

THE INSTRUCTOR'S DISPATCH



Commission on Fire Prevention and Control
Connecticut Fire Academy



CFA Instructors Recognition for Outstanding Service

Volume 9 Issue 6
June, 2006

The town of Manchester Fire Department held its first-ever recognition and awards ceremony on Tuesday, May 16th, honoring members for outstanding service.

Thirty uniformed members received individual awards for extending themselves beyond what is required of them. Some of the awards date back to incidents as long ago as 1972.

An explosion and fire at an Sanrico Drive company sent a thick cloud of smoke and chemical dust through the town and into Vernon and Glastonbury.

A unit citation was presented to first responders in the Namco incident including Brian Hurst, along with (15) of

his fellow firefighters.

Fire Chief Robert Bycholski, who presided over the ceremony at Manchester Country Club, said the personnel recognized with awards were those "who even impressed their peers with their actions."



Medals were also presented to Lt. John Tsokalas and (2) of his fellow firefighters in connection with their search-and-rescue operation in a 2004 fire on Winter Street.

The men located a 4-year-old girl, who died of her injuries.

The men conducted the search on the second floor although there was heavy fire on the floor below and inside the walls, and there was danger that the house could collapse.

The Staff at the Connecticut Fire Academy is very proud of both Brian Hurst and John Tsokalas for a job well done!

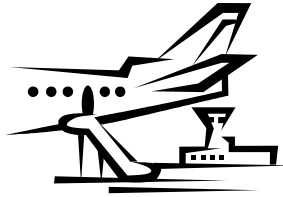
Inside this issue:

Bradley International Airport Space & Aviation Day	2
State Fire Marshal Conducted Inspection of the Connecticut Fire Academy	2
Want to be an FDIC Instructor?	2
Safety Stand Down to Start June 21, 2006	3
Fire Prevention and Safety Grants Award	3
SAFER Grant Application Period Closing	3
Hybrid Vehicle Information	4-5
Recognizing Members of our Staff	5-8
Greetings From Human Resources	8
Two Important Items from Human Resources	9
2007 IFSTA Calendar Contest Deadline Approaching	9
Who is Qualified? Who is Trained? Who is in Charge?	10-11
Health and Fitness	11-12
Office of the Director of Training	13-14

Bradley International Airport Space & Aviation Day

This years Space & Aviation Day at Bradley International Airport will be held on Saturday, July 22, 2006 from 10 a.m. to 4 p.m.. The Connecticut Fire Academy facility will be one of the venues for this event.

Any member of the staff or adjunct instructor interested in participating in this event should contact Yvonne Lewis at (860) 627-6363 Ext. 231.



“Every fire situation contains a discreet number of decisions that will be made at a certain time and place—they can be made either by the IC and the command team, or by the fire.”

By Alan V. Brunacini

State Fire Marshal Conducts Inspection of the Connecticut Fire Academy

The Department of Public Safety Office of State Fire Marshal conducted an inspection of the Connecticut Fire Academy on March 16, 2006 to determine the compliance status of the facility with the requirements of the Connecticut State Fire Safety Code and its adopted referenced standards. The inspection report was received on May 15, 2006 noting that at the time of the inspection, no code violations were identified.

Compliance with the fire code is a team effort requiring the active participation of all personnel. A few general reminders include keep all means of egress clear of any obstructions, ensure all electrical equipment is turned off when not in use, keep classrooms, work areas and storage areas clean/neat and properly dispose of trash and other combustibles.

Report any suspected violations to our Plant Facility Engineer immediately.

Thank you to all for your cooperation.

Jeff Morrissette

State Fire Administrator

Want to be an FDIC Instructor?

FDIC is now accepting proposals for educational presentations at FDIC 2007, April 16-21, 2007 in Indianapolis, IN. If you've ever wanted to instruct at FDIC, now is your chance to submit your ideas for H.O.T. Workshops and Evolutions and Classroom Sessions.

