

March, 2007



# The Instructor's Dispatch

Commission on Fire Prevention & Control

## Interactive Instruction for Firefighters

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*Kevin Milan, Division Chief of Training, giving presentation to students...*

The 2007 Fire Service Instructor Development Seminar was held Saturday, March 24, 2007, at the Connecticut Fire Academy.

The presenter was Kevin Milan, Division Chief of Training for the Golden Colorado Fire Department. Kevin is a 16-year veteran of the fire service.

The presentation focused on the use of Interactive Training with emergency responders. The course explores how departments are using technology to free up more time for hands on training. It also provided new and veteran instructors with some of the most effective tools and techniques available in fire service training with a detailed

description of what it takes to be an effective instructor; how to design, develop, and deliver effective training programs; the use and design of computer animation; web-based training ideas; designing and developing training props; hot topics for enhanced fire ground operations and more.




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"Experience is something you don't get until just after you need it."

By Alan V. Brunacini

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## 2006 Assistance to Firefighters Grant Program

Congratulations to the following Connecticut Fire Department's that were awarded a grant in the latest round:

**Kensington Fire Department - Berlin CT** Operations and Safety \$174,800.00 Equipment (\$12,000) Personal Protective Equipment (\$175,000) 03/02/07

**Germantown Volunteer Fire Department—Danbury CT** Operations and Safety \$38,000.00 Modify Facilities (\$40,000) 03/02/07

**Washington Volunteer Fire**

**Department Inc.—Washington CT** Operations and Safety \$139,794.00 Equipment (\$3,872) Personal Protective Equipment (\$143,280) 03/02/07

**East Hartford Fire Department East Hartford CT—** Operations and Safety \$216,746.00 Personal Protective Equipment (\$240,829) 03/02/07

**City of Norwalk Fire Department —Norwalk CT** Operations and Safety \$142,912.00 Wellness

and Fitness Programs (\$178,640) 03/02/07

**Bridgeport Fire Department Bridgeport CT—** Operations and Safety \$240,000.00 Personal Protective Equipment (\$300,000) 03/02/07

**Bristol Fire Department Bristol CT—** Operations and Safety \$38,304.00 Equipment (\$35,640) Training (\$12,240) 03/02/07

*continued on page 6*

## Web-Based Educational Program

*USFA Announces Web-Based Educational Program for the Fire Service on Building Performance of Lightweight Construction during Fires*

Emmitsburg, MD - The United States Fire Administration (USFA) in partnership with the American Forest & Paper Association (AF&PA) announced today the release of a comprehensive Web Based Educational program. Developed to enhance firefighter awareness of the

performance of different forms of lightweight construction components during fires to create a safer operational environment for the fire service. These components include trusses, glue laminated beams, I-joists, structural composite lumber, and wood structural panels. Included in this program is fire frame, an interactive tool on building construction for the fire service.

This Web Based program was developed with the assistance of several state and local level fire training systems. "Firefighter safety and building construction is an important issue for the fire service today," said Charlie Dickinson, Acting U.S. Fire Administrator. "Education is critical for firefighters operating at incidents to understand how modern building products perform in fires."

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## Web-Based Educational Program

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"This program is also available at: [www.woodaware.info](http://www.woodaware.info)

AF&PA was proud to work in partnership with USFA as well as several state and local fire training organizations to develop a program to educate the fire service on today's and

tomorrow's building components,"

AF&PA President and CEO Juanita D. Duggan stated, "Through this educational outreach and partnership we are committed to supporting the operational safety of the fire-fighters that bravely protect us

everyday."

Further information on this program can be found on this page of the USFA Website:

[www.usfa.dhs.gov/fireservice/research/safety/construction.shtm](http://www.usfa.dhs.gov/fireservice/research/safety/construction.shtm)

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The only time you can absolutely evaluate the effectiveness of a fire wall is after the fire."

By Alan V. Brunacini

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## Parking Restrictions

Please be aware that designated parking is provided for staff and adjuncts directly behind the administration building. When the designated spots are filled then please use the remaining marked areas.

