



Everyone Goes Home[®]

FIREFIGHTER LIFE SAFETY INITIATIVES

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Newsletter

NEVER FORGET

With the approach again of the anniversary of the loss of 347 firefighters at the World Trade Center there will be countless memorials to keep good on the promise that we will never forget! Since September 12th 2001 to September 11th 2007, six years, over six hundred firefighters have died in the line of duty. It makes sense to never forget the lesson learned by all of the line of duty deaths so that they will not have given their lives in vain. The article below was written by R. David Paulison then the USFA Administrator now the Director of FEMA, in May 2003, it is pertinent now as it was then. The only changes have been to update some of the dates on the weblinks.

From an article written by
David Paulison in May 2003.

EVERYONE GOES HOME: THE FIREFIGHTER LIFE SAFETY SUMMIT

By R. David Paulison

On Sept. 11, 2001, 347 firefighters died amid flames and fear and dust and steel when the Twin Towers crashed to the ground. That day brought a focus on the ultimate sacrifice given by the nation's firefighters. But what was obscured that day by the haze of mourning and outrage was the understanding that the line-of-duty deaths that day was unusual only in their number not their occurrence. Firefighters die in the line of duty nearly 100 times a year- every single year - in burning buildings and wildfires and vehicles and training and dozens of other instances. In fact, almost the same number of firefighters have lost their lives since 9-11 as died on that terrible day. And while the toll from 9-11 is set at 347, the toll for fire service as a whole grows and grows. As firefighters, we mourn the loss of comrades each year in private, in local ceremonies and at the annual Fallen Firefighters

Memorial. The mourning, though, is simply not enough. This past March, a first-of-its-kind Firefighter Life Safety Summit was held in Tampa, Fla. Sponsored by the National Fallen Firefighters Foundation and the U.S. Fire Administration, with the support of Federal Emergency Management Agency and the Department of Homeland Security, the summit brought together more than 200 fire and emergency service representatives from more than 100 organizations and departments. The summit attendees produced a preliminary report that detailed initiatives and recommendations for drastically reducing firefighter fatalities and injuries. A follow-up meeting was held in Arizona to review the report and begin putting action behind the words. The momentum is now building toward accomplishing a significant goal -- reducing firefighter deaths by 25 percent within 5 years and 50 percent in 10 years. Take a moment to think

This program is made possible through
the efforts of the



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EVERYONE GOES HOME: THE FIREFIGHTER LIFE SAFETY SUMMIT (Continued from Page 1)

about that goal - it means dozens, ultimately hundreds, of men and women will go home safe after their shift. It means they will see their children grow up and their families will have a parent, a sister, an uncle, a son sitting around the Thanksgiving dinner table each year rather than lying in a final resting place. Look at yourself and your department. The lives that are saved may be theirs - or yours. Sixteen initiatives came out of the summit. You can find them at www.everyonegoeshome.com/initiatives

These initiatives are not necessarily new or represent land-breaking inventions; they are based on information and fundamental truths and may cause discomfort and even controversy. They will also take a huge commitment of energy and resources over several years. We need not shy away due to either the size of the commitment or the fear of controversy. We can no longer accept that dying on the job is a normal way of doing business. Yes, the work is inherently dangerous and no, the death toll for firefighters will never be zero. But firefighters are dying unnecessarily and that must stop. As work on these initiatives gathers steam, the U.S. Fire Administration and the National Fallen Firefighters Foundation will strive to keep you informed.

You need to stay aware, involved and interested. Achieving our goals will not happen overnight and it will not happen without you.

Every individual in the fire service has to accept personal responsibility for his or her health and safety and the health and safety of their colleagues.

Leaders and members of fire departments and fire service organizations must be accountable for themselves and for others. The work is inherently dangerous but we must manage risks, to function safely within an unsafe environment. Risk management will play a key role in reducing deaths. Risk management means identifying situations where predictable risks are likely to be encountered and then making decisions that will reduce, eliminate or avoid them. While we are willing to sacrifice our lives, it should not be

taken as an excuse to take unnecessary risks. Firefighters shouldn't be losing their lives while trying to save property that is already lost or people who are already dead.

The time has come for mandatory training and qualification standards based on what duties an individual is expected to perform, no matter what their status is within the fire service or the type of organization. Standards must be clearly defined. A basic system of professional qualifications standards already exists, but applicability depends on too many different factors to be effective. Qualification and certification standards also must require continuing education, refresher courses or some other training component and not be a certification for life that requires no additional action throughout a firefighter's time in service.

Mandatory physical standards must also be implemented. An increased emphasis on health and wellness is essential to reduce the number of deaths from heart attacks and other cardiovascular causes. Statistics show that this could be one area of significant reductions in loss of life, particularly in the volunteer firefighter departments. In support of this, USFA, in partnership with the National Volunteer Fire Council (NVFC), has developed the Health and Wellness Guide for the Volunteer Fire Service. This document, which provides detailed information and examples of effective health and wellness programs aimed at the needs of the volunteer firefighter, is available free of charge from USFA in print and Portable Document Format and from the NVFC on CD-ROM.

Another productive strategy for reducing risk is to simply reduce the frequency and severity of fires. Easily said, not easily done. Code development and enforcement and adoption of automatic sprinkler laws are all important measures that will be expanded on in support of our goal.

USFA recently started the National Residential Fire Sprinkler Initiative which outlines specific national strategies that might reduce the number of deaths,



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including those of firefighters, due to home fires each year.

More information on this can be found on the following page of our Web site: <http://www.usfa.fema.gov/inside-usfa/media/2003releases/03-071503.shtm>

And, finally, greater emphasis must be placed on revising emergency response policies. An average of 10 firefighters are killed each year in vehicle accidents while responding to emergency incidents, often related to excessive speed and unsafe driving. Culture change in this area can start with something easy - wear your seat belt! USFA has numerous programs aimed at enhancing emergency vehicle safety; further information may be found on this page of our web site <http://www.usfa.dhs.gov/fireservice/research/safety/vehicle.shtm>

You can read the entire Summit report by going to

www.everyonegoeshome.com I urge you to read the report, to visit the USFA Web site for updates and to get your department involved in this revolution. Being a firefighter is a privilege and an honor. It is also hard, difficult work that requires many sacrifices. We need to ensure that the job does not require more sacrifices than are necessary.