Please submit your information by July 1, 2006 online at <http://www.FDIC.com> or download the FDIC 2007 CALL FOR PRESENTATIONS form, and submit it via email to: dianef@pennwell.com or mail to: FDIC 2007 Call for Presentations

Attention: Diane Feldman,

Penwell Publishing

21-00 Route 208 South

Fair Lawn, NJ 07410

To be considered, all information required on the applications must be complete.

Safety Stand Down to Start June 21, 2006

Building on the success of the first National Firefighter Safety Stand Down in 2005, the International Association of Fire Chiefs (IAFC), International Association of Fire Fighters (IAFF) and the Volunteer and Combination Officers' Section of the IAFC have called for a second stand down to be held.



When: Starting Wednesday, June 21, 2006 and continue until all subsequent duty days/shifts have been covered

What: Fire departments career, volunteer and combination are being urged to suspend all non-emergency activity and instead

focus entirely on firefighter safety.

This year's Stand Down will highlight emergency vehicle safety.

Why: To raise the level of awareness toward firefighter safety and call attention to the unacceptable number of LODD deaths and injuries.

Who: All fire departments and stations.

Fire Prevention and Safety Grants Award

On May 26, 2006, the U.S. Department of Homeland Security today announced the fifteenth round of the Fiscal Year 2005 Fire Prevention and Safety Grant Program (FP&S) awarding three grants to fire departments throughout the United States. The following grants were awarded in

this round: an award of \$91,654 to the Hartford Fire Department in Hartford, Connecticut; an award of \$3,600 to the Columbia Volunteer Fire Department in Columbia, Louisiana; and an award of \$740,775 to the International Association of Arson Investigators in Bridgeton, Missouri.

The only way to approach a fire is to fight it (fully protected, with adequate water, and effective command)—don't ever get close to a fire to just evaluate it, consider it, wonder about it, etc.

By Alan V. Brunacini

Safer Grant Application Period Closing

The Assistance to Firefighters Grant (AFG) program office is reminding fire departments and state or local organizations that represent the interest of volunteer firefighters that only two weeks now remain in the SAFER application period. The application period for

SAFER began on May 30, 2005, at 8:00 A.M. Eastern Daylight Time and ends 5:00 p.m. Eastern Daylight Time on June 30, 2006.

Fire departments that have questions regarding this grant opportunity should contact the Help Desk at 1-866-274-0960 or at

firegrants@dhs.gov.

Hybrid Vehicle Information

Lately, there has been a lot of talk about the potential for serious injury to emergency responders from electrical shock at traffic accidents or fires involving hybrid vehicles. The hybrid vehicles are powered through a combination of gasoline engines and high voltage batteries. They also have a 12 volt electrical system similar to gas only models. The presence of high voltage components creates a possible electrocution hazard (between 144 and 500 volts of electricity) to emergency personnel, especially before they realize the vehicle is a hybrid model. When they were first introduced, only a couple of specific models were hybrids, but now manufacturers are introducing hybrid versions of their popular gas only models. This makes determining if a vehicle involved in an incident is a hybrid or not an important part of your size up.

Although electric shock is the hazard most discussed, there is another serious concern that emergency responders must be aware of. Some hybrids are completely silent when they are turned on and in the ready mode. If the car is in the ready mode with the transmission in drive, it will move forward if the accelerator is depressed, **even though there is no engine noise**. You can determine if the car is on and in the ready mode by looking at the display on the dashboard.

As vehicle manufacturers continue to introduce new technology, the systems in unlike vehicles operate and function differently. The following are some factors that appear to be standard on all hybrid cars:

- High voltage battery pack storing electricity is located at the rear of the vehicle.
- High voltage cables are orange in color.
- High voltage components are identified and protected by orange plastic shields.

These factors are all voluntary and can change without notice at the whim of the manufacturer. Most manufacturers suggest that first responders shut down a hybrid vehicle by putting it in park, turning the motor off, and removing the ignition key. Some models may not have a standard metal ignition key, but a fob like device that inserts into a receptacle in the car's dashboard. Some of these fob like devices also work on a proximity basis and will activate vehicle systems when they are close to the car, even when they are not inserted into the receptacle.