Recently, we had a medical emergency in the Administration building where the first responders complained that they could not maneuver to the front door. Vehicles were parked in the 15 minute loading zone as well as one in the marked fire zone. Effective with this publication:

1. The marked fire zone **no parking areas** will be enforced by the Connecticut

State Police on routine patrol and by request from CFA staff.

2. The **loading and unloading zone** adjacent to the Flag Poles shall have their 15 minute limit enforced.

**No one** should park in the designated loading and unloading area for more than 15 minutes.

Vendors and service providers are subject to these restrictions as well.

Thank you for your anticipated cooperation.

*Adam D. Piskura*

Director of Training



## Save the date...

Fire Department Instructor Conference- Indianapolis, Indiana  
April 16-21

June School at the Connecticut Fire Academy  
June 4th-8th

New England Fire/Rescue/EMS Expo Big E  
June 22nd-June 24th

Fire House Expo 2007  
Baltimore, Maryland  
July 24th-29th

International Association of Fire Chief's Fire Rescue International  
Atlanta, GA  
August 23rd-25th



## Speaking of Speaking! Bridging the Gap!

Go ahead, do an on-line search using the phrase “most common phobias” and you will find lists of the most wide-spread ones. We are not worried here about fear of snakes or spiders, for these are reflexive fears of things that do look physically scary. We are talking about the fear of public speaking, or otherwise stated, the fear of making a damn fool of oneself in public. It is an endemic fear, an epidemic fear. There are local support groups in almost every town, called Toastmasters, whose goal is to lessen the fear and replace the fear with skills and confidence. Fear of speaking up, speaking out, is one of the bases of a key problem in incident response and emergency management.

This is a widespread, common and powerfully overwhelming fear. What happens when it is coupled with an individual's lack of presentation skills, facilitation expertise and/or management experience—in any admixture? System overload! When that happens, you have what I believe is the most logical reason “communications” ends up being the number one problem area cited at virtually every post incident debriefing.

Since we are in the digital age and we can e-mail, IM, send attachments and fax almost anything to anyone anywhere (*ad nauseam*), the fact that “communications” continues to be the prime problem area at incidents should tell us that this is a people problem and not a technological problem. I believe this problem is essentially tied to the number of poor presenters at conferences, where, once again, the problem is not technological, it is fear coupled with lack of skills.

Incident reviews show that communication problems are typically not caused by a lack of data. By and far we usually seem to have had enough data, during the incidents, to have run them competently. Given standard ICS skills, if key personnel had had the data communicated to them in a timely manner things would have run more smoothly. As the good general said, what we had was “a failure to communicate.”

At conferences, for instance, we are often inundated with data, piled on by speakers whose fear of making a data mistake forces them to overwhelm the poor audience. Mar-

shall McLuhan told us that “the medium is the message,” and if the medium is tedium, that is the message. If the medium is driven by fear, there is often no communication at all. However, regardless of the reason for poor interpersonal or intergroup communications, the fact is, poor communications is a killer. Hundreds of incidents could be used as examples. Thousands of gaffs could be listed. But that would not enhance communications. All we need is one word as proof: Katrina!

As managers, supervisors and leaders, we need to develop a strategy to “train to weaknesses.” Debriefings over decades have show us that “communications” is our main weakness.

Computer nerds need interpersonal communication skills, probably far more than more computer classes. After all, they will get new computer skills any way they can, because they want them. Through analogy this concept could be expanded to include many response and emergency management areas: information

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“It's hard to consistently follow a rule you don't understand, disagree with, or never knew”.

By Alan V. Brunacini

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*continued on page 5*

## Speaking of Speaking! Bridging the Gap!

*continued from page 4*

technology, planning, transportation, administration, exercise design, etc. There are many examples. Accountants, we all know, don't really need more accounting skills, they need to get a little more of their right brains into the mix.

It is the same with emergency managers and responders. Yet it is important, even critical, to remember that gaining new communication skills means growing new neuropathways, learning new skills, taking more classes, and having more time to practice. The easiest way to build these new pathways is through courses with role playing modules. Many have them, such as courses on presentation skills, facilitation, mediation, arbitration, meeting management, change management, etc. Toastmaster groups are highly recommended.

