From:	Ouellette, Kara
To:	"cfpc_news@list.ct.gov"
Subject:	CFPC Listserv Notices 02/23/18
Date:	Friday, February 23, 2018 4:20:00 PM
Attachments:	CSFA Legislative Update 022318.pdf CSFA-ORG-CSFA-2018-House Bill Status Report 022318.pdf Big Box.pdf rescue.pdf FFAC Bowling Brochure 2018.pdf job posting for Fire Marshal.pdf

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State of Connecticut
Department of Emergency Services & Public Protection
Commission on Fire Prevention and Control
February 23, 2018

1. **CSFA Legislative Update**
2. **Spring 2018 CPAT Registration Deadline is March 10, 2018**
3. **Fairfield Regional Fire School - Offering 2 Seminar Opportunities This Spring**
4. **EMT Refresher - East Hartford**
5. **Bowling with Fire Task Force 51 – March 4, 2018**
6. **Employment Opportunity – Fire Marshal – West Shore Fire District**
7. **Firefighter Near Miss Report of the Week**

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1. CSFA Legislative Update

This week's Legislative Update from CSFA has several new bills that have come out over the past week.

See the attached report from Leon Collins with a House Bill Status Report.

Sent from Leon Collins, Legislative Representative
The Connecticut State Firefighters Association
49 Midwood Road
Branford, CT 06405
(203) 494-7842 voice and text
(203) 481-1446 fax
collins@csfa.org email
http://csfa.org website

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2. Spring 2018 CPAT Registration Deadline is March 10, 2018

Registration for the Connecticut Fire Academy's Spring Candidate Physical Ability Test (CPAT) now open.

To apply, please use the updated application found on our website at http://www.ct.gov/cfpc/cwp/view.asp?a=826&Q=246722&cfpcNav=|

We are currently updating our online system and will be using this application method until modifications are complete. If you have any questions please email: Jacklyn.Kilby-Richards@ct.gov.

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3. Fairfield Regional Fire School - Offering 2 Seminar Opportunities This Spring

Big Box Stores and Commercial Fireground Strategies and Tactics, ***presented by Aaron Heller*** will be held on Wednesday, April 11, 2018 from 9 am – 12 noon. The fee is $40 per student.
To Register: https://goo.gl/forms/db6oTWRcOqI7J8P92

Rescue Tools: The Must Haves and The Nice to Haves, p***resented by Thomas Kenney*** will be held Wednesday Evening, May 16, 2018 from 6:30-9:30 pm. The fee is $40 per student.
To Register: https://goo.gl/forms/zLdC7Ad5yDbbm7JR2

See attached flyers for additional information

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4. EMT Refresher - East Hartford

Dates/Times: March 8th -11th (Thursday & Friday 6-11 pm, Friday & Saturday 9 am - 7 pm)

Location: Code One East Hartford - 121 Roberts Street East Hartford, CT 06108

Details: The EMT Refresher program at Code One meets the NREMT and CT OEMS requirements to renew EMT certification. This 30 hour course updates providers with the newest recognized standards and skills.
Participants may complete a refresher in American Heart Association BLS (CPR/AED) for Healthcare Providers as part of this program (although participants that have recently renewed their CPR certification are not required to attend this portion of the course).
Additional topics covered include Safety and Wellbeing of the EMT, Scene Size-Up, Airway Management, Patient Assessment, Medical Emergencies, Trauma Emergencies, Immobilization, OB/GYN/Pediatric Emergencies, and the newly required Transitions program. Skills practiced include airway management, trauma patient assessment, medical patient assessment, spinal immobilization, splinting, and cardiac arrest management.
Upon completion of course topics, participants will test for renewal of EMT certification. The refresher examination is conducted by CT OEMS in class.

Invoicing: Fire/EMS/Police agencies can be invoiced for participants. Please have participants register with the discount code "INVOICE" and then provide invoicing

instructions in their registration notes. Invoicing instructions should include the agency name, point of contact, email to send the invoice to, and PO number if it is needed on the invoice. If you have 4+ participants interested in attending, please contact Rich for a group discount (rich@code1web.com).

Register: Participants can register at www.code1web.com/emergency-medical-technician-refresher/

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5. Bowling with Fire Task Force 51 – March 4, 2018

The Fight For Air Climb team made up of members from Fire Task Force 51 will host its 2nd annual Bowling Night on Sunday March 4, 2018 from 5-7 PM. It will feature 2 hours of bowling (two games), shoes, pizza, and soda for $20 per person. The event will be held at Bowl-O-Rama 2143 Berlin Turnpike in Newington. The proceeds will benefit the American Lung Association and their fight for Lung Health.

If you want tickets or have any questions, feel free to contact us at RHFD.co2@gmail.com
More information is available in the attached poster.

