



March, 2019 Edition

THE FIRE LINE

Fond du Lac Fire/Rescue Monthly Newsletter

FIRE LINE - DO NOT CROSS

FIRE LINE - DO NOT CROSS

FROM THE BALCONY

A message from Chief Peter O'Leary



Outreach Can Be Endless

At the conclusion of our Polar Vortex we had an idea how we could encourage residents to clear snow from some of the 2,000 fire hydrants in the city. Since we had blizzard like conditions followed up by extreme cold, many of our hydrants were covered in snow. With weekend temperatures warming we approached Manny at DQ on West Johnson about hosting a program that would provide an incentive to anyone who cleared snow from their fire hydrant. We came up with a free small blizzard as a reward and our fire rescue crews would be the "inspectors" of the hydrant clearing. On February 2nd from 9-3 residents were asked to call station 1 when they had completed their hydrant clearing. Crews from all stations went out and passed out free small blizzard coupons. Many of our members took photos with kids, handed out plastic fire helmets and one crew even received a plate full of cookies! Over 50 residents called, others (via Facebook) said they cleared their hydrants as they always do and were not looking for a free blizzard.

The comments posted on social media and messages sent directly to me were remarkable. Here are some of comments: "We have one in front of our house. No need for a reward. I feel it's our job to keep clear for them. Thank you for all you do!" "I saw this on the news tonight-what a good way for people to get involved!" "Done. Blizzard me up" "My kiddos and I cleared 11 hydrants around town today! They were absolutely THRILLED when the fire truck pulled up in front of our house and the fireman come up to the door...My kids were over the moon today! Thank you!" "The program to 'adopt a fire hydrant' was so creative! I keep the hydrant in front of my home clear as a matter of routine, but decided to participate in Saturday's event with the intent of spreading the word. I know the FD had a very busy day....in spite of the hectic day the big red truck showed up at my house late that afternoon....I am sure the guys were tired, they could not have been nicer. They were great!"

Our goal was to heighten awareness to the need to clear out fire hydrants from snow. The free small blizzard was a mechanism to sweeten the deal for some residents. We have giving DQ owners and a gifted cadre of men and women who make up Fond du Lac Fire Rescue. The outreach of a simple program was "delivered" by the on-duty crews and we have proven once again the endless possibilities that are possible with your dedication and commitment to our community. I am grateful for our entire team and commend you for another successful community outreach program which will serve as a model for other departments around the country.

*Until next month,
Be Safe & Be Well*



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UPCOMING EVENTS

March 30-31
Super Home Extravaganza
Fairgrounds Expo Building



Fdlfire.com has a new look!
Check it out!

FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief Erick Gerritson



Don't Clog Up Your Toolbox

While some tools belong in the toolbox many do not... "At the end of the day it's just another tool in the toolbox" how many times have you heard that statement? It's often used as a default remark when a new tool or tactics worthiness is discussed, and it can't be decided one way or another, so it's simply suggested "add it to the toolbox." Our fire service toolbox while large needs to be filled with professional tools not dollar store seconds.

This famous tag line is often born out of a sense of frustration or a misguided sense of inclusion. While some tools belong in the toolbox many do not. As appraisers of our craft we must make informed decisions, not just add things because it's easy and the thought of excluding something would haunt us. Your evaluation skills are being judged along with the item in question.

Does it work better than what we have already? How many would carry a rabbit tool and a hydra ram? One opens further and rarely slips out but it's almost twice as heavy as its newer cousin. I would have both because I know there are exceptional circumstances where I want that original tool, not because of some homage to old school.

Many may just keep adding because they fear being questioned about their choices, so it's easier just to add it and forget it. Should we add one and subtract one every time? Maybe. So, when you add or discard you must also be thoughtful and realize consensus can often be an echo chamber, don't forget to give the voice of decent their platform too.

This toolbox is getting bigger because many just choose to dump more and more things into it. The problem for the fire service is that we need to get better at ratcheting down on what works, versus what may have worked once (as in years ago or a single test). A giant tool box can hold many ideas and it's often fun to read about one off's making the box but when we bless every idea worthy of inclusion, isn't that like giving out participation trophies?

Chief Edward F. Croker FDNY gave out the first participation trophy when he declared. "When a man becomes a fireman his greatest act of bravery has been accomplished". So, take the compliment but easy on the toolbox. We must be guardians of our craft and with that comes respect for tools and tactics that have history. We must also develop informed interest regarding new tools and tactics. Be careful with collecting unproven one off's especially those that come with a "proof" video.

You must have a discerning eye as to what would work for you and what should be put to rest. Packaging of miracle cures either from commercial efforts or from brotherly endeavors need to be intellectually vetted not just dropped in the box. Otherwise we end up with a junk toolbox instead of a professional toolbox. The choices are always yours and so are the consequences, choose wisely.



Article from Fire Rescue 1, By Ray McCormack

Until next month...Be Safe!!