NORTH FORT MEYERS FIRE CONTROL DISTRICT FLORIDA TOUTS FIREFIGHTER LIFE SAFETY INITIATIVES

Based on an article written by Captain David Rice

The North Fort Meyers Fire Control District in Florida has announced their endorsement of the 16 Firefighter Life Safety Initiatives. While the endorsement of the 16 Firefighter Life Safety Initiatives are important. It is the actions that a Fire Department takes that will make the difference. The North Fort Meyers Fire Control District has taken the following actions:

- Researched, developed, and implemented SOGs pertaining to life safety initiatives such as May-day, 2in/2out, RIT, accountability, fire ground procedures, etc.
- Safety committee continually meets and strives to meet the requirements of NFPA 1500 (including a risk management plan) and is researching and developing a formal "firefighter safety program."
- Annual recognition of Fire Fighter Safety Stand Down.
- Recognized national standards by having personnel complete IC, 100,200,300,400,700,800, etc. courses.
- Safety is a primary consideration in the design of appa-

ratus and equipment. Our department makes every effort to research the latest in equipment and apparatus, during major purchases establishing committees.

- Continual emergency vehicle operations training. This involves annual driver training, competency courses (VFIS), reviewing our departmental driving policy, etc.
- As training, regularly examining and discussing NIOSH firefighter death and injury reports.
- We have an LODD bulletin board which is continually updated. Whenever there is a firefighter death or serious injury, firefighters are made aware of the death/causes and the article is posted on this bulletin board in the training room.

What is your fire department done to implement the 16 Firefighter Life Safety Initiatives? E-mail us at info@everyonegoeshome.com subject line Initiatives Implementation Strategy to share your implementation strategies.



NORTH DAKOTA FIREFIGHTER'S ASSOCIATION – 16 LIFE SAFETY INITIATIVES PROGRAM PARTNER

The North Dakota Firefighter's Association is planning to send instructors to the fire departments in North Dakota to present the Courage to be Safe... So Everyone Goes Home Class. The plan calls for all 386 fire departments to receive the training within the next two years.

The North Dakota Firefighter's Association has endorsed the 16 Life Safety Initiatives and wants to make them a part of all of our training efforts. By taking the class to the fire departments and talking about the program and the

importance of the initiatives, we hope to reduce the number of deaths and injuries in our state. Each fire department is being urged to sign and implement the seatbelt pledge.

The NDFA web site manager has been asked to build a link from our web site at www.ndfa.net to the web site of the National Fallen Firefighter's Foundation. That work should be completed by August 18, 2007.

SEAT BELT DESIGN STUDY UNDERWAY

7/19/2007 - WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- A study underway at the Air Force Research Laboratory's Human Effectiveness Directorate could lead to improved safety standards and fewer deaths on the job for the nation's firefighters--rescuers who are being injured or killed while racing to save the lives others.

The study was sparked by International Association of Fire Chiefs (IAFC) statistics showing that--due to outdated manufacturing guidelines, the large size and bulk of turnout gear, and inadequate fire engine seat design--25 percent of U. S. firefighters cannot buckle their seatbelts while riding in a fire engine. Since 2000, 36 of the 52 firefighters who died as a result of traffic accidents involving fire engines were not wearing seatbelts at the time of the accident.

In fact, motor-vehicle-related incidents--including vehicle rollovers where firefighters are ejected or fall out--are the second leading cause of firefighter line-of-duty fatalities.

Prompted by those numbers, the National Fallen Firefighters Foundation approached Jennifer Whitestone, president of Total Contact, Inc., an anthropometry surface scanning company in Germantown, to study the body size and shape of firefighters.

The data will be used to develop new industry guidelines to improve the fit and function of safety equipment, clothing, and vehicles used by firefighters and will be added to the Air Force anthropometry



Anthropometry specialist Mark Boehmer (right) of General Dynamics Advanced Information Systems prepares firefighter Paul Bauer, a 19-year veteran and a part-time firefighter engineer with the city of Mason (Ohio) Fire Department, for a 3-D anthropometry scan while dressed in full turnout gear. Bauer is a test subject in a study sponsored by the National Fallen Firefighters Foundation Firefighter Life Safety Initiatives Program through grants from the Department of Homeland Security and National Institute of Standards and Technology. Total Contact, Inc., a private research firm in Germantown, Ohio, is using Air Force Research Laboratory anthropometry resources to gather data to help develop new standards for firefighters' equipment. (Photo by Chris Gulliford AFRL/HE)



SEAT BELT DESIGN STUDY UNDERWAY (Continued from Page 4)

program database.

“Air Force firefighters and other occupations require personal protective gear and this study will provide us with an updated anthropometric database of the firefighter population and help define methodologies for improving fit and accommodation,” said Scott Fleming, HEPA anthropologist.

Grants totaling \$200,000 from the Department of Homeland Security and the National Institute of Standards and Technology are funding the study. The International Association of Fire Chief, the NFFF, the Safety Task Force of the NFPA 1901 Fire Apparatus Standards Committee and the Fire Apparatus Manufacturers Association jointly lobbied for the project to address apparatus design flaws.

A biomedical engineer formerly with AFRL/HE’s Biosciences and Protection Division, Biomechanics Branch (HEPA), Ms. Whitestone leveraged resources at AFRL/HE’s Computerized Anthropometric Research and Design laboratory via a cooperative research and development agreement (CRADA) between the Air Force and General Dynamics Advanced Information Systems. The CRADA makes Air Force test facilities and equipment open to commercial clients who might otherwise not have access to specialized equipment like AFRL’s 3-dimensional anthropometric body scanner.

Scanning began in July on about 30 firefighters—mostly white males—who volunteered as test subjects. A total of 120 firefighters, including females and minorities, are needed to ensure a valid sampling that mirrors the firefighter population.

