Some recent issues you can help us with are: responding to assignment solicitations in a timely fashion; please respond with either thanks or no thanks. Selecting not to send a receipt destroys our ability to collect data and learn whether folks are available or not. Based upon your concerns about the system during our instructor's meetings, our IT contractor, John Keane is currently working to migrate the soliciting system to be internet

based eliminating your need to use e-mail to create a file for response.

Once piloted instructions will be provided to everyone.

After the bridge collapse in Minneapolis on Aug. 1, the Department of Homeland Security announced that there was no evidence of terrorism. Similar declarations followed the July explosion of an 83-year-old steam pipe in Manhattan and an August 2003 power blackout that affected 50 million people and shut down airports across the Northeast. All very alarming, but no terrorism here.

Unfortunately, the American fire service could not just carry on, we had to provide for rescues and life saving and general public safety – as we always do. Not just when terrorism is involved. This DHS approach is exactly why the United States Fire Administration; the National Fire Academy and FEMA do not belong there.

DHS has high jacked the Assistance to Firefighters Grant program for terrorism purposes. A recent academic study reveals that the AFF Grant program needs to refocus upon terrorism. Fire and emergency

response is the same whether the calamity is caused by humans or natural disasters. Funding needs to continue in order to provide local responders with BASIC tools, equipment and apparatus. Something DHS can not, will not or simply fails to comprehend.

Recently, we are experiencing increasing no shows and late arriving instructors that are complicating deliveries at the Connecticut Fire Academy. Please communicate with your fellow instructors and determine each others roles in the delivery. Even more important is to ensure that all required tools and equipment will be available and ready to use. Some instructor may have keys that are not available to the other instructors. What will you do if that person is late or a no show?

As we all learned in Fire Service Instructor I, prepare, be prepared and prepare for the unexpected. Comments still prevail about Cathy Goetz's contingency box that she actually carries to each and every field delivery. We need you to use the one hour of prep time to get ready all facets of your

**“Always
remember the
only thing that is
truly fireproof is
heaven”.**

**By Alan V.
Brunacini**

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Office of the Director of Training

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class and ensure a quality experience for each of our students.

If you want a no holds barred look at the fire service go to Firefighter Hourly at www.firefighterhourly.com. Firefighter Hourly is dedicated to discussing issues relating to firefighter safety, incident mitigation, building construction as it relates to the fire service and issues of concern to firefighters everywhere.

The United States Fire Administration (USFA) has released the report "Firefighter Fatalities in the United States in 2006." 106 firefighters died while on duty in 2006. Nine Firefighters died while they were engaged in training activities. This is unconscionable for any profession; but just thinking of our history and regulatory requirements, how can this possibly happen? Fire training is governed by NFPA Standards like 1403 and OSHA provides safety standards for our tools, equipment and environments. Our SCBA is tested by agencies independent from the manufacturer. As instructors, we control the time and place for training. We choose the train-

ing scenario and environment. We control the size and scope of fires or challenge problems. Each of us has a responsibility to provide for a safe and hazard free learning environment.

So how can anything go wrong during planned training? Ask the State of Pennsylvania Fire Training about the death of Captain Bob Gallardy who died lighting a training fire. Over one year later, they still do not know the cause of his demise. But we certainly have ideas about preventing a similar occurrence here.

October 5, 2007 is the Connecticut Fire Academy's Safety Stand Down. We are conducting a meeting to solely discuss live fire training; NFPA Standard 1403 and CFA live fire policies and practices. Our aim is to be better at what we do. No one should ever die or become incapacitated learning their occupation. Together we can add, delete and revise our policies to prevent the untimely death of a student or instructor.

In the words of Gordon Graham, "Performance is predictable." Since we already control all the variables of live fire training, it is only the peo-

ple parts we need to discuss. I anticipate fruitful and challenging discussions that, in the end, will benefit us all. I personally thank you for your anticipated active participation.

Adam D. Piskura

Adam D. Piskura, Director
Connecticut Fire Academy

**"On the fireground,
be particularly
careful of those
who close their
eyes when they
open their mouths".**

By Alan V. Brunacini

 **State of Connecticut**

Commission on Fire Prevention & Control

Connecticut Fire Academy
34 Perimeter Road Primary
Windsor Locks, CT 06096

Phone: 860-627-6363

Fax: 860-654-1889



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.