OPERATIONS BY THE NUMBERS

JANUARY	THIS MONTH		YEAR-TO-DATE	
PREVENTION	LAST YEAR	THIS YEAR	LAST YEAR	THIS YEAR
Total Inspections	234	384	234	384
Total Defects	143	148	143	148
SUPPRESSION				
Alarms Involving Fire	14	10	14	10
Fire Mutual Aid Given	3	0	3	0
Fire Mutual Aid Received	0	0	0	0
Service/Good Intent Calls	46	46	46	46
False Alarms & False Calls	25	35	25	35
Other Calls	9	16	9	16
Total Fire Alarms & Calls	94	107	94	107
EMS				
Total Ambulance Calls	473	523	473	523
Total Fire & Ems Responses	567	630	567	630
Fire Property Loss	\$49,900.00	\$101,809.00	\$49,900.00	\$101,809.00
Fire Contents Loss	\$10,520.00	\$31,600.00	\$10,520.00	\$31,600.00
Engine Assisted EMS Calls	205	209	205	209



Dwight Fisher
Laura Ketelhut *Paul Wilson* *Adam Stephens*
Matt Simon *Brett Hefty* *Sean White*



at City of Fond du Lac Fire/Rescue



at fdlfire



The Code Summary

*By: Todd Janquart
Assistant Chief of EMS*

Why a personal connection opens your mind to the patient as a person.

EMS providers are more than personal space invaders. The connections we form with the patient can be the key to creating an environment of healing.

When I started in EMS 24 years ago, I saw the opportunity to help people in a fast paced, stressful, and short term environment. Providing a wide degree of medical skills in a variety of locations was an additional challenge that I looked forward to. When I started my first job as an EMT-Basic working for an ambulance service in Milwaukee, I was looking forward to the call volume and the use of these skills and education. While the skills are an important part of EMS, I eventually learned that it is equally important to be able to communicate and connect with your patients. While there were many times that immediate medical care took priority, there were plenty of patients that had a combination of medical and psychological needs. Being able to connect with them definitely helped to understand their medical problems and provide a better level of care. When I first started with FDLFR, the skills that I learned from the volume of calls in Milwaukee really translated into provide the best care for citizens of this community also. The article below from Michael Morse is a great summary of what I recognized with the transition into fire-based EMS along with emphasizing the importance of connecting with our patients.

In Providence, Rhode Island, the fire department handles EMS. The EMS division operates within the structure of the rest of the department, is quartered in the same stations and the personnel are trained the same way. Every person who works primarily on the ambulances is capable of fire duty but chooses to focus on treating and transporting people.

I became a firefighter because I love the idea of responding to emergencies, especially ones that involved life hazards. As a firefighter, I became part of a team of like-minded individuals, all with similar skills honed by our training.

Each of us also possessed our own special talent that, when combined with the rest, created a formidable force. Together we fought fires, stopped gas leaks, extricated people from horrific wrecks, pulled victims from waterways and responded to any and all emergencies.

I learned quickly that even the greatest firefighters needed the rest of the department to thrive. Some of us possess superhuman strength; others solve complex hydraulic problems in their head and can squeeze properly pressurized water from rusty old pumps. We have people who can talk a suicidal person off a ledge, and others who can scale a wall and take them down.

Some lead, some follow; nobody gets out of the way. Every part of the firefighting machine is vital to the overall efficiency on every job, and EMS is a vitally important part of every fire department whether or not they handle transport.

The people made EMS my home

I found my home in EMS after 10 years on the trucks. I was a good firefighter but as time progressed and my strengths and weaknesses became evident, I realized I had the potential to be very good at EMS.

Transporting and treating sick and injured people is a specialized skill. Just about anybody can do it, but not everybody can do it well. Being a people person helps considerably. People fascinate me, and I had ample opportunity to be fascinated while responding to 911 calls as a medic rather than a firefighter.



*Transporting and treating sick and injured people is a specialized skill. Just about anybody can do it, but not everybody can do it well.
(Photo/USAF)*



The Code Summary

*By: Todd Janquart
Assistant Chief of EMS*

Why a personal connection opens your mind to the patient as a person, continued...

In EMS, I discovered how the strengths I possessed could be best utilized to make everybody involved in call benefit from my involvement, especially the patient. By observing how people react to communication I found a way to create an environment that played a part in the betterment of my patient's experience with us, and radiated outward, eventually reaching more people than I ever imagined.

It was simple, really. All I did was look at the patient, find something likeable and of interest other than their illness or injury, recognize that observation either out loud or in my head and allow myself and my patient the luxury of connection.

To experience a connection, open your mind to the other person. What makes us human does the rest. We establish eye contact, our facial muscles contract to show what we are feeling and our voice conveys that message.

Connection bridges the space between provider and patient

Human beings follow unwritten rules regarding personal space, and we all pretty much subscribe to them. Touch between strangers is weird, and most of us agree that at least 18 inches separation is essential. No can do in EMS; we are personal space invaders. We can make that intrusion palatable by establishing trust before we move in.

