



September, 2019 Edition

THE FIRE LINE

Fond du Lac Fire/Rescue Monthly Newsletter

FIRE LINE - DO NOT CROSS

FROM THE BALCONY

A message from Chief Peter O'Leary



The Impact of Kindness

I was talking to my son Michael after he left his job at Delta Airlines when he commented that he didn't realize all the people he positively impacted during his three years working there. One woman who works in the office in a clerical position stopped to give Mike a hug and told him that he would be missed. This interaction made him cry and sad, but in a very good way. As we talked he said he couldn't believe that he had that type of impact on someone who he didn't have a great deal of interaction with and in turn, she had the same impact on him.

So this got me thinking about why she waited until Mike was leaving to tell him that he would be missed and how much she appreciated him. I guess it might be odd to randomly hug a co-worker and tell them they matter wouldn't it? I suppose so. How could Mike have learned about the people he impacted before he announced his departure? It's a question that I think about often and I find flaws in waiting for tomorrow because sometimes tomorrow is too late. In this particular case maybe knowing sooner wouldn't have made a difference, but how about if it did? What negative behaviors do we express to others that impacts them in a way that is detrimental to their wellbeing? Whether it be a friend, sibling or co-worker, what we say, how way say it and the meaning of what is said matters and if done so recklessly it can cause irreparable harm.

Michael's former manager at Delta sent him several text messages since he left, but not one more important than the one he received the evening he and I arrived in Chicago after driving up from Atlanta. His text message to Mike was him checking in to see if we arrived safely. Think about that for a minute. What do you think Mike felt about his net worth in the eyes of his former manager? I would suggest that text might have been the best exit interview ever. To me it says, "I care about you and you positively impacted me" and if Mike didn't know it before, he certainly did then!

What would your text message say, or would it be a hug and a kind word? You can impact more than you realize with a positive attitude, a smile and a kindness. Think about sending that text to someone who needs it; you may very well make their day.

*Until next month,
Stay Safe and Be Well.*

**No act of kindness,
no matter how small,
is ever wasted.**
- Aesop

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UPCOMING EVENTS

Fondue Fest
September 7th

Survive Alive Training
At various schools
throughout September



September 2, 2019

FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief Erick Gerritson



Company officer tips for staying motivated on the job

Keys to motivation include developing a vision, building a support system and changing bad behaviors

No matter how many years you spend in a leadership position on a fire department, staying motivated is the common factor among those who are high-achievers.

As a company officer, you will have to determine what motivates members of your company. This will take some effort but will pay dividends in your ability to lead people effectively. It's important to remember that everyone is different; the technique that motivates one firefighter may have little or no motivational effect on others within the same company. And what works for them may be different than what motivates you.

IDENTIFY THE "KEY-HOLDER"

One of the major frustrations for all of us is when we face roadblocks to progress that are thrown up to slow, stop or derail an idea. As a company officer, you will need to recognize those obstacles and learn how to remove them or work around them.

An essential role for a leader is to determine who at the organization holds the "key" to progress. The key is often held by one person, and they can either use their key to unlock the door to progress or keep the key in their pocket, thereby stopping you in your tracks.

DEVELOP A VISION FOR THE FUTURE

We will always face roadblocks, and part of managing them involves how we manage the outside forces that are all around us, impacting our day-to-day lives. We are all controlled by outside forces, and these outside forces actually have more control as you promote up your chain of command. Company officers who develop a vision for what they are trying to accomplish have a better chance at success, as they have more control over their own destiny. Without a clear vision, outside forces are more likely to take control of your life.

Key to this is keeping the desired results in sight. If your superiors learn that you become frustrated when roadblocks are thrown in your way, they will sometimes throw a roadblock not necessarily to stop you but to gauge if you are serious about the idea or task you have proposed. Do not let the fear of failure stop you from having the freedom to choose the destiny you desire.