It is recommended that you turn off the ignition and remove the key from the area of the

vehicle. When possible have the operator or a trained individual do this. The next step should be to disable the 12 volt electrical system by disconnecting the battery. In some models it can take five or more minutes for the high voltage system to be completely powered down. This mirrors the process for disabling the SRS so keep this fact in mind as you initiate your action plan.

Listed below are additional pertinent recommendations:

- Always assume the vehicle is powered-up despite no engine noises.
- Put vehicle in park, turn ignition off, and remove key to disable the high voltage system.
- Disconnect the 12 volt electrical system.
- Never touch, cut, or open any orange cable or components protected by orange shields or marked with the high voltage icon.
- Remain a safe distance from vehicle if it is on fire.

(Cont'd on page 5)



Hybrid Vehicle Information (Cont'd)

- Consider the electrical system unsafe for a full 5 minutes after ignition shut-down.
- Make sure your tow truck operator is aware of the special precautions needed to tow a hybrid vehicle.

All emergency response agencies are encouraged to learn as much as possible about hybrid vehicles. Most manufacturers have information on their hybrid vehicles and procedures to follow in case of an emergency on their company website.

The best source of information is your local car dealership. Not only can they obtain the safety procedure materials for you, but they can let you look at the hybrid vehicles and point out the locations of batteries, high voltage cables, show how the vehicle operates and what indicators are present to show that the vehicle is a hybrid and how to observe that is in the ready mode.

While you are at the dealership check out the latest in airbag, air curtain, and seatbelt tensioner technology. It's all about safety for you, your crew, and your patients.

Jim Carroll

Jim Carroll, Program Manager

Recognizing Members of our Staff

Letter from Angelina Errico of Errico Engineering, LLC

Angelina Errico of Errico Engineering, LLC wrote thanking Adam Piskura for his assistance in support of her writing a SAE Technical Paper titled, The Risk of Saving Lives: How Automotive Technology has Impacted the Rescue Worker.

The Technical Paper was presented at the 2006 SAE International World Congress meeting in Detroit, April, 2006.



Letter from Ted Panagiotopoulos, Fire Marshal at Glenbrook FD

A letter was received from Ted Panagiotopoulos, Fire Marshal-Glenbrook F.D. who wrote thanking Alan Zygmunt for his efforts in ensuring coverage for the Kid's Fire Safety House.

Due to a mechanical problem the agency could not fulfill a scheduled delivery of the trailer.

Alan worked diligently to secure the services of New Haven's Safety House enabling the department to hold their Fire

Prevention Day & Open House event without a hitch.

Thanks Alan for going the extra mile in meeting and probably exceeding the customers' expectations.

Thank you from Bob Labanara from CCM

Prior to the June 8th DEMHS Coordinating Council Meeting, Bob Labanara from CCM stopped me and expressed his appreciation to the Academy for its assistance at their Emergency Management Symposium.

(Cont'd on page 6)

Recognizing Members of our Staff (Cont'd)

He specifically mentioned the Table Top Exercise program and complimented Bill Auclair and George Dunn on their enthusiasm. He said the program evaluations were excellent.

Also during the Meeting, Jim Mona from CTDOT publicly recognized the Academy for its assistance with NIMS related training for their employees. "I'm not sure who was directly involved in the training," he referenced two instructors from the Academy. Great Job!

Jeff Morrisette

State Fire Administrator

Letter from Robert Labanara, Senior Legislative Associate

Robert Labanara wrote a personal letter to George P. Dunn thanking him for his help. Robert stated, "Thanks for your help! We've received a lot of great feedback. On behalf of CCM and DEMHS, thank you for contributing your time and talent to the Connecticut Emergency Management Symposium session on Tabletop Model Exercise."

We appreciate the work that you put into this session, and we know the attendees appreciated it.

We hope that you will consider

speaking at future CCM events

Again, thank you for sharing your time and expertise.

Sincerely,

Robert Labanara

Robert Labanara
Senior Legislative Associate

E-mail from Bill Auclair, Program Manager

Bill Auclair, Program Manager wrote to personally thank George Dunn and James Hardy for there outstanding job at the Table Top Exercise program held June 1st at the Connecticut Emergency Management Symposium Crowne Plaza Hotel & Conference Center.