“Body size is correlated to ethnicity, that’s been proven by many anthropometry studies, so we need to account for those body types,” Ms. Whitestone explained.

The study will dovetail with a comprehensive, separately funded project by the National Institute of Occupational Safety and Health to collect anthropometric data from about 1,000 firefighters nationwide. Coincidentally, NIOSH officials were proposing their study when Ms. Whitestone visited

to discuss her project and she considered using the NIOSH facility in Morgantown, W. Va.

“NIOSH was writing a proposal to measure firefighters in their own study and we were pretty happy about that. But we wanted to use the Air Force facility because it’s right here and we could get the study finished more efficiently,” she said. “Plus, I really admire the way AFRL researchers conduct a project. They’re very careful and professional.”

Officials of those organizations plan to share information with NIOSH and perhaps broker a formal collaboration between NIOSH and the Air Force.

“We’ll transition our protocol and lessons-learned to NIOSH, help train them and help them embark on their national survey of firefighters,” Ms. Whitestone said. “I’ve always wanted to see these two organizations come together and share information and protocols.”

“This is such a great springboard for the NIOSH study,” Ms. Whitestone continued. “If we can produce results that are useful and of value to the firefighting community and the manufacturers, NIOSH can use that as leverage for additional funding for their study and to help show the merit in what we’re trying to do for firefighters.”

A firefighter’s bulky turnout gear may weigh from 20 to 40 pounds or more; with bulging pockets of equipment further hindering mobility. When sitting three or four abreast in a fire engine seat, firefighters often cannot buckle seatbelts properly or must use seatbelt extensions.

Even when seatbelts are fastened, they may not work as intended because of improper fit when extended over the firefighters’ gear.

Part of the problem is that fire apparatus, including fire engine seats, is manufactured to outdated human design standards developed in the 1970s, but humans have changed significantly since then.

“Humans have increased an inch per decade in height and firefighters as a group are heavier than other non-military occupations by about 20 pounds,” Ms. Whitestone said. “And the seats are not designed



SEAT BELT DESIGN STUDY UNDERWAY (Continued from Page 5)

to accommodate turnout gear.”

Anthropometry studies have been conducted on other professions including police, nurses, agricultural workers and truck drivers but this is the first-ever study of firefighters, according to Ms. Whitestone, who points to the irony that such a revered group of first-responders--most of whom are not even full-time professionals--cannot protect themselves as they rush to save the lives of others.

“Eighty percent of the firefighters in the United States are volunteers and only 20 percent are paid professionals,” she explained. “So we as a nation depend on volunteers to fight fires and put their lives on the line, and it’s time we take care of them.”

Firefighters who wish to volunteer as test subjects may contact Ms. Whitestone for more information at 937-855-6107.

BURT CLARK DECLINES TO ACCEPT FFLSI SEAL OF EXCELLENCE UNTIL EXCELLENCE IS ACHIEVED “NO MORE LODD RESULTING FROM LACK OF SEAT BELTS”

ATLANTA, Ga.-- Among the awardees honored at the IAFC Safety, Health and Survival Section Meeting at Fire Rescue International Aug. 23 was Dr. Burton Clark.

The unique thing about Clark’s acceptance speech, however, is that he didn’t actually accept the award.

Clark, who was presented with the Seal of Excellence by the National Fallen Firefighters Foundation Firefighter Life Safety Initiatives Program for his work on the Seatbelt Pledge, handed the award back to Chief Siarnicki Executive Director of the National Fallen Firefighters Foundation.

Dr. Clark stated “I can’t take this award.” Stating he would accept the award when no firefighters are killed in the line of duty as a result of not wearing a seatbelt.

To date, the National Fire Service Seat Belt Pledge has totaled 40,567 signatures.

He read off the names of the eight firefighters who have died this year in apparatus-involved line-of-duty deaths that he said could have been prevented by the use of a seatbelt.

Before making his speech, Clark announced that the USFA as an organization has decided to take part in the pledge. Newly appointed USFA Administrator Gregory Cade physically signed Clark’s pledge in person. The Firefighter Life Safety Initiatives Pro-

gram State Advocates will play a key role in continued promotion of the program. The advocates will also assist in getting the Seat Belt Pledge Certificates to departments who sign 100% participation.



The Life Safety Initiatives Program Team has facilitated getting the signatures of the International Association of Fire Chiefs, National Fire Protection Association, National Fallen Firefighters Foundation, National Volunteer Fire Council, and now the United State Fire Administrators organizational endorsements. Each organizations seal is on the certificate. For additional information about getting your certificate contact info@everyonegoeshome.com Subject Line: Seat Belt Certificate.



USFA 2006 ANNUAL REPORT ON FIREFIGHTER FATALITIES



The USFA 2006 annual report on Firefighter fatalities is out. 106 Firefighters died while on duty in 2006 and of that 106, 77 were Volunteer Firefighters and 29 were Career Firefighters who died while on duty. The following is an overview and breakdown:

- There were 6 Firefighter fatality incidents where 2 or more Firefighters were killed, claiming a total of 17 firefighters' lives.
- 22 firefighters were killed during activities involving brush, grass, or wildland firefighting.
- Activities related to emergency incidents resulted in the

deaths of 61 Firefighters.

- 36 Firefighters died while engaging in activities at the scene of a fire.
- 15 Firefighters died while responding to or returning from emergency incidents.
- 9 Firefighters died while they were engaged in training activities.
- 20 Firefighters died after the conclusion of their on duty activity.
- Heart attacks were the most frequent cause of death for 2006, with 50 Firefighter deaths and 19 Firefighters were killed as a result of vehicle crashes.

The entire 2006 report on firefighter fatalities in the United States is available here: <http://www.usfa.dhs.gov/fire-service/fatalities/statistics/report.shtm>

RESEARCHING RISK, IDAHO RESEARCHERS QUESTION FIREFIGHTERS

By **NICHOLAS K. GERANIOS**
ASSOCIATED PRESS WRITER

MOSCOW, Idaho -- When five forest firefighters died in Southern California last year, investigators blamed risky decisions by managers.

