From:	Ouellette, Kara
To:	"cfpc_news@list.ct.gov"
Subject:	CFPC Listserv Notices 06/19/2018
Date:	Tuesday, June 19, 2018 4:19:00 PM
Attachments:	NHGA in CT .pdf Boombox parade flier.pdf 2018 Golf Outing Annoucment.pdf 2018 WVAA EMT-B Refresher CLASS.pdf 2018 WVAA Summer Excellerated EMT CLASS.pdf

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State of Connecticut
Department of Emergency Services & Public Protection
Commission on Fire Prevention and Control
June 19, 2018

1. **CFA Bookstore News**
2. **Suffield Fire Department 3rd Annual John Golec Sr Golf Tournament 9/21/18**
3. **National Honor Guard Academy is Coming to CT**
4. **Great American Boom Box Mile Race – Willimantic, CT 7/4/18**
5. **CFMA 14th Annual Ed Bacon Golf Outing**
6. **Accelerated Summer EMT Class**
7. **Firefighter Near Miss Report of the Week – Special Edition: Safety Stand Down 2018**

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1. CFA Bookstore News

The CFA Bookstore is going on the road. We will be at the New England Fire Chiefs Show, Foxwoods Casino from Thursday, June 21, until Saturday, June 23rd. Stop by our booth # 908 and 909 In the ballroom lobby.

The Exhibitor booths are open on Friday and Saturday.

The CFA Bookstore will be there from Thursday thru Saturday.

The bookstore will reopen next week.

Hope to see you at the Show!!!!!

Thanks, Pam and Karen
CFA Bookstore

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2. Suffield Fire Department 3rd Annual John Golec Sr Golf Tournament 9/21/18

SAVE THE DATE: Sept 21, 2018

Suffield FD 3rd annual John Golec SR Golf Tournament
Tekoa Country Club
459 Russell Road
Westfield MA

Contact Rich Faraci 860-630-0396 for more information

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3. National Honor Guard Academy is Coming to CT

An incredible opportunity is coming soon to CT. The National Honor Guard Academy will be teaching at the CFA July 29-Aug 3. If your current Honor Guard needs some polishing or you are thinking about starting an honor guard, this is the workshop for you. Come learn first-hand where tradition meets precision.

The NHGA is one of the premier honor guard training units in the country. This week long course is dedicated to developing and elevating the ceremonial knowledge and skill level of honor guard units while reinforcing a sense of pride and compassion by upholding honor guard traditions with precise attention to detail. The NHGA specializes in providing honor guard training to firefighters, police officers, and EMS personnel.

See attached for more information

https://nationalhonorguardacademy.com/products/windsor-locks-ct-july-29-aug-3-2018-5-or-more-participants

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4. Great American Boom Box Mile Race – Willimantic, CT 7/4/18

You are invited to run in the Great American Boom Box Mile!
July 4, 2018 - 1000 hrs - Willimantic, CT
Registration opens 0830 hrs.

http://thelastmileracing.com/Race_pages/boombox/info.html

There is a fire and police division. Run in your gear!
Stay for the parade after. It's an open parade and you can participate.
POC: Marc Scrivener. mascrivener@gmail.com

Also, see Attached

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5. CFMA 14th Annual Ed Bacon Golf Outing

The Connecticut Fire Marshals Association 14th Annual Ed Bacon Golf Outing will be held on Tuesday July 17, 2018 at the Southington Country Club *150 Savage Street Southington, CT 06489*

9:00 AM Shotgun Start
Pre-Registration begins at 8:00 AM
Entry includes 18 holes of golf with cart, buffet meal after play, beverage cart on course and a sleeve of balls.

(NO COOLERS ON COURSE)
Entry Dead Line July 10, 2018
$95.00 ENTRY FEE
All are welcome Firefighters, Fire Marshals, Family, Friends and Vendors. See attached.

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6. Accelerated Summer EMT Class

Wethersfield Volunteer Ambulance will be hosting a summer EMT class for those wishing to become a State of Connecticut Emergency Medical Technician. Classes are accelerated and will be intensive. Classes start on June 27th and finish August 18th.