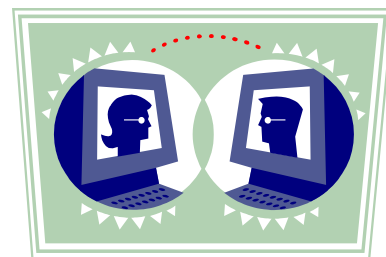
These are not typical emergency management and responder classes, but they are what is needed.

I learned the importance of these communication and interpersonal skills from a high ranking Montana Highway Patrolman, right before he retired. I was brand new to state government (any government, really) and he took me aside and said: "Listen up! I have power (he slapped his badge and gun on table). I can shoot you or arrest you". EPA can fine people thousands of dollars a day, they too have power. You are in emergency management, you have no power. You have to have something worth saying and say it well. Otherwise, no one will listen. Your job title is 'coordinator,' get the skills to coordinate!" I will be forever in Jim's debt.

There are many good courses, many good Toastmaster meetings, many good mentors. Find them. We will all thank you!

@ 2006 Frederick J. Cowie,  
Ph.D. [fredcowie@aol.com](mailto:fredcowie@aol.com)  
[fredcowie.com](http://fredcowie.com)

*Note: Fred Cowie was a keynote speaker at the 2006 SERC Conference coordinated by the Commission on Fire Prevention and Control.*




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**"There is no necessary connection between the amount of hose in the street and the amount of water that is actually going on the fire".**

**By Alan V. Brunacini**

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"Every time I say, "It can't get any worse than this"... it does."

By Alan V. Brunacini

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## Recognizing EMS Instructors

I would like to thank the following Instructors who taught in the EMS programs:

Carol Stiles, Matt Stuart, Al Bassett, Christy Delvey, Jacklyn Kilby-Richards, Cathy Goetz, Donald Farquhar, Dan Wassmer, Steve Coulon, Debbie Burch, Stephen O'Sullivan, Alan Zygumt

We trained 377- EMS Providers in January and February.

- First Aid had 185 students

- CPR / AED had 108 students
- The New Wilderness EMS class had 41 students
- The EMT Refreshers we taught had 39 students.
- The MRT Refresher we taught had 4 students (Vernon).

A special Thanks to Jackie Kilby-Richards and Cathy Goetz for their help with the "Wilderness EMS First Aid program ". Great Job!

We will be holding a BLS American Heart Association update for the Instructor's who has not been upgrade to the 2006 curriculum.

If you're interested please contact me to get on the list. [bill.auclair@po.state.ct.us](mailto:bill.auclair@po.state.ct.us) or 860-627-6363 Ext. 250.

*Bill Auclair*

Program Manager

## 2006 Assistance to Firefighters Grant Program

*continued from page 2*

**Attawaugan Fire Dept**  
**Dayville**—Operations and Safety \$28,975.00 Modify Facilities (\$30,500)

**Newington Vol. Fire Dept**  
**Newington**- Operations and Safety \$82,275.00 Equipment (\$86,376) Training (\$5,040)

**Newtown Hook & Ladder Fire Dept.** Newtown- Operations and Safety \$42,812.00 Equipment(\$41,390) Training (\$3,675)

## Fire Corps E-Update

### Fire Corps Releases Toolkit to Citizen Corps Councils

Fire Corps recently distributed the **Fire Corps Toolkit for Citizen Corps Councils** to every state, regional, and territory Citizen Corps Council to help them promote and support

Fire Corps programs at the local level.

This **Toolkit**, created specifically for Citizen Corps Councils, includes a sample letter that can be sent to local fire or EMS chiefs introducing them to Fire Corps, as well as a **Starter Kit**

that can be disseminated to departments to provide them with the tools and resources they need to start and implement a program locally. The **Toolkit** also contains a sample press release announcing a new local Fire Corps program or

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## Fire Fighter Near-Miss Reporting System

The National Fire Fighter Near-Miss Reporting System is a voluntary, confidential, non-punitive and secure web-based reporting system.