But is the gung-ho culture of wildland firefighters also to blame? The U.S. Forest Service has commissioned a study to find out if it needs to change the attitudes of its staff toward fighting fires.

Firefighters, like astronauts, can share feelings of invincibility, a "right stuff" mentality that is dangerous, said University of Idaho researcher Chuck Harris, who is leading the study.

"Rather than question authority, they plug ahead and believe they can beat the fire," Harris said.

Researchers are spending the summer on fire lines, interviewing firefighters. The goal is to find out if firefighters and their managers are too focused on beating the flames, and not focused enough on safety, Harris said.

Fatalities from wildfires have risen from an average of 6.6 per year in the 1930s to 18 per year since the turn of the century, Harris said. Last year, 24 wildland firefighters died.

Getting far less attention are numerous "near misses" among the approximately 15,000 firefighters in the field

each year, Harris said.

The Forest Service spent a record \$2.5 billion fighting wildfires on 9.9 million acres last year. That amounted to 45 percent of its total budget, Harris said.

Harris said fighting wildfires is second only to warfare among the most dangerous activities for government employees. More housing being built near the woods, along with prolonged droughts, indicate the number of wildfires is likely to grow in coming years, he said.

Mark Rey, under secretary of the Department of Agriculture, has said the priorities of the Forest Service are unchanged, with the protection of firefighters first, residents second, structures third and natural resources last.

But do those priorities filter down to managers and to fire crews?

Harris said one disturbing statistic is that in wildfires, accidents and "burnovers" tend to be the leading causes of death. That's in contrast to urban firefighting, where cardiac arrest is the leading cause of death.

That indicates that wildland firefighters are more likely to be caught in flames and burned to death because of risky behavior, Harris speculated.

The university was contracted by the Forest Service's Rocky Mountain Experiment Station of Fort Collins, Colo., to interview firefighters this summer. A preliminary report



RESEARCHING RISK, IDAHO RESEARCHERS QUESTION FIREFIGHTERS (Continued from Page 7)

is due in the spring.

Jim Saveland, a program manager at the Rocky Mountain station, said the study arises out of findings in the corporate world that suggested that people working in hierarchies are often reluctant to speak up, even if they see problems.

"We want to know why people do or don't speak up when they see, in our case, a threatening situation or a safety problem arising," Saveland said.

Not everyone agrees there is a need for that study.

Casey Judd, business manager of the Federal Wildland Fire Service Association, which represents all firefighters in federal agencies, said no firefighter or fire boss is going to be so bent on beating a fire that they deliberately court disaster.

"From our perspective, it isn't an issue," Judd, who lives near Pocatello, Idaho, said. "Our nation's wildland firefighters are the best trained in the world."

Regardless of how many lessons are gleaned from fatalities, the job is still inherently dangerous, Judd said.

Firefighters make the best decisions they can, based on experience and science.

"Those decisions can look really bad if Mother Nature wants to change things," Judd said. "Sometimes, you are helpless."

But Harris believes that firefighting can be made safer.

Some of the deadliest fires - like Storm King in 1994 in Colorado that killed 14 firefighters, and the Thirtymile Fire in 2001 in Washington that killed four - have focused attention on the role of leadership in such situations, Harris said.

The Forest Service asks its fire crews to fight fires and take risks, but also to focus on safety first, Harris said. That's a contradictory message.

"It can often be difficult for firefighters to focus on being safe and aggressive at the same time," said UI grad student Alexis Lewis, who is doing the interviews. "When problems arise and situations on the fireline get intense, the norm is to put one's head down and dig line harder and faster."

In the case of the Thirtymile Fire, an investigation found that fire bosses had broken all 10 of the Forest Service's standard safety rules and ignored numerous signs of danger.

In July 2003, two firefighters died when they were overtaken by the Cramer Fire in central Idaho. The firefighters were clearing trees for a helicopter landing site, unaware there was new fire in a drainage below. The fire ran up the ridge and killed them. Investigators found fire managers failed to deploy lookouts, to monitor the firefighters or notify them of the fire's spread, and failed to order them to a safety zone.

In the Esperanza fire, investigators concluded "a risky decision or a series of risky decisions appear to have contributed to this dangerous situation from which there was no room for error."

The five firefighters were overrun by flames as they tried to protect a house. In announcing those findings, Forest Service Chief Forester Gail Kimbell said decisions by command officers and supervisors to try to protect buildings were a factor.

"They underestimated, accepted or misjudged the risk to firefighter safety," Kimbell has said.

TRAINING TIPS: TRADITION-THINKING FIREFIGHTERS

BILLY JACK WENZEL

WICHITA FIRE DEPARTMENT

It now seems that whenever I get the opportunity to attend a gathering of Firefighters at FDIC, Firehouse Expo, or the National Fire Academy I really get a charge, or maybe it should be called a recharge. Whatever- it is a good thing. To join firefighters from around the nation, paid/ volunteer/ combination, all training and networking, learning from each other, when it works it is special. Recently, after one of those special times and while stranded at the airport, I had a lot of time to reflect 6-hours allows a lot of reflection. Too much in my case because I began writing; what I saw, what I heard, and what it feels like





TRAINING TIPS: TRADITION-THINKING FIREFIGHTERS (Continued from Page 8)

to be a Firefighter in 2007. I have been in the fire service since 1981. In those 27 years the fire service has made and defined who I am as a person. I am proud to be a Firefighter. Training and attending these events for me, is part of the deal. In addition to the training I always try to spend some time with the vendors. New tools, new technology, it is an exciting time in the fire service. Among the vendors I met Firefighters selling tee shirts to raise monies for their fallen brothers or sisters- a show of their love and support for that fallen member and their families.

