

THE INSTRUCTOR'S DISPATCH

OCTOBER, 2005

INSTRUCTOR OF THE YEAR

INSIDE THIS ISSUE:

Fire Dept. Seeking Information	2
Firefighters Helping with New Orleans	2
Firefighter Fatalities in the United States in 2004	3
A Quick Test for Strokes	4
Some Things Don't Mix...	4
2005 AFGP 8th Round Grant Awards Connecticut	4
Emergency Vehicle Safe Operations for Volunteer and Small Combination	5
Practical Skills Evaluators	5
Carbon Monoxide	6
2005 SERC Conference	6
IFSTA Working Group Projects in Progress October 1, 2005	7
2006 Fire Service Instructor Development Seminar	8-9
Office of the Director of Training	10-11

The Connecticut Fire Department Instructors Association is proud to announce that the 2005 "Instructor of the Year" recipient is Russ Emons of the Wolcott Volunteer Fire Department.

This announcement was made at the Connecticut Fire Department Instructors Association annual dinner on Wednesday, October 5th held at Maneeley's Banquet Facility, in South Windsor, CT.

The annual award is given to a member of the **CFDIA** who, through their personal effort and instruction, has made an impact on the education and safety of firefighters in the State of Connecticut. This year, Russ Emons best exemplifies this award.

Russ graduated from **CCSU** with a Bachelor of Arts in 1963 and received his Master's Degree from Fairfield University. He retired from the Wolcott School system after 17-years as a teacher and 17-years as Principal.

Russ joined the Wolcott Volunteer Fire Department Co. 1 in 1967. He is a Charter Member of the Wolcott Fire School Instructors Association. He has been an adjunct instructor with the Connecticut Fire Academy since 1983.

Russ currently instructs Fire Service Instructor I and II, Public Fire and Life Safety Education, and the Public Information Officer course for the Academy. He has coordinated the Public Fire & Life Safety Education program, for the Connecticut Fire Academy, since 1998. Russ developed, organized, and presents the Certification Station Evaluator Training Course that has received high praise from around the country.

Russ is a member of the **IFSTA** Fire Instructor Manual, 7th Edition, Validation Committee and serves on local test question validation teams for Fire Service Instructor I, II, and Public Fire Education.



Russ Emons
Instructor of the Year
Photo by Jim Carroll

Russ has served as either the Wolcott Fire Marshal or Deputy Fire Marshal for the last 17-years.

Russ Emons is a highly respected and motivated instructor that truly cares about his students and the citizens.

The Commission on Fire Prevention and Control and Connecticut Fire Academy send its congratulations and best wishes.

FIRE DEPT. SEEKING INFORMATION

Please forward any comments via e-mail on the use of small laser printers in ambulances or if not used in ambulances, any other emergency apparatus.

For any departments that are currently using laser printers, please comment on environmental conditions (heat or cold) affecting print quality, if there are any toner leaks, and/or damage from vibration.

Some ink jet users report printers' cartridges freezing and their many moving parts becoming damaged from vibration.

We have looked at Pentax brand thermal printers which look promising but they need special paper and sheets must be placed in a specific way.

We cannot find any departments that have experience using the laser in a mobile environment.

Thank you and please forward any info to:

Ron MacDonald III,
Captain

Emergency Medical
Services and Training
Coordinator

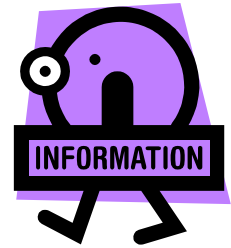
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Department

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rmacdon-
ald@moheganmail.com



The very worst fireground plan is no plan (the next worse is two competing plans).

FIREFIGHTERS HELPING WITH NEW ORLEANS RECOVER EFFORTS

New Orleans, LA., October 2, 2005 - Fire trucks line the street to return to the French Quarter Fire Station.

The fire station is currently housing fire-fighters from around the country who have come to New Orleans to help with the recovery efforts following Hurricane Katrina.



Patricia Brach/FEMA Photo

A little force in the beginning can eliminate the need for lots of force at the end.

FIREFIGHTER FATALITIES IN THE UNITED STATES IN 2004

EMMITSBURG, MD -

The United States Fire Administration has released the report "Firefighter Fatalities in the United States in 2004". This report details the circumstances and trends found in the 117 firefighter deaths experienced by the United States in 2004.