UNDERSTAND THE POSITIVE ROLE OF FAILURE

True motivation is not only a learned skill; it is developed due to a need or desire to make dreams a reality. Failure can be a huge motivational tool. Failure can create motivation to overcome that failure. None of us likes to fail, but no one ever became successful without prior failures. Zig Ziglar says, "failure is an event, not a life." Failure is a byproduct of imagination and creativity. It challenges you to take risks and teaches you to keep trying until you get it right.



FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief Erick Gerritson



Company officer tips for staying motivated on the job, continued

AVOID PROCRASTINATION

The fear of failure is a common factor among those who procrastinate. If you want to succeed in reaching your goals, you must be willing to take a risk and lose. Overcoming procrastination habits is perhaps one of the most important steps you can take to improve your internal motivation. Get into the habit of finishing what you start. An unfinished project is of no value.

IDENTIFY SUPPORTERS VS. ENERGY-SUCKERS

Find support through friends, acquaintances and coworkers. If you surround yourself with motivated, visionary people, you will naturally develop the attributes that helped them get that way. Mutual interests and like-minded associates can be excellent motivational tools.

Company officers who are not motivated but just hang around are what I refer to as energy-suckers, who can suck the life right out of you. They are the kind of person who has nothing good to say about anyone or anything. Avoid those kinds of people at all costs.

SET GOALS, BIG AND SMALL, THAT SUPPORT YOUR DREAMS

Develop a major goal but take a specified path to get there. You'll have many smaller goals to reach before you get to the final result. By learning to accomplish these smaller goals, you'll be motivated to take on the larger challenges.

The power of your dreams is the primary factor in becoming motivated. Productivity will be the result of developing habits and attitudes that keep you on the right track. By changing bad habits and focusing on your specific goals, motivation will come to you, even when you wish you could quit and times are tough.



PUT IT ALL TOGETHER

Many people trade joy, satisfaction and fulfillment for a job that is considered conventional and safe. The unfulfilling job is not the failure; not pursuing your dreams is the real failure. Developing a vision requires conquering your fears and finding motivation from within. The individual who is extremely motivated and successful has been motivated by a vision.

By identifying the behaviors that you need to change, developing a vision of what you would like to achieve, and striving to attain that goal, you will become a naturally motivated, highly efficient and productive person. The quest for freedom is the basis for motivation. Total freedom is not necessarily desirable or possible, but the pursuit of that ideal is what motivates us to succeed.

You have to let go of your old personality and ways of doing old things to change, so quit procrastinating and get motivated!

Source: Chief John Buckman III of Fire Rescue 1

Until next month...Stay Safe!!

OPERATIONS BY THE NUMBERS

<i>JUNE, 2019</i>	<i>THIS MONTH</i>		<i>YEAR-TO-DATE</i>	
PREVENTION	Last Year	This Year	Last Year	This Year
Total Inspections	301	267	1884	1876
Total Defects	156	196	1294	1122
SUPPRESSION				
Alarms Involving Fire	23	14	91	67
Fire Mutual Aid Given	2	0	11	6
Fire Mutual Aid Received	0	0	0	0
Service/Good Intent Calls	60	46	337	301
False Alarms & False Calls	18	31	164	228
Other Calls	25	17	84	109
Total Fire Alarms & Calls	126	108	676	705
EMS				
Total Ambulance Calls	525	558	3507	3637
Total Fire & Ems Responses	649	666	4183	4342
Fire Property Loss	\$52,500	\$4000	\$195,415	\$309,838
Fire Contents Loss	\$6298	\$56,080	\$100,260	\$129,181
Engine Assisted EMS Calls	214	262	1477	1603

*September Birthdays**Jim Wamser Matt Kissinger**Todd Janquart**Brian Westby Phil Seibel*

at City of Fond du Lac Fire/Rescue



at fdofire



The Code Summary

*By: Todd Janquart
Assistant Chief of EMS*

7 Things Public Safety Officials Need to Know About Safe Haven Laws

These state laws are designed to prevent infanticide and offer parents a safe place to surrender their child without fear of being prosecuted.

A Safe Haven law, also known as a Baby Moses law or a safe surrender law, allows a parent to surrender their baby to someone at a designated location without fear of being charged with abandonment.