I sat in a room with 50 other Firefighters from across the nation. When asked about the 16 life safety initiatives only 2 persons were aware they even existed. How can this be? Realize every 3-4 days a Firefighter will die in the "line of duty". Around 80,000 more will be injured just this year. These are astounding figures. The National Fallen Firefighters Foundation has devoted some time and research into addressing this issue. The blueprint to save lives- our lives is available yet obviously a large number of our members are unaware it exists. Why do these incidents continue to occur? Company Officers- do you know the root cause of injuries and deaths? Sure there are unpredictable events. We work in a dynamic and dangerous profession. But, truly unpredictable events only account for a small portion of deaths and injuries. What are the root causes:

Lack of Effective Policies and Procedures-

When were your policies and procedure last updated? If it has been more than 5 years they have probably expired. New technology, tactics and strategies continue to redesign our response. Policies and procedures should indicate and incorporate these changes.

Take the guesswork out of initial operations. Make riding assignments- every member should know their responsibility and required tools before the incident. Use unit arrival assignments for the first 3 units. Initial tasks are commonly the same and a Company Officer shouldn't need an IC to direct those initial tasks. Get ahead of the job.

Lack of Leadership-

What happened to our fire service leaders? Training does not equate to leadership. Experience equates to leadership, but our experienced members need to step out of the crowd! Leaders teach by example, they motivate their Company to do the right thing. They hold Company critiques after each incident. Critiques are critical for

Company improvement, this where the training ends and the experience begins. Company Officers should either be leaders or hand the bugles back- because you took them under false pretences.

Lack of Preparedness-

There seems to be some fear of embarrassment in training, the fear of not knowing all aspects of the job or not knowing all the tools and tactics. I have a news flash- Nobody knows it all! The truth is the more you learn, the more you realize you don't know. That is why the training is never ending. Training is the beginning, middle, and end of preparedness. We don't seem to have the same fear of embarrassment on the fire ground, when the consequences are life and death. When did it become our tradition to stick our head in the sand?

Lack of Appropriate Decision Making-

The lack of experienced leaders has lead to a crisis in appropriate decision making. Risk analysis must be taught to not just Company Officers, but all members. Put it in recruit curriculums. Risk analysis must become a part of our tradition and culture. Know what your objective is at an incident! Break it down into steps. There is a 5-step process to risk management; risk identification, risk evaluation, risk prioritization, risk control, and risk monitoring. Learn it, know it, and use it. We are and should be risk management experts. Risk management experience will yield risk management improvement.

Lack of Personal Responsibility

What happened to the ownership? We have pride in being Firefighters. But it is hollow pride if there is no real ownership. You may not like it or want to accept it but Firefighters have a personal responsibility; to past members, the family, the family at the station, and future members. That means- Stay fit, Know your job, maintain your equipment, Wear your PPE- all of your PPE, Drive like your life depends on it, Buckle up, and stay together. That is a good start on personal responsibility.

This is not meant as an attack on anyone specific or the tradition of the fire service. It is a realization that the best parts of our long and historic tradition have a chance of slipping away from us. The tradition of brotherhood and sisterhood, helping anyone who needs help, pride and ownership in our profession and tools of the trade could be replaced with the tradition of 1 death every 3-4 day, 80,000 injuries each year, responding with dirty apparatus



TRAINING TIPS: TRADITION-THINKING FIREFIGHTERS (Continued from Page 9)

and broken equipment. A collective of highly motivated persons who were willing to be there for their neighbor built our tradition. And collective of highly motivated persons who are willing to be there for their neighbor can only maintain it. Our collective experience should mean constant improvement. We can meet the goal of reducing fatalities and injuries by 50% in the next 10 years.

For over 200 years we have accomplished every task set before us. Quit dumbing down the fire service. Create a culture and a tradition of Firefighters that are adept in the risk analysis of emergency response. Thinking Firefighters, Saving Our Neighbors, and Coming Home- That is our tradition.

Editors Note: *Billy Jack's comments reflect the essence of the program L.A.C.K. an acronym for Leadership, Accountability, Culture, Knowledge program. This program was developed and is being delivered by the Firefighter Life Safety Initiatives Program Team across the country. It explores the root causes of line of duty injuries and deaths and a call to action. If you are interested in having this program conducted at your state or training conference contact the Firefighter Life Safety Initiatives Speakers Bureau at info@everyonegoeshome.com with a subject line of LACK.*

NUTRITION: EAT RIGHT, FEEL RIGHT

Courtesy of FireRescue1

Editor's note: *Thursday's topic for National Firefighter Health Week is nutrition, and eating right is key to maintaining your overall health. In the following article, nutrition expert Claire Kozower, who has held special workshops for Somerville (Mass.) Fire Department, offers a range of healthy eating tips for firefighters.*

By Claire Kozower

Nutrition outreach coordinator, Somerville, Mass.

Firefighters from a Somerville, Mass., firehouse take part in a nutrition workshop organized by Claire Kozower.

Maintaining a proper diet is a vital key to guarding against work-related injuries and heart attacks, and helps shorten recovery time from injuries.

To maintain a proper diet, you need to balance your energy expended with your intake of carbohydrates, protein and fat, along with vitamins, minerals and other substances.

Eating a variety of fruit and vegetables is key to getting the proper nutrients a firefighter's body needs to keep healthy, heal quickly from injury and fight diseases. At least 150 studies conducted since the early 1980s have suggested that people who consistently consume large amounts of fruit and vegetables are half as likely to develop cancer as people whose diets lack these foods.

Increased consumption of fruits and vegetables has



been associated with lowering the risk of:

- Cardiovascular disease
- Hypertension
- Strokes
- Chronic obstructive pulmonary function
- Diabetes
- Obesity
- Diverticulosis
- Neurodegenerative diseases
- Cataracts
- Arthritis
- Cancer



NUTRITION: EAT RIGHT, FEEL RIGHT (Continued from Page 10)

In addition, increased consumption of fruit and vegetables has also been positively associated with longevity, bone health and skin health.

Like most Americans, the majority of firefighters do not eat enough fruit and vegetables and need to work on increasing their intake.

As a firefighter, it's even more vital to do so as you are exposed to more carcinogens and health risks than the average American. By eating more fruit and veg, you can experience better long-term health.

Fruit and vegetables are great sources of fiber, vitamins and minerals, water and other substances such as antioxidants.