Firefighters that died on-duty in 2004 represent forty-one (41) states. Pennsylvania suffered the largest number of deaths with 18 firefighter fatalities. In 2004, 36 career firefighters and 81 volunteer firefighters lost their lives serving their communities.

"The challenge to reduce firefighter fatalities is one the entire fire service needs to take an active role in addressing. Many of our firefighter fatalities could be prevented by simple steps to enhance safety such as using seat belts, reducing speed while responding, and improved training," said Deputy United States Fire Administrator Charlie Dickinson. "The USFA looks forward to working with the many fire organizations and departments to

continue the development and implementation of the sixteen "Everyone Goes Home" firefighter safety initiatives."

Eighty firefighters died in activities directly related to emergency incidents. This includes all firefighters who died while responding to an emergency, while at an emergency scene, or while returning from the emergency incident. Non-emergency activities accounted for 37 fatalities. Non-emergency duties include training, administrative activities, or performing other functions that are not related to an emergency incident.

- ☑ In 2004, 61 firefighters died of heart attacks, 4 died of strokes, and 1 firefighter died of a heart-related cause.
- ☑ Two Pittsburgh firefighters were killed in the collapse of a burning church, two Nebraska firefighters were killed in the collapse of a burning single-family residence, and two Philadelphia firefighters were killed when they became trapped in the base-

ment of a burning home. The Philadelphia Fire Department also suffered the loss of a firefighter in a January structure fire.

- ☑ Six female firefighters died in 2004. This level of female deaths has only been exceeded once in the past when four female firefighters perished in a single incident in 1994.
- ☑ The leading type of duty being performed by firefighters that died in 2004 was working on the scene of a fire incident. Thirty firefighters died while working on fire scenes.
- ☑ The second leading type of duty was responding and returning from an incident scene with 22 deaths. Over half of these deaths were in vehicle crashes.
- ☑ 2004 had the highest level of stress or overexertion-related deaths in over a decade. There were 66 firefighter deaths that were attributed to stress and overexertion in 2004.

The report also contains detailed information on healthy eating and safety during specific components of emergency response. The report may be ordered in hardcopy or downloaded in portable document format (PDF) from the USFA Web site at: <http://www.usfa.fema.gov/applications/publications/display.cfm?it=9-0831>

Basic structural fire fighting plan:

- ☑ Find the fire
- ☑ Cut it off
- ☑ Put it out



A QUICK TEST FOR STROKES

The American Stroke Association says a simple one-minute test can determine if someone may be having a stroke:

- Can the person smile?
- Raise both arms and keep them up?
- Speak a sentence coherently?

The association notes that time is of the essence—a clot-busting

drug can limit disability from strokes, but it must be given within three hours of the onset of symptoms.

Researchers also said that bystanders talking to emergency dispatchers usually can accurately identify arm weakness, speech deficits and facial weakness.

If someone's speech "unexpectedly becomes slurred or

incomprehensible, you should call 911 immediately," a researcher said. "Similarly, if one side of someone's body ' goes numb' or if one side of the face droops down, you should call for help immediately".

Please don't wait a second—loss of oxygen from a stroke can damage the brain quickly.



SOME THINGS DON'T MIX...

Do you enjoy playing sports—softball, throwing a football around, playing volleyball—and having a few pops?

Don't, suggests new research.

Why? Because occasional drinkers are at a significantly high risk of ending up in the emergency room, just as problem drinkers are.

Researchers in Missouri studying emergency room admissions over a two-year period found that 4% of the injuries were among problem drinkers— and 4% among those consuming what are normally considered 'safe' amounts of alcohol.

The researchers' advice: Don't mix more than one or two drinks with leisure activities

where injury may occur.

It's easy to become impaired after just ONE drink, let alone more. We lose not only our motor skills, but our basic judgment.

Better to get a high from the exercise—and stay healthy!

Concealed spaces are places that keep secrets from firefighters...those secrets can quickly produce ugly surprises (sometimes fatal).

2005 8TH ROUND GRANT AWARDS CONNECTICUT RECIPIENT

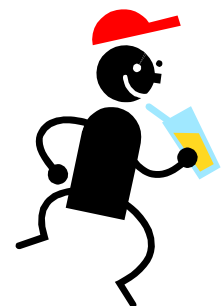
WASHINGTON, DC -

Department of Homeland Security today announced the eighth round of the Fiscal Year 2005

Assistance to Firefighters Grant Program (AFGP).