Approved safe haven locations usually include hospitals, EMS agencies, fire or police stations and other public health organizations, as well as worship centers, but laws differ from state to state.

This means that someone could surrender their newborn to police officers, firefighters and EMS personnel around the country. Here are seven of the most important things public safety officials need to know about Safe Haven laws, and what they mean for first responders.

1. Determine the baby is unharmed

The purpose of the law is to prevent infanticide and newborn abandonment, and while parents who act within their state's time limit to surrender their newborn are generally free from being charged with abandonment, the receiving agency or organization must determine the baby is in good health and unharmed, as well. First responders should perform a brief well check to confirm the initial health of the child.

2. Transport surrendered babies to the hospital

After collecting medical information and determining the health of the baby, first responders should provide transport to the hospital. From there, the Department of Child and Family Services should be contacted and made aware of the surrendered newborn. The baby will receive an additional medical checkup to ensure they have not been harmed.

3. Safe Haven laws by state: know the differences

While the overall sentiment of these laws – allowing parents a safe place to surrender their baby without repercussions – is generally the same, one distinction between states is the age of the newborn covered under the law. Some states only allow babies up to 3 days old to be surrendered, while others allow parents to surrender babies up to 30, 60 or 90 days old, and up to 1 year old in North Dakota. First responders should be aware of the laws in their state, and work with their organization to determine the best way to verify if a person attempting to surrender a newborn is within the law to do so.

4. Safe Place, Safe Station locations are not the same as Safe Haven locations

While similar in name, Safe Places, Safe Havens and Safe Stations are all individual designations that provide different resources to people seeking help, but for different reasons.

Safe Places, denoted by yellow diamond signs with the words "Safe Place," are locations where youths in crisis can go to receive help, and include places like police and fire stations, as well as gas stations and other retail establishments. Gas stations are not part of any state's Safe Haven laws.

Baby's max age	Eligible states
3 days old	Alabama, Arizona, California, Colorado, Hawaii, Mississippi, Tennessee, Utah, Washington, Wisconsin
7 days old	Florida, Massachusetts, Minnesota, New Hampshire, North Carolina, Oklahoma
10 days old	Maryland
14 days old	Delaware, Virginia, Wyoming
21 days old	Alaska
28 days old	Pennsylvania
30 days old	Arkansas, Connecticut, Georgia, Idaho, Illinois, Indiana, Iowa, Kentucky, Montana, Nebraska, Nevada, New Jersey, New York, Ohio, Oregon, Rhode Island, Vermont, West Virginia
31 days old	Maine
45 days old	Missouri
60 days old	Kansas, Louisiana, South Carolina, South Dakota, Texas
90 days old	New Mexico
1 year old	North Dakota



The Code Summary

*By: Todd Janquart
Assistant Chief of EMS*

7 Things Public Safety Officials Need to Know About Safe Haven Laws, continued

5. Encourage parents to provide any known medical information

When a newborn is surrendered, the recipient should ask for any information relating to the baby's birth, the mother's health during pregnancy and labor, and any other pertinent family medical information that could assist doctors, social workers and adoption agencies in placing the newborn in the best place for them. This information is not required of the parent surrendering the newborn, but first responders should be prepared to ask, as it could provide important insights into the baby's health.

6. Offer additional resources to mothers engaging a Safe Haven

The NSHA encourages participating Safe Haven organizations to offer to connect mothers to medical evaluations, as well as other resources, such as women's shelters, substance abuse help and domestic violence assistance.

7. Baby Boxes can be installed at emergency service locations

State officials in Pennsylvania, Indiana and Ohio have altered their Safe Haven law to allow for the use of Baby Boxes, which provide a place for mothers to surrender their babies without the need for face-to-face interaction.

Baby Boxes are installed at staffed fire and EMS agencies. Once a mother has opened the box, a silent alarm alerts emergency staff inside. After the baby is placed in the box, the door can only be opened from inside the fire or EMS station. Each box is temperature controlled and equipped with a mattress.