The program was sponsored by Connecticut Department of Emergency Management, Homeland Security and Connecticut Conference of Municipalities.

It was a pleasure to work with both George Dunn and James Hardy.

Bill Auclair wrote to personally thank Jackie Kilby-Richards, Ron Dievert, Marc Scrivener, Bob Andrew and George Dunn for the outstanding delivery of the recent NIMS and ICS programs

held in Newington. He stated," the credit goes out to the instructors. Again, thank you for your dedication in the education for the State of Connecticut."

Bill Auclair, Program Manager wrote to personally thank Pano Koukopoulos. Bill stated, Pano Koukopoulos has been hired as an Adjunct Instructor, he works for the Western Connecticut University and is a certified 472 Haz-Mat Tech. Upon reviewing the program Evaluations from the students, the following comments caught my eye.

Dave McCombe stated, "I was expecting a very boring day, but was surprised the Instructor did a great job. I learned a lot". Another student stated, "Beyond my expectations, the instructor was able to keep the classes attention though some very boring material."

Thanks for a great job!

Bill Auclair

Program Manager

(Cont'd on page 7)

Recognizing Members of our Staff (Cont'd)

Letter from Ian Tenney, Adjunct Instructor

The following letter was received from a Connecticut Fire Academy Instructor in regards to the Disaster Medical Assistance Team participation in the 2006 June Fire School.

The purpose of this letter is to share with you how DMAT contributed to a safe and efficient learning experience for the Structural Firefighting class at this year's June School.

During the first day of the course, we operated in and around the burn building on the Academy grounds.

Though the day wasn't particularly sunny, the combination of heat in the burn building and the heat and humidity outside definitely contributed to the fatigue of the students. We provided for a rehab and critique session after each session. At the halfway point of the day's evolutions, we took DMAT up on their offer to utilize their tent. The class headed to the tent for an extended rehab session and for a critique of the latest evolution.

The DMAT personnel immediately began providing the students with hydration and got them all comfortable places to sit inside the tent. The climate control inside the tent assisted in

everyone catching their breath.

DMAT took vitals for all students to ensure everyone's continued safety and we were able to conduct a thorough critique while inside the tent, away from the heat, humidity and outside noise. It was obvious that our students really appreciated being out of the heat and having a quiet place to debrief.

The presence of the DMAT tent and members definitely contributed to a safer and more efficient learning experience for our students.

As an instructor who was keeping a close eye on the students, I was very happy to have their facility and medical expertise on hand.

Respectfully,

Ian Tenney

Ian Tenney

Adjunct Instructor

Jay Woron Promoted to Captain

Jay Woron has been promoted to Captain in the Middletown Fire Department effective June, 2006.

Richard Hally Received a Master Degree

Richard Hally received a Master Degree of Science with a Concentration in Fire Science from the University of New Haven effective June, 2006.

The Staff at the Connecticut Fire Academy are very proud of Jay and Richard. We wish them a great career!

Letter from Suzanne Vaughn, Director and John Blaschik, Jr. Deputy State Fire Marshal

A letter was received from , Director, Suzanne Vaughn and Deputy State Fire Marshal, John Blaschik, Jr. of the Department of Public Safety who wrote, on behalf of the Department of Public Safety, we would like to express our sincere appreciation to you and the staff of the Connecticut Fire Academy for once again the use of your facility to conduct our Annual Advanced Fire Investigation School.

In addition to our Advanced Fire Investigation program, the Connecticut Fire Academy Recruit Class # 35 used the burns as live fire training and the Connecticut Fire Academy Officer-I Class

(Cont'd on page 8)

Recognizing Members of our Staff (Cont'd)

utilized the scenes as part of their curriculum. Also, a University of New Haven Fire Science Class will tour the site for their Fire Scene Report Writing Class. In all, more than 80 students will receive a direct benefit from this training resource this year alone.

This is truly an example of interagency cooperation that enhanced an outstanding training resource that was capitalized on by all interested parties.

Once again we thank you, and hope the Connecticut Fire Academy will continue to assist us in our future programs.

