

The Bugle Report



Pushing Fire and Baby Wipes By John Sinclair, Fire Chief

Back a couple of years ago (**Editorial comment: Seriously Chief, a couple of years????**) when I started in the fire service, Chief Lee Engel taught us wet behind the ears volunteers you could fight a lot of fire from the outside by breaking a window and spraying the ceiling with an indirect attack. He showed us several different ways to knock the fire down and cool it before we went inside and finished it off. This was before we had Nomex hoods, great helmets, and the thick bunker gear we have today.

Then came the 1980's and formal training, with a lot of the experts talking about pushing fire and not being able to save fire victims if you pushed fire onto them. For the past couple decades, nearly every professional magazine had articles that stated the opinion of the experts--you had to get in close to the fire, attack from the unburned side, and be aggressive in your interior attack.

NIST and NIOSH have recently been working on a series of reports that will come out soon, disproving the theory of pushing fire. It just flat doesn't happen in a residential house fire.

It has been proven you don't push fire. People that are in the room of origin, once it reached flashover, are not salvable lives. The British Thermal Unit (BTU) rate of thermal release in modern furnishings spikes early with temperatures well above 1,000 degrees. Additionally, the byproducts of that combustion mean the air is toxic and does not support life.

When you break out a window and spray water onto the ceiling and possible directly into the fire, you are cooling the fire. Thus you make the building safer for any salvable lives in the rest of the structure and safer for firefighters to enter and conduct a mop up operation. Moreover, this can be done as other crews are arriving so the 2-in 2-out safety rule can be followed. A transitional attack that goes from defensive to offensive is certainly safer for the firefighters and can be safer for occupants in uninvolved areas of the structure as well.

In talking with fire service leaders throughout the U.S. and within Washington State, transitional attacks have become the community standard. The culture is changing because our fires today are hotter and more toxic.

So, let's talk about the toxicity of today's fires. Last week while I was attending the Washington Fire Chief's conference I spoke with Garry Briese, former Executive Director of the International Association of Fire Chiefs and now working with the Firefighter Cancer Support Network. Garry, stated that if we added in the active duty firefighters dying from cancer to the Line of Duty Deaths, it would grow from the under 100 we are currently experiencing to over 800 deaths per year.

There are 6 cancers that firefighters get in statistically higher numbers than the general public. Garry went on to say NIOSH believes much of the toxins are absorbed through the skin. There will be some scientific reports forthcoming to prove these claims.

We have already made it a requirement when you come out of a closed box fire, even to change out SCBA bottles; you are grossly deconned with a garden hose. Based on the information I learned last week we are going to be augmenting those guidelines.

Baby Wipes—yes Baby Wipes will soon be on every apparatus and when you come out, I need you to be using them to wipes the following areas: your neck, underarms, and if you have been crawling in thick smoke, your groin area. These are all friction point areas that have blood vessels close to the skin. They are also areas where you have natural collections of soot and grime.

Then, when you get to back to the station, you need to shower as quickly as possible, and wash your gear, including your hoods and helmets. For the volunteers that arrive at a fire in your POV, please don't take your dirty gear into your car. If you spent a lot of time on an interior attack, especially at the hottest and smokiest time, once you doff your gear, throw it onto a fire rig and have it taken back to the station.

To some of you this may sound like overkill. Yes, I know we don't have the same volume of fires as the big cities. But, my prime directive since becoming an officer, especially a chief officer has been and always will be the safety of the firefighters first. If cancer is killing 700 firefighters a year, I want to do everything we can to ensure we have safeguarded to every extent possible. Understand, 40% of us will die of cancer. That is just the national death rate from all causes. But, we will do everything in our power to minimize the occupational exposure you face.

That means we will change our tactics on the fireground when we need to. That means we will put policies and guidelines into place, some of which you may complain about. That is OK; complain to me long and loudly. Explain to me how in the winter it is cold and you don't want to be deconned. Complain to me you think it is silly to wipe down with a baby wipe. I will listen---so long as you do it.

Last week I celebrated my 55th Birthday. I have 36 years in the fire service and am eligible to retire. However, I love this profession, and I love you. I have no interest in retiring. Each and every day brings a new challenge to help keep you safe. Please know as we make these changes, in culture, in tactics, in operations or any change we make...the bottom line is always to improve your safety first.