I like to believe that by establishing a comfortable patient-provider relationship, everybody involved in that patient's care benefits, especially the patient. If the first person in what becomes a lengthy chain of providers establishes trust, the rest of the experience has a far better chance to go well.

Much like the fire department that needs every member to be part of the team, the team of people providing care to the patient; first the firefighters, then the medics, maybe the police, the nurses at triage, the ER technician, the person handling transport, admissions, security, radiology, the doctor ... each and every one of us plays a vital role in the patient's overall satisfaction.

When the first person in the chain gets things rolling in a positive direction, the rest have a far better chance of following suit. A patient that presents at the ER defensive, hostile and demanding will not be treated the same as the patient who – even though are in pain and suffering – feels understood and taken care of.

We are healthcare providers, but as EMS providers, we have the potential to provide far more. Just as misery loves company, contentment is contagious. Every one of us possesses the ability to make a personal connection, which creates an environment conducive to healing.

Article from January 29, 2019 online edition of EMS1.com

About the Author: Captain Michael Morse (ret.), mmorsepfd@aol.com, is the bestselling author of *Rescuing Providence*, *Rescue 1 Responding*, *City Life* and *Mr. Wilson Makes it Home*. Michael has been active in EMS since 1991 and offers his views on a variety of EMS and firefighting topics, focusing mainly on the interaction between patient and provider as a well-respected columnist and speaker. Captain Morse is a Johnson/Macoll fellow in literature from the Rhode Island Foundation. Follow Michael on Twitter and Facebook.

True courage is being afraid, and going ahead and doing your job anyhow, that's what courage is.
Norman Schwarzkopf

2nd ANNUAL RECOGNITION and AWARDS PROGRAM

THURSDAY,
JANUARY 24, 2019



Honor Guard



The Pledge of Allegiance being led by the Members children who were in attendance.



**Chief
Peter O'Leary**



**City Council VP
Catherine Block**



**Emcee
Emily Matesic**



**Pastor
John Slotten**



**City Manager
Joe Moore**

2nd ANNUAL RECOGNITION and AWARDS PROGRAM THURSDAY, JANUARY 24, 2019



Officer of the Year
Lt. Jerry Golla



Firefighter of the Year
FF/P Matt Kissinger



Award of Merit
Jake Vogds



Award of Merit
Nick Fahrenkrug



Award of Merit
Edgar Ramirez-Tellez



Unit Citation - Shift 2

Present from L to R: Rick Gerritson, Ben Stephany, John Rolfe, Sam Tennesen, DC Troy Haase, Garth Schumacher, Nick Czaja, Paul Loderhose, Pete Dutkiewicz, Sean White, Curt Smits, Edgar Ramirez (represented by his children), Taylor Huenink, Brian Munson, Paul Wilson, AC Jim Knowles. Not Present: Adam King, Dwight Fisher

2nd ANNUAL RECOGNITION and AWARDS PROGRAM

THURSDAY,
JANUARY 24, 2019



Excellence Award
Mike Spencer



Excellence Award
Jake Vogds



Excellence Award
Jim Hoepfner



Retirement
Scott Ketelhut



Excellence Award
Manny & Doli Patel - Dairy Queen



**Also retired
in 2018 but
unable to
be present
that
evening.**
**Bryan
Johannes**



Retirement
Luke Blitzke

**Well trained people
are the best defense
against fire.**

By: James Knowles III
Assistant Chief Training/Safety

Painting the Picture...Create a Masterpiece through Size-up

It doesn't matter how many years you have on – 3, 10, 15 – your first few fires as a company officer will be intimidating. You are moving from a position of listening for direction to one of giving direction. Forget about the gravity of realizing that multiple lives, both civilian and fire service, are depending on your decision-making capacities for the context of this article. Focus instead on what I consider to be the most important action on any fire-ground – the size-up.

In our world, it has long been said that as the first line goes, so goes the fire. I don't disagree with this assertion, but the perfectionist in me says that a great size-up is needed to determine WHERE the first line goes. But size-ups aren't limited to first arriving officers. What if your department staffs firefighters, paramedics, and other non-officer ranks on some of your apparatus? The reality for many departments is that the first due apparatus may not be staffed with a company or chief officer. In truth, accurate, timely size-ups are a requirement for every fire-ground, and for any personnel in your organization. They can be intimidating – knowing that everyone is tuning in to what you have to say, chomping at the bit for a desirable assignment. If you don't implement your Incident Action Plan quickly enough, they'll be on the radio kindly reminding you for an assignment. Worse still, they may walk up to you for a face-to-face for a friendly suggestion of what assignment they want. Getting bombarded like that is overwhelming for even the most veteran of officers, as this kind of behavior takes away from your ability to focus on the bigger picture that is the entire incident. So let's obey my favorite fire service acronym and KISS our size-ups and IAPs – Keep It Simple, Stupid!

The simple truth is that a size-up is nothing more than a CAN report.

Conditions – What do you have?

Actions – What are you doing about it?

Needs – What do you need from everyone else to support your actions?