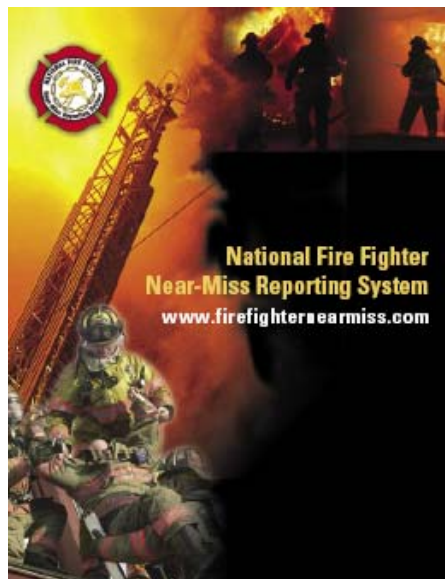
The system was created to turn near-miss experiences into lessons learned for everyone in the fire service. You can support the program three ways:

1. **File a Report:** Go to [www.firefighternearmiss.com](http://www.firefighternearmiss.com) and file your own near-miss report.
2. **Reporting of the Week:** Sign up to receive a weekly near-miss report by emailing [neamiss@iafc.org](mailto:neamiss@iafc.org) with

"Subscribe-JB" in the subject line. The ROTW can be used for training drills and safety reminders.

3. **Program Kit:** Downloadable program kits are available at [www.iafc.org/nearmiss](http://www.iafc.org/nearmiss). The kit includes training presentations and other materials about the program. For a paper copy, e-mail your contact information to [nearmiss@iafc.org](mailto:nearmiss@iafc.org).

For more information, e-mail [nearmiss@iafc.org](mailto:nearmiss@iafc.org) or call 703-273-9815 x. 365.




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"The safe way is the only way".

By Alan V. Brunacini

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## Fire Corps E-Update

*continued from page 6*

activity, brochures that can be handed out in the community, and promotional Fire Corps videos and video public service announcements which can be used to educate departments and citizens as to how Fire Corps can help their respective communities.

The **Toolkit** is available for all Citizen Corps Councils and can be found online at the **Fire Corps Resource Center**. For more information about how to implement a Fire Corps program or expand an existing community volunteer program, contact your state's Citizen Corps office or email [info@firecorps.org](mailto:info@firecorps.org). Fire Corps is a proud partner of Citizen

Corps, helping to make our communities safer, stronger, and better prepared.

### Fire Corps Starter Kit Available for Distribution

The **Fire Corps Department Starter Kit** is now available both online and in print format. Produced by the Fire Corps national office, the **Starter Kit** is a complete compilation of the



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"Good Tactics should be based on sound, standard principles... not the opinion of the highest ranking officer".

By Alan V. Brunacini

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## Fire Corps E-Update

*continued from page 7*

tools and resources a department needs to start, implement, and market a local Fire Corps program or expand an existing community volunteer program.

The **Starter Kit** includes department tools and resources, such as the **Fire Corps Resource Guide**, that walk you through the steps of starting a program and educating your department's personnel and community members on the benefits of becoming involved in Fire Corps. Numerous sample documents are provided to equip you with many of the administrative forms you will need as you implement your

own program.

The **Starter Kit** also contains marketing and recruitment resources to assist you in garnering support for your program, generate ideas on ways to incorporate citizens into your department, and provide suggestions on how to build relationships between your department and your community.

The last section of the **Starter Kit** includes a variety of organizational resources which can serve as a good reference point when recruiting personnel for your Fire Corps program, implementing your

Fire Corps program, or expanding the services offered by your department through Fire Corps.

The **Starter Kit** is available online at the **Fire Corps Resource Center**. To order a printed copy of the **Fire Corps Department Starter Kit**, call 1-888-FC-INFO1 (324-6361) or email [info@firecorps.org](mailto:info@firecorps.org).

## Pager Problem Inquiry

The Wallingford Fire Department is experiencing problems with Motorola Monitor pagers 0-4 years old.

The pagers are missing calls and at times not recording. If any other fire department has experienced

problems and/or has come up with solutions we would appreciate hearing from you. Contact Chief Struble at the following email address:

[peter.struble@snet.net](mailto:peter.struble@snet.net)



## Special Connecticut Honor Guard Invitation

There is another event that the Connecticut Statewide Honor Guard have been asked to attend. This is no ordinary event! Aside from serving one of our fallen Brothers or Sisters, this is one of the most honorable type events that they have been invited to. I'm sure that this invitation does not go

out to many other Honor Guards... but then again, not many other Honor Guards have members like us!