I want to thank you each for the service you provide to the community. It looks like the monsoons are done, and the heat of summer is coming. That means we will soon have wildfire season upon us. Please remember no patch of grass or brush is worth your life. Respond quickly and efficiently, but not unsafely. No need to speed in your POV or busting intersections. If the fire grows by an acre, that is OK.

Please, be safe... John

❖ Next **Commissioners Meeting**
Tuesday, June13, 2013
7:00PM, @ KVFR, 102 N Pearl.

❖ **June OTEP** – Module 9
June 18, @ EHS (KVFR)

Reviewed Responses Through May2013		
KVFR	May	YTD
<i>Fire</i>	2	52
<i>EMS</i>	203	1151
<i>False Alarm</i>	14	87
<i>Good Intent</i>	11	61
<i>Hazard - no fire</i>	5	22
<i>Service</i>	9	20
<i>Other</i>	4	8
TOTALS	249	1401



Deputy Chief's Message!

By Deputy Chief Elliot



Operations: POV response: we have received feedback regarding personnel responding POV and failing to follow all driving laws. Under no circumstances is a KVFR member permitted to violate any laws (including speeding, using shoulders, parking illegally, signaling people to move out of your way, etc...) while enroute to the station or scene. The liability is tremendous for you and for the organization and most importantly, we need you to arrive safely. If you are aware of other personnel not following this directive, make it clear to them that this is a zero tolerance issue and report people who are repeat offenders.

EMS: We will be short 1 Medic Unit at the start of June for about 1 week - FYI. Please notify Capt. Delvo or myself if you are falling behind on your OTEP. Every Paramedic and EMT must complete at least 1 OTEP every quarter.

Prevention: We will have a number of interns from the Safety and Health Management Program at Central this summer. They will be assisting with

pre-incident surveys in the interface areas, testing hydrants, and other prevention work. We should be able to complete the Yakima Canyon and move east along the north border of our district.

Miscellaneous: Work continues on the station design committee. We are starting to narrow the focus to what we need the stations to do for us. The architect will be hired soon and they will create site plans, elevations and floor plans to be used for cost estimates and for review by the external facilities committee. As we move forward through the summer, decisions will begin to be made that will become increasingly difficult to reverse. If you have input, please channel that through the facilities committee, send an email or come to the meetings – they are open.

Rich

EMPLOYMENT OPPORTUNITY Volunteer, Reserve, and Resident Firefighter

Kittitas County Fire District #2 (KVFR) is accepting applications for Volunteer, Reserve, and Resident Firefighters. KVFR is a highly progressive Fire District providing BLS/ALS emergency medical transport services throughout the City of Ellensburg and Kittitas County.

Volunteer Firefighter: Volunteer firefighters fulfill an important role at KVFR staffing seven of the nine stations. Volunteers have the opportunity to operate at a broad spectrum of levels base on every individual's abilities, knowledge, certifications, training and experience level. Levels of qualifications include interior firefighting, wildland firefighting, apparatus driver, staging manager and Non SCBA emergency operations, vehicle extrication, Basic First Aid to Emergency Medical Technician, traffic management at emergency scenes, and fire prevention and safety education. All volunteers are required to attend a minimum of 20 hours of training and a minimum of 10% of their stations call volume annually to remain in good standing with the District and to be eligible for retirement credit. Volunteers receive a stipend of \$10.00 per call and \$15.00 per drill. Insurance coverage is also provided under the Washington State Volunteer Pension and Relief Act. Volunteers are also eligible for retirement through Washington State Volunteer Pension Fund after achieving the required years of service.



Reserve Firefighter: The position of Reserve FF with KVFR is a part-time, hourly position designed to provide supplemental staffing to the District during times of high alarm activity. Reserve FF's are all required to be EMT-B and have a valid CPAT prior to employment in this classification. Members drill an average of 3.5 times a month, perform 10 hours of ride time each month and have a minimum number of on-call hours. Many Reserve FF's are interested in full-

time employment and do receive testing incentive points based on longevity, performance and standing with the department.