Conditions are easily broken down into just two quick observations that even a probationary firefighter can make on their own:

What type of building do you have? Every firefighter, from day one, has an obligation to themselves and their brothers/sisters to start learning about the buildings that they protect in their district. What types of buildings do you have? What eras of construction were they built in? How do fire and smoke affect those types of buildings? This is information that you should develop every day. But as your second due engine, all I need to hear on the radio is *how many stories, and what type of occupancy* (strip mall, single family residence, townhome, etc.). Further information may be necessary for something way out of the ordinary for the neighborhood that the building sits in, but those buildings are the exception, not the rule.

What is happening to the building (nothing showing, smoke showing, working fire)? This is where we tend to over-complicate things. Or at least, we try to communicate more information than is necessary. A common question asked during The Art of Reading Smoke is "How do I read smoke over the radio in my size-up?" Frankly, I don't want to hear your smoke reading over the radio. It takes up valuable airtime, and adding that information to a radio report doesn't change your IAP, nor does it change what assignment you're going to give. Imagine that you have thin, laminar, light gray smoke showing from an open window on the second floor at the A/B corner. How much different is that from a size-up of "smoke showing?" The smoke reading process is your opportunity to determine much information about the fire, but that information does not need to be aired. It quite simply takes up too much time, and the cutoffs between smoke conditions are subjective. Read it, recognize and analyze the attributes, catalog the information and use it to your advantage, but don't air it. We just need to hear the gist of the story. We're going to see it for ourselves soon enough.



**Well trained people
are the best defense
against fire.**

By: James Knowles III
Assistant Chief Training/Safety

Painting the Picture...Create a Masterpiece through Size-up, continued...

Actions – What are you doing about it? This is the question that unseasoned incident commanders will stumble on. There are so many options, sometimes a fear of failure, or even a lack of confidence in making the right call. Keep it simple. First, you need to decide if your conditions allow for an offensive operation, or if nothing can be saved, and we must implement a defensive response.

We all understand that the three incident priorities are Life Safety, Incident Stabilization, and Property Conservation. Ask yourself these questions as you observe the building/fire conditions:

Is there a possibility of survivable space in this building? (Life Safety)

Can we aggressively intervene to prevent further fire spread? (Incident Stabilization)

If we intervene, can we save all, or part of, the building? (Property Conservation)

If your answer is “yes” to any of these questions, you have an offensive fire. If the answer is “no” to all three, you have a defensive fire. In a defensive fire, your priorities remain the same, but you are focusing your efforts on the exposures, rather than aggressive intervention on the fire seat. You have now solved the question of strategy.

Now that you have your strategy decided, how do you decide what assignments to implement to mitigate the problem? The right answer will vary from department to department based on staffing, resources, equipment, training, etc., so there is no one-size-fits-all answer. However, we can still determine our IAP by asking you to pick your three biggest problems for a given incident. Let’s consider this pictured fire to be our incident. Pick your three biggest problems – and remember – KISS! I’ll pick these:

- *Fire*
- *People might be trapped*
- *Smoke*

Your basic problems may differ to some degree, but we can all agree that these three problems need to be addressed on this incident, so we’ll play with those. How do you fix those three problems?

- *Put the fire out*
- *Remove any victims*
- *Remove the smoke from the building*

Pretty simple, right? That’s the point. Now make tactical assignments that will accomplish those things

- *Fire Attack*
- *Primary Search*
- *Ventilation*

Maybe you have enough resources on scene in 30 seconds to handle those assignments. Maybe it takes 30 minutes. By keeping things easy to understand, we just filled three tactical assignments to meet our incident priorities in a matter of a couple seconds. What if you’re a single resource on scene, and don’t have the capabilities to accomplish even one of those assignments until an apparatus arrives. That’s okay too. What can you accomplish until that apparatus arrives?

- *Get information from parties on scene (is anyone inside? What’s on fire/What’s inside?)*
- *Perform a 360*
- *Visually clear rooms with sufficient visibility through windows*
- *Spot the nearest water supply and coordinate with responding apparatus*
- *Confirm or alter your IAP and request additional resources as necessary based on your findings*



Well trained people
are the best defense
against fire.

By: James Knowles III
Assistant Chief Training/Safety

Painting the Picture...Create a Masterpiece through Size-up, continued...

Needs – What do you need from me, your subsequent arriving apparatus? Be careful not to interpret this as making assignments to units that are not yet on scene. This is less than ideal. First, airing some variation of “Next due engine, hit a hydrant and lay into the scene” does not give anyone an assignment. What if I’m next due, but I’m thinking I’m second or third in line? What if I spot a hydrant like you requested, but someone else coming from the other direction is already doing that? The same applies for specifying a specific apparatus. “Engine 3, hit a hydrant on your way into the scene.” What if Engine 3 isn’t as close as you expect them to be? What if they’re already past the nearest hydrant? You should wait until a unit arrives on scene, and that unit should have the discipline not to pass up their last tactical advantage before “arriving.”