Also, EMT-B Refresher starting on June 23rd - See attached for more information

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7. Firefighter Near Miss Report of the Week – Special Edition: Safety Stand Down 2018

As a part of Safety Stand Down this week, Near Miss will publish three Reports of the Week focused on the 2018 theme, *Be Aware–Get Checked*.

Safety Stand Down is an annual event to highlight critical safety, health and survival issues for the fire and emergency service. This year, the target is firefighters' risks of heart disease, cancer, diabetes, PTSD and more, and the life-saving importance of early detection through comprehensive, annual medical evaluations/physicals.

Cardiac Event Opens Firefighter's Eyes

Summary

In this report, a firefighter experiences the classic symptoms of a heart attack after working on multiple incidents over a period of days. The firefighter took the symptoms seriously and was successfully treated and recovered.
Review *Near Miss Cardiac Risks PowerPoint* with this Report of the Week as a tabletop exercise with your crew.

Event Description

Just two days after having worked a 17-hour hazardous materials incident (in which I was in full SCBA and air pack for most of the time), I assisted another agency with a traumatic cardiac arrest. During the hazmat incident, no was rehab established formally, and there was a shortage of personnel. Bringing in additional companies was suggested as the event progressed, but that was never done.

At the time of the call, I had had approximately nine hours of sleep in the past 72 hours. During the assist, I performed CPR for about half of the transport, which totaled almost 40 minutes, with four providers in the back of the unit.

About an hour after the event, I began to experience chest discomfort in the form of a dull ache. As the evening progressed, it turned into pressure and pain radiating into my neck, jaws, back and arms. I thought I had pulled a muscle or had an ulcer. I self-transported to a local emergency room where I underwent an EKG, which showed only minimal changes, but lab work was showing elevated cardiac enzymes. I was airlifted to a cardiac-care hospital where I underwent a cardiac catheterization, which showed a 95 percent blockage, and had a stent placed.

Before the event, I had not had a cardiac history but had a family history. I had not had a stress test in about five years or a yearly physical because the department didn't require them.
View the Report: CPR Provider Experiences Cardiac Problems

Take-Aways

We have probably heard the calls from physicians and other providers for years about managing weight, getting adequate exercise and the importance of routine physicals to manage cardiac health risks. It's easy to ignore this information since we hear it all the time, and we either plan to get healthy "someday" or figure it will never be us.

However, as firefighters, we have also heard for years that the leading cause of firefighter fatalities is cardiac-related events. Operating on emergency scenes in PPE for extended periods presents significant stress on our bodies and can be a trigger for a heart attack or stroke.

This information should cause us to take the warnings more seriously than the average person, as we have an already elevated risk factor from our occupational environment.

Discussion

- Does your department require annual physicals? What are some barriers to implementing them if they don't?
- What annual benefits does your health insurance company provide as far as physicals? Could this be a way to get an annual physical for a reduced cost?
- How receptive is your agency's culture to someone saying they feel ill and need a rest? Do you think this sometimes can be a contributing factor?
- What are some barriers to implementing a full rehab program on all calls? How could

you overcome these?

Leading Practices

The statistics on aging firefighters and cardiac health are not encouraging. In fact, in 2016, 50% of the firefighters who died over the age of 40 died of cardiac events.

While there has been an overall drop in fireground injuries in the period from 1977 to 2003, the rate of cardiac injuries has not dropped. This data means that while we're operating more safely in some respects, cardiac events are becoming a more significant percentage of our injuries.

Exposure to toxins in smoke, both from lack of SCBA usage and off-gassing of turnout gear is a possible factor, as well as increased heat load in modern turnout gear.

Making sure we take time to remain hydrated and get physicals as often as possible are essential steps to reduce risk. NFPA 1582 provides recommendations for firefighter physicals. Establishing rehab can be as simple as working with your local EMS provider, who may already be responding to your scenes.

Related Near Miss Reports

- Routine Physical Reveals Cardiac Problem
- Myocardial Event Follows Work Shift
- Crews Resuscitate FF During Cardiac Arrest

Additional Resources

- Firefighter Safety Stand Down Week 2018 Resources
- NIOSH Alert: Preventing Firefighter Fatalities Due to Sudden Heart Attack and Stroke (PDF)
- EveryoneGoesHome.com: Sudden Cardiac Death Among Firefighters (PDF)
- NFPA's Report on Firefighter Fatalities 2016 (PDF)