Resident Firefighter: The position of Volunteer Resident FF with KVFR is designed to be a training position for members to become career personnel inside KVFR or with other agencies. Resident FF's are all required to be EMT-B and have a valid CPAT prior to employment in this classification. Members are re-imbursed for some expenses and provided with constant training opportunities. Residents have minimum shift coverage each month and are expected to make the fire station their primary residence. Resident FF's receive testing incentive points based on longevity, performance and standing with the department.

Application: An official District application, along with copies of your drivers' license and required certifications must be mailed or hand-delivered to the District office at 102 N Pearl St, Ellensburg, WA 98926. We will not accept materials via email or fax. **Application deadline is Friday, August 16, 2013. You must provide an email address as all further notifications about the process will be done via email.** Complete job descriptions are available upon request.

Testing and Orientation – Will take place in September, date to be determined

Mandatory Program Orientation: Requirement for Reserve, Resident & Volunteer Positions

Written Test: Requirement for Reserve and Resident Positions
The written test is based on general aptitude and is not agency specific nor does it require any previous fire experience. Picture ID is required to take the test. The test will be administered immediately following the orientation. Candidates with a passing score will be notified after the test and an oral interview will be scheduled.

Oral Interview: Requirement for Volunteer, Reserve and Resident Position
Interviews will be scheduled for those interested in volunteer positions at the conclusion of the orientation. Reserve and resident interviews will be scheduled following the written test.

Required Qualifications:

- Current EMT-B certification by date of written exam for reserve and resident candidates.
- Current CPAT* certification by date of position appointment for reserve and resident candidates. Certification must be less than 12 months at time of position appointment.
- Valid Washington Driver's license in good standing by date of hire. (Some violations may be cause for disqualification according to the District's criteria).
- Minimum of 18 years of age with a high school diploma or equivalent.
- Legal U.S. resident. **NOTE: PURSUANT TO THE IMMIGRATION REFORM AND CONTROL ACT, ALL NEW EMPLOYEES MUST PRESENT ACCEPTABLE DOCUMENTS VERIFYING IDENTITY AND AUTHORIZATION TO BE EMPLOYED IN THE UNITED STATES.**
- Ability to read, write, and communicate the English language.

***CPAT = Candidate Physical Ability Test**

1. Go to www.nationaltestingnetwork.com or call 425-423-9922 or
2. Go to www.publicsafetytesting.com or call 1.866.HIRE-911

**KITTITAS VALLEY FIRE RESCUE
IS AN EQUAL OPPORTUNITY EMPLOYER**

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By Joe Delvo, Training Captain



Live Fire Training Opportunities (Listed below)

Do you know anyone that might be interested in being a resident, reserve or community volunteer firefighter? If so, have them turn in their application in the next month or two. We will be conducting our new firefighter orientation and testing in August and our Recruit School in mid-September.

Speaking of our Residents, Steven Dueker recently accepted a position with Snohomish County Airport Fire Department.

We are getting into that busy time of year when the kids will be out of school and families will be taking summer vacations. At the same time several of our KVFR personnel will be entering their busiest time of the year with hay harvest, wildland season and a multitude of other things going on. Yes, there is a point to this! Even though you're busy, please try and find time to come to drill. Remember if you can't make it to your company's drill night feel free to attend one of the other company drill nights.

Training Burn: We have a Training Burn scheduled for this Saturday June 1st, 2013. It will be at 2106 Dolarway Road. We will start setting up at 0830 and be burning by 0930. All personnel are welcome to attend. Please plan on attending if you haven't attended any of our recent Training Burns. Under the new updated WAC 296-305 going into effect next spring, live fire training is required at a minimum of every three years.

Have a great June 2013 and I will see you on the Drill ground!

June Drills:

- 1st Drill: Ventilation, Power Tools
 START TIME: 1900
 - Westside will do their company drill the first Tuesday and the Training at St. 21 for the third Tuesday.
 - Fairview, Badger Pocket, and Denmark will be participating in Live Fire training at 341 Cooke Canyon Road on June 4th at 1800. The training will consist of initial response, exterior attack, drafting, and relay pumping.
 - Broadview will have their normal drill schedule.