Sincerely,

Suzanne T. Vaughn

Suzanne T. Vaughn
Director

John Blaschik, Jr.

John Blaschik, Jr.
Deputy State Fire Marshal

Greetings from Human Resources

Hello, my name is Carolyn Underwood and I am the Human Resources (HR) Representative for the Connecticut Commission on Fire Prevention and Control. I work for the Department of Administrative Services, Small Agency Resource Team, at the State of Connecticut's State Office Building in Hartford. The Small Agency Resource Team provides twenty-two (22) state agencies with human resources, payroll and affirmative action functions. I began my employment with the Small Agency Resource Team in September 2005 and have been working with the Commission on Fire Prevention and Control since October.

I wanted to take a moment to introduce myself to all of you and to provide a brief explanation of some of my job functions for the Academy. My job functions for the Fire Academy include, but are not limited to:

- Coordinating agency recruitments for full and part-time employees.
- Working with employees regarding their retirement and health benefits (in conjunction with the payroll office)
- Assisting the agency with job classification issues
- Assisting the agency with labor relations/disciplinary issues
- Assisting the agency with the interpretation and implementation of new policies and procedures
- Preparing and maintaining personnel files

I would also like to extend an open invitation to you to contact me at the Connecticut Fire Academy during my normal office hours; Wednesdays from 2pm-5pm, via e-mail at: Carolyn.underwood@ct.gov or via



Carolyn Underwood

the telephone at (860) 713-5166, if you have any HR related questions or concerns that I may be able to help you with. I look forward to working with all of you!

Sincerely,

Carolyn M. Underwood

Carolyn M. Underwood
Leadership Apprentice
Human Resources Representative
DAS/Small Agency Resource
Team

Two Important Items from Human Resources

Notifying the agency of any address, marital status and/or beneficiary information:

I would like to remind all active and retired Commission on Fire Prevention and Control employees to be sure to contact the agency (specifically, human resources) when there are ANY changes to your personnel information (i.e. marital status, address, beneficiary information). With the recent passing of one of our employees, it became evident to this agency just how important it is to have accurate, updated information on file. In the event you need to update this information, please submit an updated CO-931 form to Human Resources. The CO-931 form can be found on the Comptroller's website (www.osc.state.ct.us, click on the link "Comptroller's Forms" and click on the CO-931 form PDF or html) or copy and paste the following; <http://www.osc.state.ct.us/agencies/forms/othforms/gif/>

[co931rev.gif](#)).

Adjunct Fire Service Instructor Applicants should be referred to Human Resources, not the hiring managers:

As you may or may not be aware, the Commission on Fire Prevention and Control is currently recruiting for adjunct fire service instructors. All applicants must submit a completed state application (PLD-1), cover letter and resume to my attention (the job announcement with detailed instructions is currently located on the DAS website:

<http://www.das.state.ct.us/exam/default.asp>). In an effort to ensure that the agency is in compliance with the State of Connecticut's hiring procedures, please refer all interested applicants to human resources for an appropriate response to any of their questions or concerns regarding the recruitment process. No applicants should be contacting the hiring managers directly.

Please feel free to contact Carolyn Underwood at (860) 713-5166 or via e-mail at: Carolyn.underwood@ct.gov with any questions or concerns regarding these items.



"The customer generally doesn't call the fire department because they did something smart, or just to let us know that everything and everybody is having a real swell day.