Nutrition Building Blocks

The simple definitions of the nutrient building blocks are provided below. Visit www.mypyramid.gov, a site run by the Center for Nutrition Policy and Promotion, to learn more about the balance of nutrients and the amount of food calories right for your body size and activity level.

Carbohydrates, Protein and Fats

Compounds found in foods that the body uses to generate energy or build cells.

Dietary Fiber

Fiber refers to carbohydrates from plant foods that cannot be broken down or digested in the body. Fiber plays a role in preventing many health conditions such as cardiovascular disease, diabetes and constipation. Gradually increase the fiber in your diet up to 25-35 grams per day. Studies suggest that soluble fiber may help reduce blood cholesterol and blood glucose for some people.

Vitamins and Minerals

Natural substances essential to performing chemical reactions that maintain healthy body systems. By eating many types of fruit and vegetables, you take in a variety of vitamins and minerals.

Antioxidants

Plant substances such as Vitamins C and E, beta-carotene and lycopene protect the body from free radicals by neutralizing these electrically-charged particles. They bind with them and prevent them from doing harm. If free radicals are not neutralized, they will attack healthy cells in the body, which can damage the cells and lead to poor health consequences such as cardiovascular disease and some types of cancer.

Portion size is a huge factor in maintaining a healthy diet. Firefighters, like many people, tend to super size snack foods and beverages and not eat the recommended daily amounts of fruit and vegetables.

Nutrition Tips

- The NVFC offers these tips for healthy eating:
- Start your day with a healthy breakfast
- Use healthier ingredients and recipes for your meals
- Eat foods and products that use whole grains instead of refined grains
- Eat a variety of vegetables to get key vitamins and minerals
- Choose fresh, whole fruits instead of candy and chips
- Add beans to your meals, as they help lower cholesterol
- Consume foods and beverages containing Vitamin C

NVFC's Nutrition Resources

While fresh fruit and vegetables are best, frozen and canned vegetables are not bad either and can help cut preparation times down for those who don't have a lot of time to do cooking from scratch. With canned foods, learn to check the ingredient label and watch for extra salt, sugar and other ingredients added in. For example, some brands add sugar to canned corn and some don't – buy the product that has no added sugar.

Another tip is to prepare a large batch of fruit and vegetables at the beginning of each week and then put these ready-to-eat healthy snacks in the refrigerator. For example, roast large batches of vegetables, eating only ½-1 cup at a time. Or, wash and cut up fresh carrots, peppers and cherry tomatoes. Having them already washed and/or sliced will make them more likely to be eaten when you open the fridge looking for a snack. You can do this with fruit such as grapes, watermelon and berries as well.

Finally, look for ways to add fruit and vegetables into your diet when you eat out. At restaurants, ask to substitute a salad for meals that come with fatty side dishes like French fries. In convenience/fast food stores, grab an apple or banana along with your sandwich, and ask for deli sandwiches to be made with extra vegetables.

The following recipe comes from one of the workshops that I ran with the firefighters in Somerville. It combines lean ground turkey with a variety of vegetables, and has plenty of fiber and protein rich beans. The recipe is quick



NUTRITION: EAT RIGHT, FEEL RIGHT (Continued from Page 11)

and easy and has become a regular in the rotation of firehouse meals there.

The Somerville firefighters have partnered with the nearby Tufts University School of Nutrition Science and Policy to help them redesign their workout rooms at the city's firehouses, provide them with personal training sessions and exercise planning for individual firefighters, and offer nutrition and cooking workshops.

Maybe you have a local university or public health organization that can partner with your firefighting program to achieve wellness goals?

TURKEY CHILI

Makes approximately 30 portions

Ingredients:

- 4 tablespoons olive or vegetable oil
- 3 pounds lean ground turkey
- 3 Tablespoons chopped garlic
- 2 onions
- 6 green or red bell peppers (or some of both colors)
- 4 (14.5-ounce) cans diced tomatoes, not drained
- 4 (6-ounce) cans tomato paste
- 3 (15-ounce) cans black beans, rinsed and drained
- 6 (15-ounce) cans kidney beans, rinsed and drained
- 6 (15-ounce) cans of corn kernels, rinsed and drained
- 3 quarts water (or more if needed)

Spices:

- 1/3 cup chili powder
- 3 Tablespoons ground cumin
- 2 Tablespoon dried oregano
- 1 Tablespoon salt

2 teaspoons black pepper

2 teaspoons red pepper flakes (optional)

Optional Condiments/Toppings:

1 large bunch cilantro, chopped

1 bunch scallions, chopped

Hot Sauce

Instructions:

1. Wash hands
2. Chop onions, garlic (unless using prepared chopped garlic), and peppers
3. Heat the oil in a large stock pot over medium heat
4. Add the garlic and onions and cook for 5 minutes
5. Add the peppers and cook for another 5 minutes
6. Place turkey in the pot, and cook until evenly brown; then drain using lid or strainer
7. Measure out the spices and mix together in a bowl
8. Open all cans
9. Add remaining ingredients to the turkey mixture, except the toppings, and bring to a boil
10. Add more water if stew seems too thick
11. Reduce heat and simmer over low heat, at least 10 minutes – 1 hour or more (the more time for simmering, the tastier the stew).
12. After 10 minutes of simmering, taste and adjust seasonings as desired
13. Chop cilantro and scallions for toppings.
14. Serve with whole grain bread



FIRE IN UNITED STATES

WASHINGTON D.C. - Gregory Cade, FEMA Assistant Administrator of the U.S. Fire Administration (USFA), announced today the availability of the latest edition of Fire in the United States. This fourteenth edition of Fire in the United States covers the 10-year period from 1995 to 2004 and focuses on the national fire problem and provides as well an overview of the fire problem in structures, vehicles and other mobile properties, and outside and other properties. The purpose of the report is to aid the fire service, media, and general public with fire loss information that can be used to set priorities, establish and evaluate specific fire programs, and serve as a guide for fire data analyses at the State and local levels.