This concept plays into a phrase that I have come to love and implement on every single one of my size-ups for the “Needs” portion. “All incoming units level 1 stage.” The last thing I want is for several crews to approach me and suggest assignments for themselves. We can talk all day about how they should have the discipline not to do that, but it still happens. By basically telling everyone to stay away from me, they will at least stay in their apparatus and just announce their presence over the radio, such as “Engine 2 is on scene, level 1 staged.” Now I can implement my plan.

By telling the incoming units to stage, you are accomplishing two things. First, you are buying yourself some time to figure this incident out, without having crews almost literally in your ear. Second, you are doing the same for the arriving crews. I know we’re all eager to jump off the engine and sprint through the scene like a superhero, but taking a second or two to calm down and allow that first-arriving firefighter to make their plan and play it out will save us all a lot of confusion on the fire-ground. Take a few seconds on the front end, save a lot more than that on the back end.

Your “Needs” portion is also your opportunity to ensure that you have everything you want en-route. Do you need an additional alarm? Additional ambulances, police, or other assistance? Think of it this way – all of us are here to support you, the first due, and your mission. Tell us what you need to roll out your plan.

Source: Backer, R. (2018). *Painting the picture*.
Retrieved from: <http://www.blackhelmetbrotherhood.com/49/>



News from the Station



Joe Goldapske was recently sworn in and promoted to Engineer. Joe's wife Heather and son Weston took part in the pinning process. In the same ceremony, Adam Stephens was sworn in as a Firefighter/Paramedic dropping the probationary tag. Adam was pinned by his father, Robert.



Jake Vogds was sworn in by City Clerk Maggie Heffer and promoted to Engineer. Jake's wife Shannon pinned Jake with his Engineer's color brass.



Adopt a Hydrant Day!

FDL Fire/Rescue teamed up with the Fond du Lac Dairy Queen to help promote Adopt a Hydrant Day. On Saturday, February 2nd the Fond du Lac citizens were asked to clear away snow from fire hydrants after the blizzard conditions which had occurred in the city during the week. Dairy Queen in turn provided a coupon for a free Blizzard! Thank you to the members who helped deliver those prized Blizzard coupons!

FIRE PREVENTION

That's what it's all about!

By: Troy Haase
Division Chief of Fire Prevention



SCHOOL SAFETY AND SECURITY UPDATE

Current requirements and guidelines around door locking and fire alarm systems from the National Fire Protection Association® (NFPA®) help ensure the safety of students, teachers, and staff in the event of targeted violence threats. While many of these features are easy to address in new school construction, school administrators and fire officials have asked questions about implementing some of them in existing schools, as they can present challenges. The following questions and answers explain NFPA's current provisions and how they can be safely applied. This document also offers information to help strengthen school safety when local officials determine that alternative design options might work equally well.

HOW CAN I KEEP MY SCHOOL SAFE?

Can classroom doors be locked to prevent an intruder from entering?

Yes, the 2018 edition of NFPA 101®, *Life Safety Code*®, contains new rules that allow safe door locking to prevent intruders from gaining access while ensuring that people can still readily evacuate in an emergency. Doors need to have the ability to be unlocked from outside the classroom to permit entry by staff or first responders.

Can classroom doors be barricaded to prevent intruders from entering a classroom?

No. NFPA 101 requires doors to be readily opened from the classroom side. Makeshift devices such as after-market locking and barricades, wedges, rope, and chains not only violate this rule, but can either slow down or prevent first responders from quickly entering a classroom, or they can be used by an intruder to trap people inside and keep first responders from getting in.

Can exterior exit doors be locked to prevent unauthorized people from entering a school?

NFPA 101 permits exterior exit doors (those that lead directly to the outside) to be locked from the outside to control who can enter the building. From the inside, those same doors need to allow people to leave during emergencies. All occupants must be able to exit the building without needing a key, tool, or special knowledge or effort to open the door.

Can a fire alarm system be disabled to prevent it from being used to draw people out into a school's common areas and outside?

NFPA 101 requires schools to have fire alarm systems. There are no allowances in the codes to disable them. These systems need to be maintained and operable to alert the occupants and protect people from the effects of fire. Schools, fire departments, and law enforcement agencies should coordinate to develop protocols for occupant response to fire alarms during targeted violence incidents.

Are manual fire alarm boxes (pull stations) allowed to be removed?

Yes. NFPA 101 permits manual systems to be removed if the school is equipped with either an automatic sprinkler system or an automatic smoke detection system.



FIRE PREVENTION

That's what it's all about!

By: Troy Haase
Division Chief of Fire Prevention



SCHOOL SAFETY AND SECURITY UPDATE, continued...

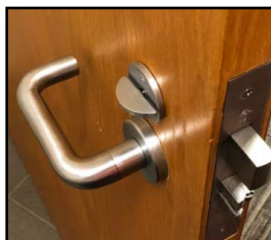
SAFE DOOR LOCKING

What is code-compliant door locking?

There are many misconceptions around what constitutes safe door locking in schools. In the most recent edition of NFPA 101, *Life Safety Code*, there is one option provided for locking classroom doors from the inside.