We have been invited to attend and present the Colors during the National Anthem at the 19th Annual Congressional Fire Services Institute Dinner in

Washington, DC on March 28th and 29th, 2007.

*Kevin E Cooney*  
Vice Commander CT Statewide Honor Guard



## Attendance Requirements for the National Fire Academy

For an individual to be accepted into a resident course here at the National Fire Academy, they must meet the ICS 100 & ICS 200 minimums for acceptance. The Q courses and the NIMS courses I mentioned were merely the NFA courses which would cause an individual to meet the ICS 100 & ICS 200 minimums. I'm sure there are other ways to meet those minimums, an individual DOES NOT have to complete one of the mentioned courses from the NFA, they just have to meet the ICS 100 & 200 minimums.

We felt these courses would be a simple method for an individual to obtain those requirements. If an individual has taken a NWCG course which meets the ICS 100 & ICS 200 minimums, that is acceptable.

So what we need to do is educate the individuals applying to attend classes at the NFA that on their application they must state how they meet the ICS-100 and ICS-200 minimums. It does not need to be the Q courses or the NIMS ICS for the Fire Service or EMS? Currently on the USFA/NFA Program Notice on the website

states: NIMS ICS-100 and ICS-200 to Be Prerequisites for NFA Courses, what is found at the **web** site below it only talks about the Q462 and Q463 courses as prerequisites.

<http://www.usfa.dhs.gov/nfa/nfa-042006.shtm>. We will correct this to reflect that the intent is for an individual to be accepted into a resident course here at the National Fire Academy, they must meet the ICS 100 & ICS 200 minimums. The Q courses and the NIMS courses I mentioned are merely NFA courses which would allow an individual to meet the ICS 100 &

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**"Safety doesn't  
cost...it pays".**

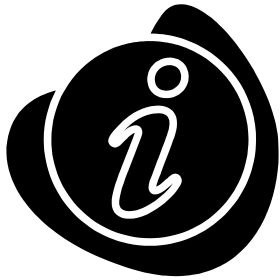
**By Alan V. Brunacini**

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ICS 200 minimums. This perquisite takes effect starting FY08 or in other words, October, 2007.

**Robert J. Bennett**

Robert J. Bennett  
Field Training Specialist  
TRADE Program Manager  
National Fire Academy




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**“Basic team agreement: if one of us makes a deal, the others keep it”.**

**By Alan V. Brunacini**

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## 2007 Edition on NFPA 1600

2007 Edition of NFPA 1600 available at no cost Standard on Disaster/Emergency Management and Business Continuity Programs

March 16, 2007 – The 2007 edition of the National Fire Protection Association (NFPA) Standard on Disaster/Emergency Management and Business Continuity Programs is [available for download at no charge](#) at NFPA's Website.

The standard establishes a common set of criteria that sets a foundation for disaster management, emergency management, and business continuity programs using a total program approach. Organizations and parties responsible for developing such programs will benefit from information on emergency management, prevention, mitigation, preparedness, response, recovery, and business continuity.

NFPA 1600's latest edition incorporates changes to the 2004 edition and expands the conceptual framework of the

earlier version. Aspects of mitigation, preparedness, response, and recovery which are focused on in earlier versions have been updated, and prevention has been added as a fifth and distinct concept.

In 1991, NFPA's Standards Council established the Disaster Management Committee to develop a preparedness standard that identified key components of a comprehensive plan that could be used by a variety of organizations. The plan was intended to address preparations for, responses to, and recovery from disasters resulting from natural, human or technological events. This was the beginning of NFPA 1600.