"It is a sad reality that fire deaths and injuries occur everyday in this great nation," said U.S. Fire Administrator Cade. "As a fire service leader, I understand and appreciate the value of fire data provided by the fire service community and other organizations. With the compilation of this data into the Fire in the United States report, we can examine the fire problem and use it to our advantage to aid in reducing the tragic deaths and injuries related to fires."

This edition of Fire in the United States is organized differently from previous editions. The report presents a summary of the national fire problem in terms of losses for



structures, vehicle and other mobile properties, and outside and other properties. Detailed analyses of the residential and non-residential structure fire problems will be published as stand-alone reports. Data on firefighter casualties are now published in two separate documents: the annual Firefighter Fatalities in the United States report and a new report, Fire-related Firefighter Injuries in 2004, to be released at a later date.

The USFA publishes Fire in the United States - a running 10-year statistical overview of fires in the United States, focusing on the latest year in which data were available at the time of preparation. The primary source of data is the National Fire Incident Reporting System (NFIRS), along with data from the National Fire Protection Association (NFPA), National Center for Health Statistics (NCHS), State Fire Marshals' offices, U.S. Census Bureau, and the Consumer Price Index.

The Fire in the United States report can be accessed through the USFA Web site at www.usfa.dhs.gov/downloads/pdf/publications/fa-311.pdf

VACANT STRUCTURE FIRES AND FIREFIGHTER INJURIES IN THE CITY OF FLINT

How many firefighters are being injured during fires at vacant and abandoned buildings? The answer to that seemingly simple question led the City of Flint Fire Department to implement revolutionary changes in the way it approaches vacant and abandoned building fires. After an intensive study, it was learned that fires in vacant and abandoned buildings were injuring Flint firefighters at a rate of more than three times the national average reported by the NFPA. In a twelve-month period, fires in vacant and abandoned buildings resulted in 3,112 hours lost due to injury. In comparison, fires in occupied buildings resulted in 768 hours lost due to injury during the same period. 40% of Flint's fire call volume involved vacant and abandoned buildings. The Department found that firefighters were performing perfectly in situations involving civilian life safety. After firefighters performed property conservation measures at vacant and abandoned buildings, it was found that the overwhelming majority of such structures

simply remained abandoned, burned repeatedly, or was demolished. It was further found that firefighters were initiating interior attacks to attempt to save abandoned buildings that had been previously condemned for demolition by building inspectors. An aggressive interior operation aimed at property conservation of abandoned buildings was conclusively found to be a very dangerous exercise in futility.

In response to the study and investigation, Flint has implemented its first-ever NFPA 1500-based policy specifically addressing fireground operations at vacant and abandoned buildings. At abandoned buildings, property conservation efforts are conducted using a more cautious, defensive approach. Firefighters are mandated by the policy to submit a request for boarding or demolition of any abandoned building at which a fire occurs. Similarly, firefighters have been encouraged to request boarding



VACANT STRUCTURE FIRES AND FIREFIGHTER INJURIES IN THE CITY OF FLINT (Continued from Page 13)

or demolition of any abandoned building that they may encounter in non-fire situations. Through a cooperative effort with the City's Building Safety and Inspection Department, Battalion Chiefs now receive regularly updated lists of property scheduled for demolition to assist in making informed fireground decisions. Through the policy, the

Department has greatly improved firefighter safety and has become a proactive partner in the identification and reporting of abandoned buildings.

For the full article please visit: <http://www.everyonegoeshome.com/resources/vacantstructurefiresflint.doc>

REGIONAL ADVOCATE UPDATE

Region I – Bob Colameta -No Report

Region II – Dan McDonough (FDNY Rescue 3 ret)

Chief Greg Collier, New Jersey Advocate reports: It's September, it time to put the beach gear away, get back to school, get the sweaters out and most importantly it time for the New Jersey Fire Service to "Draw a Line in the Sand" for Firefighter Safety. The New Jersey Fire Service will be doing its part, the same week as the New Jersey Fireman's Convention, and NJ Fire Expo., at the Wildwood Convention Center, New Jersey

On Thursday September 13, The New Jersey Division of Fire safety and the Everyone Goes Home Firefighter Life Safety Initiatives Program will be hosting the Courage to be Safe Train-the –Trainer; registration is required with the New Jersey Division of Fire Safety. New Jersey has already trained about 80 trainers and is hoping to build a group of 100 or more trainers to deliver this grassroots program to all New Jersey firefighters. Additional classes are listed in the Division of Fire Safety catalog.

On Friday Morning September 14, (8:00am-9:30) we will be hosting a Trainers meeting at the Wildwoods Convention Center. Any New Jersey fire service members that has completed the Trainer the Trainer will be invited and will review the program, be briefed on resource updates and most importantly there will be the opportunity for trainers to give feed back to the Life Safety initiatives Team. We hope to enhance the program to make it easier to deliver the important program to our fire service.

On Friday Morning September 14, (9:00am-11:00):

This Presentation is open to all Firefighters and the public.

There will be a presentation by Chief Dennis Rubin (Washington, D.C.) Firefighter death and injury are becoming all to commonplace in our business! It is time for all firefighters to express their outrage about this grim and predictable set of statistics. "This presentation is a call

to action for all members from Firefighter to Fire Chief to implement strategies to prevent occurrences and finally break this chain of unacceptable behaviors." This thought provoking and informative case study based program that will challenge you to stand up for fire fighter safety and survival. If you are serious about preventing fire fighter accidents and injuries this is a must attend program for all

On Friday and Saturday mornings: The National Fallen Firefighters Foundation (NFFF) and Everyone Goes Home Life Safety Initiatives Team (EGH) will staff their booth and store on Wildwoods Convention Center Lobby. Stop by and meet the team members Cathy Hedrick, Pat Stonaker, Carol Liddy as well as Everyone Goes Home Life Safety Initiatives Team Members Rich Anderson, Dan Mc Donough, Greg Collier and others. You will have an opportunity to purchase Foundation and Everyone Goes Home products, including Fireman's Heritage Fund "Into the Fire" shirts and the DVD will be available. Please stop by and support our programs.