By Alan V. Brunacini

**2007 IFSTA CALENDAR CONTEST
DEADLINE APPROACHING**

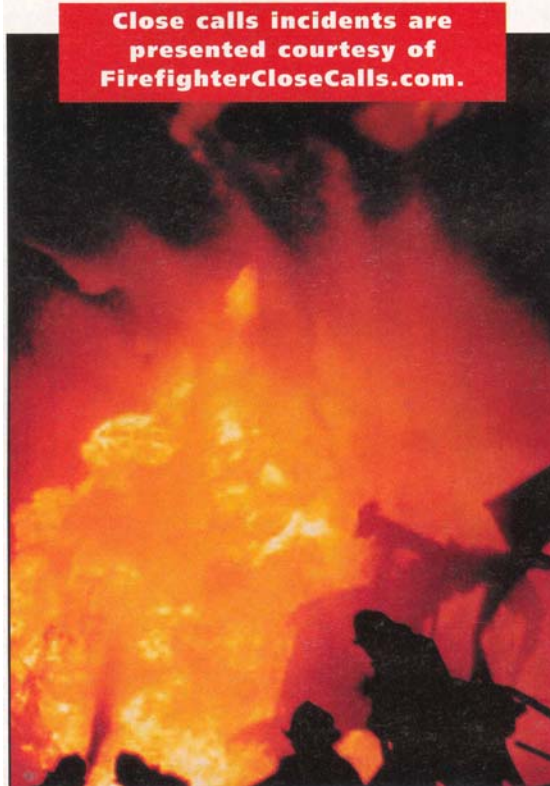
**JUNE 30 IS THE LAST DAY TO
HAVE YOUR PHOTO ENTRY
POSTMARKED AND ELIGIBLE
FOR THE 2007 IFSTA
CALENDAR CONTEST.**

IFSTA
calendar
contest
deadline!

Who is qualified? Who is trained? Who is in charge?

The standards are out there—we just have to want to respect them

MY partner and I were placed in charge of lighting the fire in a practice burn. It was a one story older home, approximately, 3000sq. feet. We were lighting a fire in the master bedroom which was attached to the living room by a 25' hallway. The bedroom itself was 15' by 25'. We were to light the fire and then exit the building to allow the attack team to enter. **I was concerned about this since the interior instructor was certified, but had very little hands on experience. Our IC was the same way, very competent on paper, but almost no hands on experience and he refused to listen to anyone who was not an officer.** We lit the fire, and it built up so fast, that we were having fire beat us out of the bedroom door 25 feet from the ignition area. We ran to the hallway where we had placed a charged 1 3/4" line for our protection. By the time we got there, we had black smoke to the floor. We pushed into the room approximately two feet and started to knock the fire down. I heard it and felt it darken down significantly. **I radioed the IC and advised him of the situation and the need to ventilate the fire room since it was not a safe training environment.** He advised to keep the evolution going and for my partner and I to exit the structure. When we crawled out of the hallway into the living room, I saw the smoke was still black and pushing out of the hallway into the living room from ceiling to floor and I was concerned the fire had built back up and was getting ready to flash-over. The attack team was made up of 3 brand new firefighters and the instructor.



Without knowing who was starting down the hallway, I grabbed one of them going in and said, "the room is probably 20 seconds from flashover, you need to start cooling the overhead." Then exited as per ordered. As my partner and I exited, we saw turbulent, pressurized black smoke pouring from the two windows, sliding glass door (which had been removed prior to operations but was boarded up with plywood) and the attic gable.

Against orders, we ran back into the house to put the fire out. **There was no radio communication with the attack crew because the instructor had forgotten one and the new firefighters had never been trained to bring one.** Upon re-entering the living room, the smoke that had been pushing into it was now turbulent with fire rolling out the top of the hallway.

The instructor was still in the living room and had sent two of the new firefighters who had never been in a fire before, down the hallway alone. My partner and I got our line we had used earlier and that was still in the living room, and entered the hallway with the nozzle open. We pushed all the way down the 25 foot hall with the nozzle on and without receiving very much water back down on us. (Prior to operations I had set the pump on the engine so that we were receiving 150gpm.) We made it into the bedroom and started knocking the fire down. I ventilated the windows, and knocked the attic fire down before the interior instructor came into the room.

The two new firefighters who were in the room both suffered burns to their ears, necks and shoulders. They both required new sets of PPE for theirs were ruined. Later during the investigation it was determined that they had been given zero instruction on what to do, how to do it, or how to recognize dangerous smoke and fire conditions.

They both thought that I was joking when I told them the room was close to flashover, because they didn't think they would be placed in that situation. Prior to the fire, I had voiced my concerns to the IC about the instructor and had also voiced my concerns to my Lt. (who was outside safety) about the IC because he would not listen to us and would not allow us to stay inside and instruct the fire attacks.