The hardware for this option is sometimes called an interconnected latch or lock and is similar to what you might see in a hotel room.

In some cases, it has been reported that retrofitting classroom doors with this type of device and meeting its installation requirements can be cost-prohibitive for local jurisdictions.

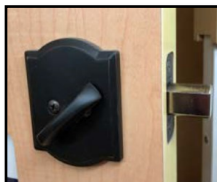


What are alternate options for existing doors?

If your jurisdiction has determined that a retrofit to NFPA 101 compliant locking is prohibitive, they should work with local code officials (also called the authority having jurisdiction, or AHJ) to identify other acceptable, alternative locking arrangements. The following should be considered when evaluating such arrangements:

- Having doors that can be locked without opening them.
- Having locks that do not require special knowledge, a key, or tool to engage or disengage from the classroom side of the door.
- Installing locks at an acceptable height.
- Having doors that have the ability to be unlocked and opened from outside the classroom with the necessary key.
- Ensuring that staff has been drilled in the engagement and release of locks.

Here is one example of an alternate door locking option; it's called a dead bolt lock with a thumb turn.



NFPA 101, LIFE SAFETY CODE: A KEY ELEMENT OF SCHOOL SAFETY AND SECURITY

Used or applied by every state in the U.S., the *Life Safety Code* provisions require that virtually all types of buildings are designed and built so that people can safely escape in the event of a fire or other emergency.

Visit nfpa.org/101 for more information and free access.

Source: National Fire Protection Association / January 2019

FIRE PREVENTION

That's what it's all about!

**By: Troy Haase
Division Chief of Fire Prevention**



Current Status of New Construction

- CD Smith Corporate Offices on Camelot Drive- Building is under construction.
- The Church of Jesus Christ of Latter Day Saints at 347 Country Lane- Building is under construction.
- Fond du Lac Humane Society at 652 Triangle Road- Building is complete.
- Menards at 1200 Rickmeyer Drive- Building is under construction.
- Fond du Lac Safety Training Center at 750 N. Rolling Meadows Drive- Building is under construction.
- Magic Car Wash Express at 123 West Johnson Street- Building is under construction.
- Mercury Marine at 545 W. Pioneer Road- Building is under construction.
- St. Vincent De Paul at 330 North Peters Avenue- Building is under construction.
- Eilertson Electric at 920 Willow Lawn Road- Excavation is underway.
- Whealon Towing at 375 North Hickory Street- Building is under construction.
- South Hills at 1175 Fond du Lac Avenue- Building is under construction.
- Fairfield Inn at 935 S. Rolling Meadows Drive- Building is under construction.
- River Hills Mixed Use Development on S. Main Street- Buildings 1, 2, 3, 4, 8 are complete and 5 & 6 are under construction.





Clothes Dryer Safety

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

AND DON'T FORGET...

Dryers should be properly **grounded**.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

FACT

- ❗ The leading cause of home clothes dryer fires is failure to clean them.



**NATIONAL FIRE
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Seguridad en el uso del Secarropas

Lavar la ropa es probablemente parte de la rutina diaria. ¿Pero alguna vez pensó en lo importante que es el cuidado de la secadora en términos de la seguridad de su vivienda? Con algunos simples consejos de seguridad, puede ayudar a evitar que se produzca un incendio en su secadora.

- » Instale y haga el mantenimiento de su secadora con un profesional.
- » No use su secadora sin un filtro para pelusas.
- » Asegúrese de limpiar el filtro para pelusas antes o después de cada carga de ropa.
- » Remueva la pelusa que se haya juntado en el tambor.
- » Asegúrese que la tubería de ventilación no se encuentre obstruida y que la clapeta de ventilación exterior se abra cuando la secadora esté en funcionamiento. Una vez al año, o con mayor frecuencia si usted nota que el secado de su ropa toma más tiempo de lo habitual, remueva la pelusa de los tubos de ventilación o llame al servicio técnico para que lo haga por usted.
- » Mantenga su secadora en buenas condiciones de funcionamiento. Las secadoras a gas deben ser inspeccionadas por un profesional calificado para asegurar que las tuberías y conexiones de gas se encuentran intactas y libres de pérdidas.
- » Asegúrese de utilizar los enchufes y tomacorrientes adecuados y que la máquina se encuentre correctamente conectada.
- » Siga las instrucciones de uso del fabricante y no sobrecargue su secadora.
- » Apague su secadora cuando sale de su casa o cuando se va a dormir.

Y NO SE OLVIDE QUE...

Las secadoras deben contar con una correcta **conexión a tierra**.

Verifique que la clapeta de **ventilación exterior** no esté cubierta de nieve.

Mantenga el área cercana a su secadora **libre** de objetos que puedan encenderse tales como cajas, elementos de limpieza, ropa, etc.

La ropa o los trapos que hayan estado en contacto con **sustancias inflamables** tales como gasolina, disolvente para pintura o solventes similares, deben secarse en el exterior para luego ser lavados y secados de la manera habitual.

¡ES UN HECHO!

! Que la principal causa de incendios de secadoras es la falta de limpieza.