On Friday and Saturday evenings at 7:30 pm: The National Fallen Firefighters Foundation, the Five Mile Beach Volunteer Firemen's Association, and the Everyone Goes Home Firefighters Life Safety Initiative Program will hold a community showing of the critically acclaimed documentary, "Into the Fire." The film, as seen on The History Channel®, is an inspiring and educational journey that takes viewers inside the lives of America's firefighters.

The documentary offers a rare glimpse into fire station camaraderie, detailing the humor and fierce loyalty shared by the firefighters of an engine company. Real-life firefighters, from small and large departments across the country, talk openly in the film. While many of the firefighters recount the thrill of saving a life, just as many are haunted by those they were unable to save.

"This is a unique film that shows an accurate, inside view of the fire service. We are proud to bring this movie to the



REGIONAL ADVOCATE UPDATE (Continued from Page 14)

beach in Wildwood during the New Jersey Fireman's convention. This is a unique showing honoring New Jersey's Firefighters. We encourage firefighters and the public to attend and show support for all firefighters."

"Into the Fire" is funded and presented by Fireman's Fund Insurance Company in an effort to raise the nation's awareness about challenges faced by firefighters. The film is an extension of the company's social mission to support firefighters for safer communities. Since 2004, Fireman's Fund has awarded more than \$10 million in grants to over 300 fire departments across the nation.

The "Into the Fire" showing is free and is open to the public:

On the beach, Sunset Cinema @
The Wildwoods Convention Center

Friday September 14th & Saturday September 15th

The Beach Theater opens at 7:30 PM; Film starts at 7:45 PM

We will change the culture, so "Everyone Goes Home".

Region III – Div Chief Richard Bowers-No Report

Region IV – Chief Billy D. Hayes

New Advocate

I am excited to inform you that we can now welcome our newest Advocate from the Bluegrass State of Kentucky, Jonathan Hile. Jon is a firefighter with Fern Creek Fire Protection District in the Louisville area. He has a background in risk management, safety, program design, and of course, firefighting. After speaking with him for a while and learning more about him, he truly has a passion for our mission. You will find all of his contact information on the updated Region IV Advocate list attached to this email. Welcome aboard Jon!

I am working to finalize an advocate from the Jackson, MS Fire Department, and a South Carolina advocate from the SC Fire Academy. Our goal is to have all positions filled by the end of 2007.

Regional Workshops

We will be hosting 10 regional workshops across the nation to further educate and implement the 16 Life Safety Initiatives. Region IV will host ours on April 26th & 27th, 2008. Superintendent Ed Roper of the South Carolina Fire Academy in Columbia has agreed to host. I thought perhaps it would send the right message in light of the Charleston event.

Train-the-Trainer

On September 14, 2007, we will be conducting the very first Courage To Be Safe Train-the-Trainer in the State of Florida. The class will be held at the Florida Fire College in Ocala. I want to thank Les Hallman and Brett Pollock for continuing to push to make this happen. Our Alabama advocate will also make the journey down to attend to take the program back to 'Bama! We also have a couple of South Georgia individuals attending, and hopefully our new Mississippi advocate if all works out.

Fire-Rescue International 2007

If you did not have a chance to attend, you missed a good one. Thus far, the numbers reflect that just under 17,000 attended and a record breaking 700 vendors were on display. We did conduct a CTBS training during the pre-conference sessions that was lead by Arizona Advocate Ron Dennis and Georgia Advocate Leigh Taylor. I assisted, along with Program Manager Rich Anderson and Survivor Cathy Hedrick, who lead the Taking Care of Our Own class.. Rich and Kathy also delivered the Leadership Accountability Culture and Knowledge class both was very well received. As a member of the IAFC Program Planning Committee, I have already submitted the TCOO & CTBS for pre-conferences for FRI 2008 in Denver, Colorado

Region V – Chief Nazih Hazime

In the process of establishing key advocates in each state. In the process of completing the Dearborn Fire Department 100% compliance with the seatbelt pledge.

Region VI – Assistant Chief Daniel Kistner

The Texas Advocates solicited the Texas Commission on Fire Protection to include the CTBS program as part of the mandatory curriculum for basic firefighter certification. The issue was sent to committee which meets September 12 – 14.

To date, over 525 students in 36 classes have been given instruction in the CTBS program. These figures do not include 15 fire departments in the Dallas/Ft. Worth metro area that have received training through the Tarrant Co. College.

Classes are being finalized for CTBS TTT in New Mexico, Arkansas, and Louisiana. Hopefully, Oklahoma will soon be on board.

The Texas State Firemen's and Fire Marshal's Association of Texas officially became LSI partners. The Texas



REGIONAL ADVOCATE UPDATE (Continued from Page 15)

Association of Fire Chiefs Executive Committee has endorsed the CTBS program.

The Little Rock Fire Department will be hosting an ICS course September 17 – 19 and will use this opportunity to segue discussions into the LSI.

Region VI will soon present a quarterly e-newsletter with updates and informative stories.

The Texas Fire Chiefs Association was solicited to include Methycillin Resistant Staphylococcus Aureus (MRSA) in presumptive legislation. That issue is currently being debated.

A CTBS TTT program is scheduled for the 2008 Southwest Fire Rescue conference in Galveston, TX, on February 9.

Region VII – Michael Petroff

The EGH CTBS class will be delivered by Michael Petroff at the Kansas State Fire Instructors Conference on 6 Oct, 2007

Missouri State fire Marshall has offered support and assistance in planning and delivering the Regional Forum. Central Jackson County Chief Steve Westerman also has offered assistance.

Iowa Advocate Kevin Wieser will promote the EGH LSI's at a regional fire school in Iowa on 22 Sep.

Efforts are underway by Missouri Advocate Kate Moore to deliver the EGHCTBS class at Missouri State Winter Fire School Feb 2008. Other CTBS class deliveries have been made across the State

Nebraska's Kyle Ienn is working on the Seatbelt Pledge and has delivered several CTBS classes in his State.

Region VIII – Captain Brooks Martin-No Report

Region IX – Chief (ret) Ernie Mitchell- No Report

Region X –Deputy Chief Mark Peterson- No Report