(Cont'd on page 11)

Who is qualified? Who is trained? Who is in charge? (Cont'd)

We came within seconds of killing two of our personnel (one of whom quit over it and the other is now a career member with us) due to lack of training, inexperienced instructors, and an IC who refused to listen.

It is imperative that fire departments shed the "Good old boy" system, and stop placing poorly trained and inexperienced people in positions of authority, just because they have taken a few classes and a certification test.

A piece of paper does not substitute for an experienced, trained, firefighter. Start training for the low frequency, high risk incidents. Train every day like your life depends on it because it does depend on it, and learn something new everyday.

Understand and be great at the basics before everything else, or you may not survive long enough to get to the everything else. Realize, train for, and equip your personnel for the fact that every time

we are engaged in firefighting, someone may get hurt. Pay, attention, and be proactive with training and firefighter safety. Treat every incident as the one that might kill you. Train hard, and be safe.

The California Fire Service Magazine • April 2006

Health and Fitness

Now that the second annual Safety Stand Down Day is behind us, it is as good a time as any to keep our safety at the forefront by having a fresh look at health and fitness. With that said, and despite the abundance of information within this broad topic, there is probably no better area to begin with, and to help to sustain us, than the understanding and application of motivation. No matter what your current health status is, this is the pinnacle of where to start, or how to keep going, and will often be "... as important as designing the exercise program" (American Council on Exercise Personal Trainer manual).

What is motivation? To keep it simple, lets just assume that it pertains to "a reason for doing something or behaving in some way." That sounds easy. Not to undermine the volume of work

done in the field of psychology through oversimplification, but "reason" is the key to the entire dilemma. Abraham Maslow has his "hierarchy of needs", and others have theirs, or variations of each other's that are hard for the layman (you) to disprove. None of that matters, however, unless you, and I mean *only you*, can play an active role in figuring out your reasons, and ultimately your own motivation.

In some circles, finding your reasons, or obstacles, can be categorized in personal factors like age, education, current health status and condition, personal beliefs, past experiences, actual skills, and self-motivation, or in program factors like convenience, and the exercise knowledge features of frequency, intensity, time, and variety.



Although arguably important, there may be a simpler means toward that end – one that may apply across the board in other parts of your life as well.

(Cont'd on page 12)

Health and Fitness (Cont'd)

Start with developing your own personal power (as in “One can have no smaller or greater mastery than mastery of oneself”, from De Vinci). “Reshape yourself through the power of your will.” Start small. Create your own “must-do”, versus dismantling it down to a “mighta-oughta-wanna-do”. Begin with reflection. Yes, the quiet times not devoted to watching someone else live an imaginary life on the tube. Determine your purpose, in all regards, but include your self-care, and health and fitness. Figure out what is important to you, and perhaps your roles in life (family and career, etc.).

As a fireman, there is an expectation in my generation that I maintain the capability to perform near athletic feats when the bell rings.

That factors into my “reasons” to be sure, but my family reasons are important as well. Use this information to develop your goals. What may work for you is the SMART method. Make your goals Specific, Measurable, Attainable, Relevant, and Time-bound. Essentially determine what is to be accomplished, in measurable ways that are not too difficult or too easy, is relevant to your interests, needs, and abilities, and has specific deadlines for completion. Write it down, if that helps, but by all means do something for yourself.



The statistics speak loudly and clearly about taking care of ourselves, in every regard in every stage of our life, and speak alarming so, all things considered, to those of us “on-the-line” in the fire service. Of all the important safety and survival trainings we have the privilege of experiencing, giving due consideration to the 50% contributor to the Line-Of-Duty-Deaths annually has to rank at the top (heart attacks).

Bill DeFord

Bill DeFord
Adjunct Instructor

“Don’t get sucker punched into a fire fight just because you won the last one and it felt good—always remember how losing feels.”