Su fuente de información de Seguridad

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www.nfpa.org/education

PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Core Training: Don't Forget the Diaphragm

When you think of core stabilizing muscles, what comes to mind? The transverse abdominis? The multifidi? There's one muscle you probably didn't consider: the diaphragm.

Core stability—and the muscles and methods to achieve it—are hot topics in the health and fitness industry. We program corrective exercises designed to facilitate the transverse abdominis or activate the spinal erectors, but pay little attention to the dome-shaped muscle between them. If you want to help your clients develop core stability that comes from the inside out, it's time to turn your attention to the diaphragm.



Diaphragm 101

The respiratory diaphragm is a muscle that sits posterior to the rib cage and inferior to the lungs, anatomically separating the thorax from the abdomen. During inhalation, the diaphragm contracts and descends toward the abdomen, reducing pressure in the lungs. This drop in pressure causes air to rush in. As the diaphragm relaxes and ascends, lung pressure increases and exhalation ensues.

"The diaphragm is our chief breathing muscle," says Jill Miller, C-IAYT, E-RYT, author of *The Roll Model* and co-founder of Tune Up Fitness. "Without even trying to activate it, your brain is going to do it for you."

The diaphragm is unique in its many bony and soft-tissue attachments. "It attaches directly to the lower six ribs on the inner surface of the rib cage, the bottom of the sternum at the xiphoid process, and to the lumbar spine," Miller says. "It also has soft-tissue attachments to the quadratus lumborum, psoas and transverse abdominis."

Additionally, it shares fascial attachments with the pelvic floor, often referred to as the pelvic diaphragm. The two diaphragms work in concert to maintain intra-abdominal pressure during breathing; as the respiratory diaphragm descends and ascends, so too does the pelvic floor. Further, the diaphragm has ligamentous attachments connecting it to the lungs, heart, esophagus, small intestine and colon (Bordoni and Zanier, 2013).

Because of these numerous bony and soft-tissue attachments, diaphragmatic function has vast implications on the entire body.

The Diaphragm and Stability

While the diaphragm is well known as the primary respiratory muscle, its role in stabilization is often overlooked. "The diaphragm has a secondary role in core stability," says Mike Reinold, D.P.T., of Champion Physical Therapy and Performance. "Because it sits at the top of the abdominal cavity, it functions with the abdominal muscles and pelvic floor to provide core stability when braced."

Without diaphragmatic contribution, the spine is not fully stabilized and we have to rely on more peripheral trunk muscles to help out. This limits both spinal stability and efficient transfer of energy, as the peripheral muscles, which are best suited for force production and transfer, are unduly burdened by stability requirements.

Luckily, we don't have to suspend the diaphragm's respiratory function to unleash its stabilizing capacity. "The diaphragm can help you breathe no matter what position you're in, but it's hindered when you're inhibited by the other trunk muscles that share the same attachments," Miller says.

Not only does the diaphragm have to contract, it has to contract at the right time. If the abdominal wall contracts first or has a high degree of tension, the movement available to the diaphragm is restricted, and a full contraction is inhibited. "Because the respiratory diaphragm and transverse abdominis share fascial connections, the relationship between the two has tremendous impact on posture and the behavior of the diaphragm," says Miller. As such, tension in the transverse abdominis may limit the range of motion available to the diaphragm and decrease its stabilization capacity.

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Core Training: Don't Forget the Diaphragm, continued...

Drawing in the Stomach

People who are wary of the abdominal region may consciously or unconsciously draw in their stomachs, which engages the transverse abdominis. "If the transverse abdominis is contracting," explains Miller, "the diaphragm can't do its job."

To interrupt this pattern, Miller suggests that we change our perspective and understanding of the shapes of our bodies. "We need to get rid of the word flat when we talk about the human body," she says. "All tissues have a curve to them and reinforcing the concept of flat abs is problematic."

To put this in to practice, check in with your abdomen at regular intervals throughout the day. As a health and exercise professional who is constantly standing, exercising and projecting your voice, you may notice you subconsciously draw in your abdominal muscles. If so, consciously release the tension in your belly and focus on taking deep and expansive breaths through the abdomen and rib cage. You may find that this release slightly changes your physical shape. Miller urges us to respect that bodily quality. "The diaphragm is just like us—curved and asymmetrical—and it's totally fine," she says.

The Diaphragm and Breath

The diaphragm is the body's chief breathing muscle. As a result, if its range of motion is restricted, problems ensue.

"When the diaphragm is not able to contract fully, we're forced to use our secondary muscles of respiration, which can lead to neck, shoulder and chest pain," says Elizabeth Delozier, D.P.T., who specializes in pelvic floor physical therapy. "Numerous factors, including overactivity of the abdominal muscles, rib position, pain, pregnancy, surgeries and injuries can all contribute to restriction of the diaphragm," she says.

Predictably, if the diaphragm can't do its job, the brain will engage other muscles to take over. "The body will do anything it can to get air," Miller says. When the diaphragm can't fully contract, the brain will recruit secondary respiratory muscles, the intercostals, or tertiary respiratory muscles, which are in the neck and shoulders, to get the job done.