- West Hartford Fire Department**

Operations and Safety \$106,639.00 Modify Facilities (\$133,298.00) 10/07/2005



EMERGENCY VEHICLE SAFE OPERATIONS FOR VOLUNTEER AND SMALL COMBINATION

WASHINGTON, DC. -

The Department of Homeland Security's United States Fire Administration (USFA) and the National Volunteer Fire Council (NVFC) announced today the Emergency Vehicle Safe Operations for Volunteer and Small Combination Emergency Service Organizations is now available on-line.

This innovative, web-based educational program includes an emergency vehicle safety best practices self-assessment, standard operating guideline examples, and behavioral motivation techniques to enhance emergency vehicle safety. As crashes from privately-owned vehicles are the leading cause of volunteer firefighter on-duty fatalities responding and returning to emergencies, this program also discusses critical safety issues of

volunteer firefighter safety in them.

"Vehicle crashes represent the second leading cause of on-duty firefighter deaths in the volunteer fire service," said Charlie Dickinson, USFA Deputy Administrator. "This emergency vehicle safety educational program will also support the National Fallen Firefighters Foundation Firefighter Life Safety Initiative to reduce on-duty firefighter fatalities, and further ensure that Everyone Goes Home."

This program is a result of one of the partnerships with several leading fire service membership organizations as a follow on to the Emergency Vehicle Safety Initiative, a USFA project developed to reduce the number of firefighters killed while responding to or returning from the emergency

scene. "This emergency vehicle safety educational program will enable the volunteer fire service to easily and conveniently obtain comprehensive information in this area while at home or in the station," stated NVFC Chairman Philip Stittleberg. "Educational outreach is critical in reducing the number of volunteer firefighters we lose year after year."

Further information about this program, as well as other USFA efforts in emergency vehicle safety, may be found on the USFA Web site at <http://www.usfa.fema.gov/research/safety/vehicle.shtm>. It may also be accessed from the NVFC Web site at: <http://www.nvfc.org/evsp/index.html>



If you can't explain fire fighting damage after the fire... don't do it during the fire.

PRACTICAL SKILLS EVALUATORS

Coventry Volunteer Fire Department is seeking examiners for a Firefighter 1 Practical skills exam on Saturday, December 3, 2005 at 09:00 AM.

Coventry Volunteer Fire Department is located at 1755 Main Street Coventry.

Interested parties must have attended the Connecticut Commis-

sion on Fire Prevention and Control's Station Evaluator Training.

If you have any questions, please call Assistant Chief Joe Carilli 860-268-3905.



CARBON MONOXIDE

The West Shore Fire District, West Haven, CT., recently responded to an activated carbon monoxide (CO) alarm in an apartment building. Initial investigation showed elevated CO readings within the entire apartment at 80 parts per million (ppm).

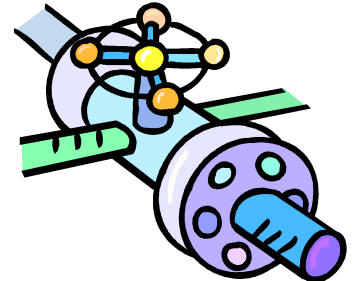
Upon further investigation, it was determined that the occupant was using a **Non-Stick Oven Liner** in a Natural Gas Oven while cooking.

The liner is a square mat material comprised of a non-stick top and a slip resistant silicone bottom and is used to prevent food material from sticking to the surfaces of the oven. It can be removed for cleaning and reused.

Information supplied with the product states that if used in gas ovens, it must be placed on the lowest rack, **NOT THE OVEN FLOOR**, as was the case in this incident.

By having the product on the oven bottom it covered the two vents causing the burner to produce carbon monoxide.

Fortunately in this case the apartment was equipped with a working carbon monoxide detector which alerted the occupants who called 911.



Natural Gas...

2005 SERC CONFERENCE

The State Emergency Response Commission Annual Conference will be held at the Legislative Office Building in Hartford on Thursday, November 10, 2005.

This year's conference is held in conjunction with the Department of Emergency Management and Homeland Security's monthly Coordinating Council Meeting.

This is a free conference and registration is on a first come, first served basis. The program has been approved for two Fire Marshal credits. Register today!

Due to the limited number of seats available, we ask those needing to cancel to notify us ASAP to allow someone else an opportunity to register for the conference.

Also, carpooling is strongly encouraged.