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6. Employment Opportunity – Fire Marshal – West Shore Fire District

The West Shore Fire District is seeking a strategic team oriented leader for the position of Fire Marshal. Candidates must work independently and be self-motivated with proven success within a public safety agency. This full time position is responsible for developing and managing a comprehensive fire prevention program. This position is responsible for overseeing such programs as construction and code enforcement inspections. Community protection plans, plan review and public education. The candidate for Fire Marshal must have a minimum of an Associate Degree in Fire Science or a combination of education and expertise that provides the required knowledge for the position. A current State of Connecticut certification as Fire Marshal and 5 years' experience as a Fire marshal is required. The candidate will have or be able to obtain a State of Connecticut driver's license. The successful candidate will be required to authorize and pass a thorough background investigation and physical examination including a drug screen. The position requires that the employee reside within 25 miles of the center green of the city of West Haven. Any city or town within the State of Connecticut that falls within that circle fully or partly will be considered eligible.

Applications and a full job description can be downloaded from the Districts website:
https://www.westshorefd.com or https://www.westshorefd.com/fire-marshal-job-posting

Resumes and completed applications can be mailed or delivered in person to:
West Shore Fire District
860 Ocean Ave
West Haven CT. 06516
Office of the Fire Chief

All Material must be received at the Office of the Fire Chief by March 16, 2018 by 4pm.

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7. Firefighter Near Miss Report of the Week

Should You Attempt the Throw?

Summary

A training drill involving a single firefighter deploying a ground ladder takes a serious turn. When the dust clears, the injuries run deeper than damaged pride.

Event Description

The scenario for the drill involved deploying a 35-foot ground ladder. This evolution required a single firefighter to throw and raise to the drill tower. Every element went as expected during the drill's initial phase. The firefighter threw the ladder and made the needed window without help. After the drill was over, the mishap occurred when returning the ladder.

The firefighter pushed the foot of the ladder to the building and lowered the fly section. When he began lowering the ladder, at the midpoint, the heel slid up the building and transferred the entire weight of the ladder to the firefighter's outstretched arms.

The result of this event included a damaged helmet and an injured firefighter. When the ladder fell, it hit the firefighter in the helmet and slammed his head onto the ground with enough force to crack a helmet. While the helmet is replaceable, the long-term effects of this mild traumatic brain injury (MTBI) can last for years if untreated.

View the Report: Ladder Drop Results in Concussion

Take-Aways

The reporter stated that he didn't feel comfortable throwing the ladder alone and should have asked for help. This type of deployment requires more than strength; it's a skill that must be practiced for proficiency. Single-firefighter deployment is an option that should be attempted only by personnel who have this skill set.

NFIRS reports up to 4,000 head injuries annually. The reporter stated that only one in six concussions are reported. For a comparison, in 2016 the National Football League documented 244 concussions.

There are 20-plus signs of concussion. Some signs are immediately revealed; others can take weeks for diagnosis.

The recommendation is to have firefighters evaluated by a medical health professional any time there's a possibility of a concussion. Early diagnosis provides the best chance for complete recovery.

Search the Concussion Legacy Foundation for more information.

Discussion

- Do you use a single-firefighter technique to deploy the 35-foot extension ladder? Is it appropriate in your department's culture to ask for help?
- Does your department use a single-firefighter technique for other size ladders? Which sizes are acceptable for this technique? What limits the firefighter to a certain size of ladder?
- The reporter mentioned PPE in the report. Make a list of the required PPE for throwing ground ladders and discuss why we should use full structural protective gear during training (Practice like you play).
- Do you know what the symptoms of a concussion are?
- The NFL has a concussion protocol that identifies symptoms that trigger additional medical evaluation. Do you think this should be a best practice for the fire service?

Leading Practices

The need to deploy a ladder by one person may occur in the early moments of a fire alarm, but taking unnecessary risks when there's no time constraint should be considered carefully. If a person doesn't feel comfortable moving a heavy ground ladder alone and hasn't practiced this skill, help may be required.

An additional point to consider is that when the work extends to a lengthy alarm and the adrenalin wears off, the amount of work we can do begins to wane. A person should recognize their limits for this kind of heavy work and expect they'll be fatigued at the end of an alarm.

Where this report differs from other reports about ground ladders is the included information about MTBI. The information the author has to share about his experience is worth reading. A quick look at additional information is available in the original near-miss report linked above. More extensive reporting is available from Fireengineering.com.

Signs and Symptoms

Signs and symptoms of MTBI generally fall into four categories: physical, cognitive, emotional, and sleep, and may include:

Physical	Cognitive	Emotional	Sleep
• Headache • Nausea • Vomiting • Balance problems • Dizziness • Visual problems • Fatigue • Sensitivity to light • Sensitivity to noise • Numbness/ Tingling • Dazed or stunned	• Feeling mentally "foggy" • Feeling slowed down • Difficulty concentrating • Difficulty remembering • Forgetful of recent information or conversations • Confused about recent events • Answers questions slowly • Repeats questions	• Irritability • Sadness • More emotional • Nervousness	• Drowsiness • Sleeping less than usual • Sleeping more than usual • Trouble falling asleep

Related Near Miss Reports

- Ground Ladder Falls in Wind
- Ground Ladder Falls on Car During Ladder Training
- Roof Ladder Falls from Aerial Ladder
- Ladder Slips on Concrete During Training

Additional Resources

- PTSD: National Center for PTSD
- Post-Traumatic Stress Disorder vs Traumatic Brain Injury
- Ground Ladder Tips and Tricks
- The Fire Service Has a Hidden Concussion Crisis

OT REPLY TO THIS EMAIL