To rectify this compensatory response, experts recommend diaphragmatic breathing and encourage belly distension with each breath. However, the phrase "diaphragmatic breathing" lacks utility.

"The term diaphragmatic breathing is somewhat of a misnomer," says Reinold. "You couldn't breathe without the diaphragm, even if you tried." While consciously moving upper-chest breathing toward the abdomen will increase diaphragmatic contribution, a full breath involves more than anterior abdominal distension.

Because of the diaphragm's multiple insertion points on the anterior, lateral and posterior sides of the body, a full breath will cause abdominal and thoracic distension in multiple directions.

To get a feel for this distension, place your hands around the bottom of your rib cage, so your fingertips reach toward your upper abdomen and your thumbs reach towards your thoracic spine. Take a full breath in and feel for your rib cage and midsection to expand forward into your fingertips, laterally into your palms and posteriorly into your thumbs.

Beyond improvements in breathing and stability, enhanced diaphragmatic function also has benefits for physical and emotional health.

The Diaphragm and Mind-body Health

When the diaphragm doesn't function to its full capacity, other muscles will bear the burden. "The body will shift the demands of respiration to your secondary or tertiary respiratory muscles, and that's not energy efficient; it costs the body a lot," says Miller. "These muscles will [signal] their overuse by causing fatigue or pain," she says. "Inappropriate use of a muscle plus time equals pain."



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Core Training: Don't Forget the Diaphragm, continued...

The body associates these secondary breathing patterns with sympathetic arousal, and their use can propel us into a fight or flight state. "This can lead to adverse outcomes like increased muscular tension, anxiety, fatigue and impaired digestive function," says Miller. Further, being in a sympathetic state affects muscle spindles throughout entire body, adding to unconscious tension throughout your nervous system.

To experience this sensation yourself, Delozier recommends the following exercise: Close your eyes and take 10 fast breaths into the top of your chest without letting your belly expand. "Do you notice your blood pressure rising? Perhaps you feel more stress and anxiety?" she asks. Now close your eyes and slow your breath down, allowing your belly to expand and contract with each inhalation and exhalation. "Do you feel more relaxed and at ease?" she questions. Because upper-chest breathing is a component of the body's fight or flight response, it has a bidirectional relationship with stress and anxiety. We activate upper-chest breathing when we're stressed, and when this breathing pattern is inadvertently activated, stress follows, leading to a cycle that can perpetuate chronic stress.

"When you release the abdomen and allow the diaphragm to function normally, you trigger a natural parasympathetic response that down-regulates sympathetic nervous system activity," says Miller. Thus, the breath is a direct portal to reduced stress and enhanced physical and emotional health.

The diaphragm's powerful contribution to respiratory function, stability and emotional health demands an increased focus on your clients' *and* your own breathing patterns. "Every fitness professional needs to put on his or her own oxygen mask before going and saving other people," says Miller. "No one else can give you a healthier diaphragm. You have to do the work yourself."

Facilitate the Diaphragm

Here are some selected exercises to encourage diaphragmatic function. Use these exercises in your warm-up to facilitate proper breathing or in your cool-down to encourage parasympathetic activation.

360 Breathing – Focus on abdominal expansion in three different directions. First, take three full breaths focusing on anterior/posterior belly and rib cage expansion. Follow with three full breaths focusing on lateral abdominal and rib cage expansion. Continue with three full breaths focusing on inferior expansion (you may want to draw attention to the pelvic floor). Finish with three 360-degree breaths that expand in all three directions. Use this feeling of expansion as a benchmark for all of the other exercises.

Child's Pose Breathing – Assume a child's pose position and take some 360 breaths. You should feel the distension of your abdomen against your thighs and the lateral and posterior expansion of your rib cage.

Book Breathing – For clients who struggle to let the diaphragm fully contract and the belly expand, Delozier recommends book breathing. Lay supine with knees bent and place a book on the abdomen. Look for the book to gently raise during the inhale and lower during the exhale.

Belly and Chest Breathing With Release – Miller suggests lying prone with a pillow, rolled-up towel or squishy ball beneath the abdomen. Take five full breaths, feeling the belly expand against the prop. Follow this with a series of contract-and-relax breaths—inhale and press into the ball, engaging the core musculature, and exhale to release the abdominal contraction. Move the prop up below the sternum and repeat the sequence. Finally, move onto one side with the prop under the waist and follow the steps.

Belly Expansion With Breathing – Lie supine and place the hands on the lower abdomen, right above the anterior superior iliac spine. Take a big breath until the belly can be felt rising under the hands. Maintain this position while continuing to inhale and exhale. This trains the diaphragm to perform both its stabilizing and respiratory functions at once.

Count Breaths, Not Reps – For clients with a tendency to hold their breath during exercise, it can be helpful to count exercises with breaths instead of reps. Instead of asking for 10 repetitions, have the client perform the exercise for the length of five full belly and chest breaths.

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