- 2nd Drill: SCBA quarterlies, Bunker gear inspections, Drafting

- OTEP: CWU Module 9 at 1900 on June 13th @ Michaelsen
 KVFR Module 9 at 1900 on June 18th @ EHS

Drill Schedule

1st Drill: Live Fire, Ventilation

<u>Company:</u>	<u>Date:</u>	<u>Time:</u>	<u>Location:</u>
Fairview	June 4	1800-2100	341 Cooke
Westside	June 4	1900-2100	St. 28
Badger Pkt	June 4	1800-2100	341 Cooke
Denmark	June 4	1800-2100	341 Cooke
Broadview	June 11	1900-2100	St. 21

** Bring your engines



Healthy Living Tips

Practicing healthy living daily can help you feel and look good. The little things you do and don't do often influence your health and well-being. Very little happens overnight, so don't expect to improve your health in a day. If you want to obtain and maintain good health, daily health practices over the long-term can produce excellent results. Adhere to them faithfully and reap the benefits.

Eat a Variety of Nutritious Foods

Get enough calcium in your diet (1300 milligrams a day for youngsters between the ages of 9 and 18, about 1,000 milligrams for adults between the ages of 19 and 50, and between 1400 and 1600 milligrams a day for women who are pregnant or involved in sports). Eat calcium-rich foods such as yogurt and cheese for bone health. Consume a variety of fruits and vegetables for healthy vitamins, minerals and fiber and to lessen your risk of having a stroke, hypertension, heart disease, cancer and type 2 diabetes. Cook tomatoes before eating them to increase their antioxidant power, and make whole grains part of your diet. When it comes to meats, emphasize lean, advises the American Dietetic Association. Maintain a balanced diet and do not eat in excess.

Protect Your Skin from the Sun

Put sunscreen on your skin every day you go outdoors and try not to get too much sun between the hours of 10 a.m. and 4 p.m., as this is when the sun's rays can cause significant skin damage. Put on protective clothing before going out in the sun. Use a sunscreen with an SPF of 15 or higher that will protect your skin from UVA and UVB rays. Put on more sunscreen if the first application comes off while swimming or perspiring. Make sure the sunscreen you use has not passed its expiration date. Use a lip balm that offers sun protection.

Read more: <http://www.livestrong.com/article/100737-daily-health-tips/#ixzz2UtThgVvk5>

PREVENTION'S HOT TOPIC

Provided By: Joe Seemiller, Prevention Captain

I was recently asked by a friend about some potential health issues surrounding flame retardant compounds used in furniture.

Polybrominated diphenyl ethers or PBDEs have been in use as a fire retardant since the 1970s and can be found in foam furniture, carpets, upholstery, electronics and other consumer products. PBDEs have not been used in most foam products since 2005 but are still found in many American homes. While PBDEs are very effective as a fire retardant comprehensive research has linked these compounds to a long list of health issues. We live in a time of rapidly changing technology and fire safety is no exception. Many of these changes occur before we can properly assess all the potential side effects.

A recent study at UC Berkley determined that PBDEs are suspected of causing numerous physical and metal deficits in children. This study also confirms findings from earlier research on the effects of PBDEs. Since children are more susceptible to the effects of these compounds public health and government agencies are reassessing the benefits and costs of PBDEs.

PBDEs do not bind to the materials they are applied to so they will over time leach out and may become airborne as dust particles. In this form PBDEs may enter the body through inhalation or ingestion. Additionally these compounds have been found to accumulate in fat and have been found in meat, fish, poultry and dairy products.

More than likely you have some products in your home containing PBDEs. 97 percent of Americans have some levels of PBDEs in their blood ranging from low to extremely high exposures. Pregnant women and children should try to limit their exposure to these compounds. Some steps you can take to reduce your exposure include:

- Dust frequently with a moist cloth and vacuum with a HEPA filter vacuum.
- Wash hands frequently, especially children.
- Seal any tears in upholstered furniture.
- Use furnace and/or air filters designed to remove smaller particulate.
- Minimize the consumption of high fat meats, high fat dairy products and processed meats.
- If you work with electronics, recycling or manufacturing products containing PBDEs, use proper PPE, change your clothing and shower before entering your home.
- For more information on PBDEs please visit: <http://www.ewg.org/pbdefree>.