Don't ever think a fire will react to your intentions...it will only react to the right amount of action (water/support) applied in the correct place at an opportune time.

IFSTA Working Group Projects in Progress
October 1, 2005

TITLE	Project Mgr/ Contact	Total # of Chap- ters	General Notes
1. Fire Detection and Suppression Systems 3rd Edition	Murnane/Ted Boothroyd	7	Final layout in progress; Printing bids open 10/06/05; to the printer by 10/17; <i>In stock around 12/01/05.</i>
2. Fire and Emergency Services Instructor 7th Edition	Stowell/Adams	22	All text done and ready for production; making final corrections to illustrations; only lacking cover and divider page designs; layout to begin mid-October; to printer before Christmas. <i>In stock approximately on or slightly before March 1, 2006.</i>
3. IFE/IFSTA Technical Rescue for Structural Collapse 1st Edition	Brakhage	9	Layout complete; going to indexer any day; printing bids awarded; <i>In stock 12/20/05</i>
4. Industrial Structural Fire Brigade 1st Edition	Fortney/Brakhage	15	All chapters edited and proofed; final internal tech check in program; obtaining final photos and illustrations; layout to begin by 11/15/05; <i>In stock approximately mid-March, 2006</i>
5. Pumping Apparatus Driver Operator Handbook 2nd Edition	Goodson/Brakhage	16	Chapters 1-11 edited, proofed and tech-checked; Chapters 12-16 edited and proofed and waiting on tech check; obtaining final photos and illustrations; layout to begin by 12/01/05; <i>In stock approximately mid-April, 2006</i>
6. Emergency Management Handbook 1st Edition	Adams/Kay Goss	18	All 18 chapters written and submitted. Editing completed and first 12 sent to committee; Validated Ch 1-4 & 7 at 05 Conference (resubmit Ch 5, 6, 8-10). Plan to validate remaining chapters at interim meeting in Nov 2005 (18 chapters total); plan to send all illustrative materials to Production in Jan 2006; Projected date for layout to begin April 2006.
7. Emergency Response to Terrorist Attacks 1st Edition	Miller	8	First committee meeting held September 2005; validated Purpose & Scope statement, outline, learning objectives, and some chunks of information; writing chapter 1 at this time.
8. Principles of Vehicle Extrication 3rd Edition	Fortney/Miller	10	Committee validated information blocks reviewed at Conference. Expected validation of all materials; March 2006. Has been on hold while Fortney finishes Structural Brigade manual and shoots photos for other projects.
9. Fire Department Company Officer 4th Edition	Stowell	21	Chap. 1-6 reviewed by committee; writing chapter 7 now; Expected validation of all materials: May 2006; in stock very late 2006.
10. Inspection and Code Enforcement 7th Edition	Murnane/Ruane	11	Chapter 1 written and being edited; Chapter 2 in progress.
11. Essentials of Firefighting 5th Edition	Goodson	22	Chapter 1-3 written, edited, and to committee; Chapter 4 being written right now, Slated release: <i>Late 2007</i>
12. Fire and Life Safety Educator 3rd Edition	Brakhage	25	Initial meeting at 2004 IFSTA Conference; Outline and Chapter 1 out to Committee; On hold pending resolution of contract issues within the OSU system.
13. Aerial Apparatus Driver/Operator Handbook 2nd Edition	Brakhage	10	Initial meeting at 2004 IFSTA Conference; Outline and learning objectives approved by committee; On hold pending resolution of contract issues within the OSU system.

2006 FIRE SERVICE INSTRUCTOR DEVELOPMENT

Kimberly Alyn is the presenter at the 2006 Fire Service Instructor Development Seminar scheduled for Saturday March 11, 2006 at the Connecticut Fire Academy. This article is submitted by Kim as a prelude to the seminar.

ANNOYING PRESENTERS AND WHY YOU COULD BE ONE OF THEM!