Utilized by and developed for organizations in both the public and private sector, NFPA 1600 is one of NFPA's most widely implemented standards. More than 115,000 copies have been downloaded from NFPA's Web site since 2004. The [Emergency Management Accreditation Program \(EMAP\)](#), a program available to state territorial and

local government programs, bases its voluntary national accreditation process on NFPA 1600. Nine states, two counties and the District of Columbia have earned EMAP accreditation by ensuring that their disaster preparedness and response systems meet national standards in 15 areas, including: planning; resource management; training; exercises, evaluations and corrective actions; and communications and warning. EMAP accredited states include: Arizona, Florida, Illinois, Massachusetts, Montana, New York, North Dakota, Pennsylvania and Virginia. Printed copies can be ordered through the [online catalog](#) and will be available April 2007. Contact: Lorraine Carli, Public Affairs Office: (617)-984-7275 ; <http://www.nfpa.org/newsReleaseDetails.asp?categoryID=488&itemID=33516&cookie%5Ftest=>

## NFPA National Study on Fire Departments

*NFPA national study finds some improvement yet ongoing needs persist in America's fire departments*

March 15, 2007- The National Fire Protection Association (NFPA) today announced the results of a second comprehensive study examining the needs and response capabilities of the nation's fire service and accompanying reports on each state in the country. [The studies, completed for the United States Fire Administration \(USFA\)](#), also compared the needs reported from the first assessment, conducted in 2001, with the resources requested under the Assistance to Firefighters Grant program and looked to see if the needs identified in the first survey had been substantially reduced as a result of the special funding.

"NFPA was pleased to conduct these follow-up studies as a way to illustrate not only the

challenges facing today's fire service, but what steps can be implemented for safer and more effective responses," said NFPA President James M. Shannon. "The reports show only slight improvement and that is simply not good enough. The Fire Act grants have been well targeted, as the studies show, but they are dwarfed by the size of the needs. It is essential we provide the nation's fire service with the tools to protect themselves and all of us in both traditional and extraordinary situations."

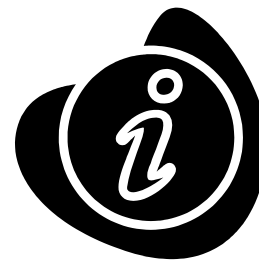
### Homeland Security Preparedness

The survey asked whether the fire department's responsibility included a building collapse scenario and a scenario involving release of chemical or biological agents, each with a defined number of casualties or occupants in need of rescue. If the answer was yes, the survey

asked whether the department could address such emergencies with local trained personnel and specialized equipment and whether the department had a written agreement to coordinate any non-local resources that might be needed in response.

- None of the homeland security related equipment needs showed marked improvement, nor did any of the personnel needs related to those situations.
- There was improvement in the existence of written agreements to coordinate the use of outside personnel and equipment in a homeland security response.
- The overall percentage of departments with written plans for a building collapse scenario increased

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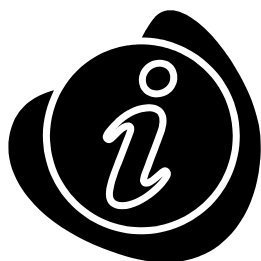



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**"Sorry don't get it done".**

**By Alan V. Brunacini**

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**"Night makes  
fires bigger."**

**By Alan V.  
Brunacini**

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## NFPA National Study on Fire Departments

*continued from page 11*

by seven percentage points (from 19% to 26%).

- The overall percentage of departments with written plans for a biological or chemical agent scenario increased by nine percentage points (from 21% to 30%).

### Safe and Effective Firefighting

- Many of the estimated needs for personal protective equipment – self-contained breathing apparatus (SCBA), personal alert safety system (PASS) devices, and personal protective clothing – were reduced but there continues to be a need for additional personal protective equipment.
- The percentage of departments without enough

SCBA to equip a shift declined by eight percentage points (from 36% to 28%).

- The percentage without enough PASS devices to equip a shift declined by 13 percentage points (from 42% to 29%).
- The percentage where not all firefighters have personal protective clothing was 8%, but nearly 100,000 firefighters serve in those departments.
- The majority (53%) of departments that provide structural firefighting have not provided formal training to all their personnel involved in structural firefighting, and 42% of U.S. firefighters serve in these departments.
- Formal training also has not been provided to all involved personnel in the majority of departments
- providing emergency medical service (53%), hazardous material response (71%), wildland firefighting (74%), and technical rescue (88%).
- Despite modest progress, three-fifths to three-fourths of the nation's fire departments still do not have enough fire stations, or the firefighters to staff them, to achieve widely recognized response-time guidelines and lack key equipment, prevention programs and training. More specifically, the estimates are 61% of fire departments protecting communities of 50,000 to 99,999 population do not have enough fire stations, as do 65-75% of fire departments protecting communities of 0 to 49,999 population or 100,000 to

*continued on page 13*

## NFPA National Study on Fire Departments

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499,999 population. For the small number of fire departments protecting communities of 500,000 population or more, the estimate is that 82-90% of those fire departments do not have enough fire stations.