By Alan V. Brunacini

Office of the Director of Training

Recruit class 35 has come and left with memories that are positive. Their expectations are high from instructors that provided both skill development and motivation to achieve. Besides responding to emergencies, soon at least one them will apply to become instructor here. That is a testimony to the model professionalism our instructors display. Plus, and perhaps more importantly, they had a good time while learning life long occupational abilities. It proves that education does not have to be painful and distantly academic.

As I watched the slide show during the graduation ceremony, it occurred to me that these students were unaware of the enormity of their presentation. The photo documentation of their group typically detailed the development of their knowledge and skill sets as well as their camaraderie. Most of these strong interpersonal relationships will endure for life times. How quickly their lives will change. We all know that the fire service is unlike all other occupations. But life changing events occur continuously throughout society, families and individuals.

Do these young men realize that friendships will strengthen while others disappear, some will become members of each others families, others will move away from the job as many advance in

rank solidifying their career decisions. It is said that life is what happens while you are making other plans. The firefighters from recruit class #35 have documented links that existed at a point in time. The CD each recruit receives containing the PowerPoint presentation will be referred to many times in the future as life styles and careers change. It will become a part of 28 men's history and a reference tool to remember a shared experience that originally brought them together.

How many of us remember James Woodman from Recruit Class # 15? He was working his very first day as a firefighter for West Haven Fire Department when he was permanently disabled in an ambulance collision. Despite statistics and reality, none of us expects to be compromised by decreased capacity from an accident, let alone a LODD. Yet look at all the names on Connecticut's Fallen Firefighter monument. June 21st we will again participate in the National Safety Stand Down. Please seriously consider participating so that the discussions and deliberations we conduct might save a Connecticut firefighters life.

We serve an honorable profession in an honorable fashion. By empowering firefighters for self-rescue, recognizing the impending signs of flashover and

to provide rapid intervention teams at the ready, we actually are extending their lives and the lives of those they serve. The 16 points the National Fallen firefighters Association developed to reduce firefighter fatalities are a beginning for us to improve working conditions in an occupation that sends us into untenable environments.

Please examine the 16 Life Safety Initiatives and determine where you can make an impact:

Life Safety Initiatives

1. Define & advocate the need for a cultural change within the fire service relating to safety, incorporating leadership, management, supervision, accountability & personal responsibility.
2. Enhance the personal & organizational accountability for health & safety throughout the fire service.
3. Focus greater attention on the integration of risk management with incident management at all levels, including strategic, tactical & planning responsibilities.
4. Empower all firefighters to stop unsafe practices.

(Cont'd on Page 14)

Office of the Director of Training (Cont'd)

5. Develop and implement national standards for training, qualifications, and certification (including regular recertification) that are equally applicable to all firefighters, based on the duties they are expected to perform.
6. Develop & implement national medical & physical fitness standards that are equally applicable to all firefighters, based on the duties they are expected to perform.
7. Create a national research agenda & data collection system that relate to the initiatives.
8. Utilize available technology wherever it can produce higher levels of health & safety.
9. Thoroughly investigate all firefighter fatalities, injuries, & near misses.
10. Ensure grant programs support the implementation of safe practices and/or mandate safe practices as an eligibility requirement.
11. Develop & champion national standards for emergency response policies & procedures.
12. Develop & champion national protocols for response to violent incidents.
13. Provide firefighters & their families' access to counseling & psychological support.
14. Provide public education more resources & champion it as a critical fire & life safety program.
15. Strengthen advocacy for the enforcement of codes & the installation of home fire sprinklers.
16. Make safety a primary consideration in the design of apparatus & equipment.

Each of Connecticut Fire Academy's instructors is thanked for their contributions to the success of our students. Following in the theme of the Life Safety Initiatives, the longstanding effects of your efforts maybe unquantifiable; but they are at least known anecdotally. Saving our own, so that can save others, is praiseworthy.

Adam D. Piskura

Adam D. Piskura, Director
Connecticut Fire Academy

**Commission on Fire
Prevention and Control
Connecticut Fire Academy**

34 Perimeter Road
Windsor Locks, CT 06096-1069

Office: (860) 627-6363

Fax: (860) 654-1889

In-state-toll-free 1-877-5CT-FIRE



We're on the
Website at:

www.ct.gov/cfpc