Whether you are giving a presentation to the Rotary Club, presenting a staff report to city council, or conducting a training session, there are certain things you do that annoy your audience to no end! Fire departments spend a lot of time and money on training, but with many departments, the majority of this money is spent on fire ground training with very little going to other important areas like improving your presentation skills. Why is this an important area of training? According to the Carnegie Institute of Technology, only 15% of your success in any given field is attributable to your technical knowledge—85% is attributable to your ability to articulate your ideas, arouse enthusiasm, and lead people. If you're lacking in your presentation skills,

your overall success rate will drop. So what are some practical ways to become a better presenter? Number one, stop annoying your audience! The following partial list of the most annoying things that presenters do was compiled after conducting surveys on hundreds of audiences (surveys were conducted by Kimberly Alyn):

- 1) **Constantly saying "ah, um, uh."** Get those words out of your vocabulary! This is the number one irritant for most listeners. The perfect cure: buy one of those bells you see at the front of a hotel counter. Give some practice presentations in front of a small group. Every time you say any of those words, have someone ding you. It will amaze you how quickly this will cure you.
- 2) **Using a monotone voice.** When you speak in front of a group, you need to project your voice twice as loud as you normally would, and you need to fluctuate your voice. Make it interesting!

- 3) **Reading the information.** Audiences hate it when instructors or speakers turn their back on the audience and read the PowerPoint slides or the handouts. You might as well just give the audience the information and let them go home. Otherwise, you need to bring the information to life. That's your job as the trainer or presenter. No matter how dull the information is, you can always make the presentation interesting.

- 4) **Fidgeting or playing with change in the pocket.** This really annoys people! When you're speaking or training, avoid putting your hands in your pockets. People have a tendency to want to release nervous energy by fidgeting. They might spin a ring on their finger or click a pen. Some people wring their hands. Others swing their arms or scratch their head. Most people have some form of annoying habit that needs to be broken.

If you want to know what your is, just video tape yourself or ask someone to point it out for you. Then change it!

- 5) **Telling war stories.** It really bugs people to have to sit and listen to presenters go off on tangents and tell long and drawn out stories that barely reflect any relevance to the subject. Don't make your audience ask you if your train of thought has a caboose! Have a point and get to the point. Avoid telling all of your war stories.
- 6) **Talking down to the audience or over their heads.** This seems to be a big beef of fire service audiences. Having instructors or presenters talk down to the audience or over their heads is just bad presenting! Know your audience and know how to present the information in a palatable way.

(Cont'd on page 9)

2006 FIRE SERVICE INSTRUCTOR DEVELOPMENT SEMINAR (CONT'D)

7) *Not taking breaks.*

This item comes up often in surveys. Audiences need a break, especially in long workshops. You should be giving a five minute break for every hour of information. Maybe you give a ten minute break every two hours and let people stretch and refresh their minds so they can continue to pay attention.

8) *Going over the allotted time.*

There has never been an audience who became angry with a speaker for ending a few minutes early. However, many audiences have wanted to lynch a speaker for going over the stated time. If people are told they will be done at 4:00 pm, they are pretty much done listening to you at 3:55 pm anyway, so you may as well wrap it up!

9) *Not making eye contact.*

If you're not going to look at or connect with your audience, just give them some handouts and let them find something bet-

ter to do with their time. Otherwise, you need to make eye contact. The rule of thumb is this: focus on different people in the audience for a few seconds at a time and make your way around the room. Try not to favor certain people or sections of the room. Speakers who know people in the room tend to look at them more and include them more in examples. Avoid doing this—it bugs everyone else.

10) *Inside jokes.* Everyone hates it when a speaker makes a joke about something that only one or two people in the room "get." Then the speaker proceeds to tell everyone it's "an inside joke" as if they will make everyone understand and they will laugh too. It's stupid and should be avoided.

The list goes on and on, but this is a start. Focus on changing the small things that annoy your audience and you become a better presenter. For more tips on presenting and public speaking, pick up the

book *Public Speaking is Not for Wimps!* (Amazon.com) by Kimberly Alyn.

Kimberly is an author and a professional speaker and trainer. She is the owner of Perfect Presentations, a company dedicated to training seminars for corporations, small businesses, and municipalities. She specializes in the fire service, offering instruction on promotional process, conflict prevention and resolution, leadership skills, public speaking, command presence, communication skills, writing skills, and sexual harassment. Kimberly speaks and trains in fire departments across the United States. She has also been a featured presenter at FDIC Indiana, FDIC West, Firehouse World, and Fire Rescue Conference.

Kimberly is the author "It's Not Brain Surgery—Simple Tips to Getting a Grip on a More Successful Life (due for release in 2006), How to Deal with Annoying People, (with Bob Phillips, PhD), 101 Leadership Reminders, Public Speaking is not for Wimps, Soar, and Pillars of Success"

Fall of 2005 with contributors Brian Tracy and former Secretary of State General Alexander Haig).

Kimberly can be reached at: 800-821-8116 or email: Km@PerfectPresentations.net.