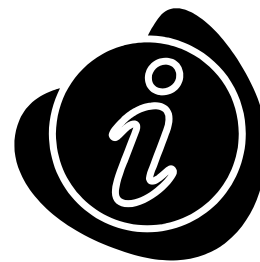
- Regardless of the type of need – equipment, training, apparatus or personnel – the needs are greater in smaller communities and are greatest in rural America (communities under 2,500 population).

The full national reports – *Four Years Later—A Second Needs Assessment of the U.S. Fire Service* and *Matching Assistance to Firefighter Grants to the Reported Needs of the U.S. Fire Services* – and individual state reports are available at <http://www.nfpa.org/needsassessment>, which also has information on NFPA codes and standards of use in homeland security preparedness and the assurance of firefighter health and safety.

NFPA has been a worldwide leader in providing fire, electrical, building, and life safety to the public since 1896. The mis-

sion of the international non-profit organization is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education.

Contact: [Lorraine Carli](mailto:Lorraine.Carli@nfpa.org), Public Affairs Office: (617)-984-7275 ; <http://www.nfpa.org/newsReleaseDetails.asp?categoryID=488&itemID=334696&cookie%5Ftest=1>




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**"You can't paint the trucks a different color".**

**By Alan V. Brunacini**

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## Leadership Excellence

*Save the date...*

The next 2007 Seminar Series is "Leadership Excellence" presented by: Chief Ronald E. Kanterman, Merck and Co., Rahway, N.J.

Ron Kanterman entered the Fire service in 1975 in Brooklyn, New York. For anyone aspiring to be a leader, learn to develop yourself, your people, your organization, and your ability to communicate.

Students will come away with a plan for improvement to take back to their fire department.



## Health and Fitness




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**"We will always have road rash from the ongoing problems we don't solve."**

**By Alan V. Brunacini**

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Last time, I covered the concept of *circuit training* as a means of combining different workout strategies in a way to get all of the comparable benefits of each one individually, while saving time. With that was mentioned the positive benefit of mimicking the pace of the fire ground (and the energy systems used by the body). The next evolution of recreating the work of the fire ground in a circuit fashion is to include its *functions* where possible. This is loosely called functional training, and forms the basis for what we work toward in Recruit Physical Training.

Functional training, as described in the ACE Personal Trainer Manual, "involves the use of exercises specifically designed to improve a client's performance of functional activities outside of the training environment." For those of us in the fire business, that includes the potential for many activities, in many planes of motion, using multiple muscle groups, in specific movement patterns. I know, it sounds like a lot to digest, but it is nothing like a donut – this is good for you. A good example to show where the differences lie would be with some standard gym exercises:

1. Chest – Bench Press is mostly single plane, working primarily the pectoralis muscles to overload, with the secondary emphasis on shoulders and triceps.

Versus hand and foot walking with an SCBA, with dips down to the push-up position simulating search and rescue techniques, works the chest, shoulders, and triceps muscle groups, along with the core, in concert with the way they will be required to work in an actual search and rescue.

2. Legs – Leg Extensions, Leg Curls, or even better, Back Squats, working the front and back of the thigh area, and in the case of the squats, gluteal area as well. Squats are a hard one to deny, except that there are not many times you will find a fireman squatting down with a bar or object across the shoulders (it is an excellent multiple joint and multiple muscle exercise however). Versus tractor tire flips while wearing an SCBA. It mimics the squatting position, but like other functional variations requires different timing, control, coordination, and balance, along with stabilizing muscles that will come into play as you change planes or direction.
3. Back – Lat Pull Down and Low Row versus a closet hook attached to the same high and low pulleys to simulate overhaul operations.

These are just a few examples, but I can also tell you

that dumbbell work can have the same positive affect when you add the time and control elements. Here is what it may look like in Recruit PT (we did some of these last week): Sledge hammer tire hits, hose hoisting using ropes from the third story, two-station ladder ops (one butt person, one tip person, alternating), walking lunges, duck walking, off-set push-ups with SCBA, and an equipment carry for distance (can man). Mix in towers or other cardio, and you have more than a complete workout. This workout has a direct correlation to standard fire ground movements and tasks, and therefore a more specific means of training to improve in those areas (specificity is a fundamental concept in the fitness world).

To bring us back, and to conclude, circuits are a way to combine activities (cardio and strength and endurance) to maximize your most prized commodity of time. Incorporating functional exercises adds to the value in our profession where we really need to train our muscles and neuromuscular system for specific movements on the fire ground. Ultimately, there can be no greater combination than that as long as you remember to train often, train hard, and be safe –but also call me if you have any questions. I can be reached at 860- 627-6363, ext. 343.

**Bill DeFord**

PT Instructor

## Office of the Director of Training

The following comments are primarily in response to comments, suggestions and concerns voiced by our instructors.

Evidently, some folks question our use of the IAFF Haz Mat Technician program as preparatory to Haz Mat Technician certification. From the Certification Division, we enjoy a general 95-97% pass rate using this program.

In fact, several modules *are* different from the IAFF supplied version. The Chemistry module was written by Dennis Cassia and Bob Massicotte; Pano Koukopoulos enhanced module one, Regulations and Module 6 Detection Devices will use the DEMHS metering curriculum that was written by our adjunct, Jim Turner.

We originally went with the IAFF version as it was the base curriculum that Fairfield County Haz Mat team decided to use. They too have enhanced the version they use. Their decision became the "Gold Standard" once DEMHS was created and funded the five (5) regional Haz Mat response teams.

Through a variety of hoops and jumps required by the federal Department of Homeland Security (DHS), DEMHS qualified the IAFF curriculum for federal pass through funded reimbursement. That allows us to provide some of the training at no cost because we are reimbursed for selected deliveries (primarily the DEMHS recognized Regional Haz Mat Teams) by DEMHS.

The Rockwell Film Lending library is alive, but not necessarily robust. It is an initiative of Jeff Morrisette the State Fire Administrator and he is currently amassing contemporary items to flesh out the collection. Last year, over the course of several days, all the outdated irrelevant media was winnowed. Jeff is projecting that within three months a new online search catalog may be implemented to aid patron searches of the collection.

Recommendation of new DVD's or other media are appreciated. We hope to continually update the inventory.

Several concerns were voiced about facility capacity management.

They were apprehensive that fire training programs might be displaced or suffer from the presence of corporate and or charitable groups that from time to time use our buildings and grounds. The mission of the of the Commission on Fire Prevention and Control continues to be held paramount while balancing the good neighbor relationships that create mutual support.

*All* our funding comes from political action. Even the tuition paid from a fire department or individual had a political component. By nurturing relations with groups outside the fire service community, we may enjoy their assistance when we need support from the legislature or perhaps the Connecticut Conference of Municipalities. It is anticipated that the minor assist we yield these folks using our facility may be returned with a multiplier effect.

You never know who among these people are commenting about our facility and behavior. Let's hope it is all positive so that we can all benefit from the casual relationship.

A suggestion was made to use the Instructors' Dispatch to

publicly answer questions of a specific nature so that others may benefit also. We can certainly do this with the caveat that personnel matters can not be discussed.

Anyone wishing to post a question may direct their communication directly to me. Anticipating that most queries will be via e-mail my address is [adam.piskura@po.state.ct.us](mailto:adam.piskura@po.state.ct.us) I will either answer the question or give it to the appropriate staff member who has the information.

We will then post the question and response in the next newsletter.

I consider all the responses to questions we asked important. How else can we learn what *are* the issues concerns of our staff and in some responses our customers. I will continue to respond to the suggestions you provided and hope to implement most of them.

Great work folks. Your efforts are much appreciated.

*Adam D Piskura*

Adam D. Piskura, Director

## State of Connecticut

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### 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.