If you have lots of work to do, you need lots of companies...big plans require big resources.

OFFICE OF THE DIRECTOR OF TRAINING

Folks:

While the majority of Academy training deliveries are of excellent quality we are experiencing an upswing in the number of student and customer complaints. Besides the distressing and embarrassing situation of several poor quality deliveries, our patrons are not receiving the necessary information they require.

Among the recent complaints are instructors that *read* power point slides to students. This is a violation of a significant tenet learned in Fire Service Instructor I. If you do not know the material, or feel that you can not deliver it in quality fashion, then do not bid on the jobs. Many of our courses require technical knowledge beyond basic fire-fighting.

For example, the instruments purchased by the state for each police and fire department are designed for different purposes and require varied methods to establish and maintain calibration. If an instructor wishes to be versed in these tools then ask us for a T-t-T.

A very distressing complaint is that Con-

necticut Fire Academy instructors are answering their personal telephones during presentations. We have a telephone policy for students. It was not anticipated that we would need one for instructors. Please refrain from disrespecting your audience and investigating whether a call is more important than they are.

Several complaints centered on the lack of continuity within a given delivery. It is clear that some instructors (at least two per complaint) are not relaying the information about the class to the subsequent instructor. And the following instructor is not establishing contact with the previous instructor and asking where the lesson terminated.

Please ensure that the students are not subjected to the embarrassing question of where did you leave off? It is your responsibility as an instructor to maintain a smooth transfer of information and continuity with the delivery. Class prep time is paid to compensate you for the contacts that must be made to provide quality deliveries to our cus-

tomers.

While we are speaking about class deliveries, we have discovered that some classes are missing their required equipment necessary to the topic. This is unacceptable. It is the instructor's obligation to guarantee that all items necessary to the delivery are present at the job site. Program Managers will assist you with logistics; but that can only happen efficiently with adequate preplanning.

Remember that we continue to accept suggestions and requests for equipment. It is an on-going situation to maintain working items and replacement tools as they are worn. As funding is available, we will purchase contemporary equipment to replace obsolete ones.

AN INSTRUCTOR DIED

The Commonwealth of Pennsylvania, State Fire Training Academy in Lewiston, PA suffered the loss of a well respected instructor. The victim was 47 year old Robert Gallardy who was recently promoted to Captain within the career fire department of Altoona, PA.

He was instructing in a burn instructor program that qualifies existing fire instructors as state burn instructors. I have had the privilege of observing this class at their facility and found it very safe with an instructor to student ratio of one to one.

The deceased firefighter was the fire tender for the last evolution of the day. He had previously lit a fire on the second floor that was extinguished by student instructors then critiqued. He was igniting a class A fire (wood pallets and excelsior) in the basement. The students and burn instructors entered the basement in the normal mode and discovered the unconscious fire tender on the floor with third degree burns on 75% of his body.

He was removed to the nearest hospital and then flown to a burn hospital where he died.

NOISH and OSHA are investigating and Tim Dunkle, the Director of Training has promised to make the findings public to help all of us prevent a similar tragedy.

(Cont'd on page 11)

OFFICE OF THE DIRECTOR OF TRAINING (CONT'D)

What changes now?

The Connecticut Fire Academy will now require two (2) individuals to ignite Class A combustibles whenever inside a structure used for fire training. If for any reason, an instructor goes down, at least there is a second person to notify the outside of the situation and/or remove the individual. Let us learn together from this heartbreak, and prevent any related incident.

Conclusion:

A few minor distractions often create student unrest and dissatisfaction. Major problems like missing equipment usual create chaos as the lesson is ruined. Please help us put forth the highest quality student experiences as possible. It is what they and their employers expect.

Like most problems increased two way communications will alleviate most delivery problems.

I thank you for your efforts to put forth a stellar experience for our students. They deserve it.

Adam D. Piskura, Director
Connecticut Fire Academy

Always avoid situations that result in the system naming something where they use the word "memorial" attached to your name... try to keep your name off walls.

Save the Date
Adjunct Instructor's Meeting
Jan 17, 2006 (Night) 6:30PM-9:30PM
Jan 19, 2006 (Day) 2:00PM-5:00PM

We're on the Web!

See us at: www.ct.gov/cfpc

**C O N N E C T I C U T F I R E
A C A D E M Y**

**COMMISSION ON FIRE
PREVENTION AND CONTROL**

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