How to install a Baby Box at your fire station:



Article from August 5th, 2019 online edition of EMS1.com

*Without continual growth and progress, such words as improvement,
achievement, and success have no meaning.*

Benjamin Franklin

News from the Station

FDL Firefighters Local 400 Charitable Fund Raises \$30,000 for MDA!



The Fill the Boot campaign benefiting the MDA Green Bay has drawn to a close with a grand total for the three days reaching \$21,231.27!!! Steve Benish of Magic Car Wash - WI then gave a \$10,000 match which brought the total to over \$30,000! This huge amount certainly could not be achieved without the Fond du Lac community showing up to support this wonderful cause. Thank you to all involved!



Fire/Rescue participated in the National Night Out on August 6th at the Fairgrounds Park. It was a well attended, great night with Fire/Rescue receiving a Red Striped Belt Certificate of Appreciation from the Kicks Martial Arts Institute. Sparky also took back the traveling trophy in the Mascot Race.



FDLFR was proud to have been chosen by Braun Custom Ambulances and our dealer, North Central Emergency Vehicles by bringing our newest ambulance to be showcased at the Fire Rescue International in Atlanta, Georgia.



Kristyn Allen from WBAY- Channel 2 out of Green Bay gave viewers a sneak peek at what they would see at the Public Safety Training Center Ribbon Cutting Ceremony which took place on August 13th. The crews showed the live TV audience how they can train for live fires, rappel down a building, and ventilate fires as just a few of the scenarios which can be practiced and perfected at the Training Center.

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

By: James Knowles III
Assistant Chief Training/Safety

VEIS, Not Limited to Windows

Whether you call it Vent, Enter, Search (VES) or Vent, Enter, Isolate, Search (VEIS) doesn't matter. What matters is that you know and understand the tactic and practice it frequently to build and maintain proficiency.

VEIS is an effective method for entering a structure from an alternate location, generally from a window, to search survivable space for trapped occupants. It is essential to isolate the room with an available door to create a barrier between you and fire. This action can reduce the threat of smoke, heat, and fire travel by controlling the flow path from fire to the ventilation point in the VEIS compartment, and by controlling the air flow from the VEIS compartment window to the fire. Isolation also buys additional work time and improves room conditions as contaminants and heat vent out the open window.

The isolation step is critical to firefighter success, which is why I like the addition of the "I" in VES. It emphasizes the isolation step to keep it ingrained in our training, so it translates (muscle memory) into isolating action on the fire ground.

If you only consider VEIS as a tactic to utilize through window entry, you are not using this tactic to its full potential. VEIS can be used to enter a compartment from a window or a door to locate victims or fire. As we enter a structure we are creating ventilation with every opening we make, whether from a door, window, wall/ceiling breach, roof ventilation, etc. By maintaining isolation with door control or maintaining a protection line, we control the flow path and air intakes, thereby maintaining control of the fire. To do otherwise is to complete and create flow paths, introduce air to the fire to increase fire intensity, increase temperatures, and to allow fire to maintain control and increase the opportunity for a trigger event (flashover, backdraft).

VEIS should not be thought of as strictly a window entry opportunity, but as a method to search for victims and fire when entering a window or door, as well as a way of being. When we enter any structure under fire conditions, we have to think of it as ventilation, ventilation that can change the dynamic of the flow path and create additional flow paths, and can introduce air to fire. A vent limited environment is our friend and within firefighters' ability to manipulate in order to control fire until it is extinguished. Once we've achieved ventilation, entry, and isolation, then we can complete our search for victims and fire.

VEIS, there's more to it than simply window entry.



Source: Salameh, N. (2019). *VEIS not limited to windows. Fire Engineering*

FIRE PREVENTION

That's what it's all about!

By: Troy Haase
Division Chief of Fire Prevention



Electrical Safety for Dorms & Off Campus Living

Choosing listed products for students living away at college demonstrates a proactive approach to fire and life safety, whether you are purchasing mattresses by the 100s for a dorm or several smoke and CO alarms for your student's first apartment. UL (Underwriters Laboratories, Inc.) is probably the most well-known of all the testing and listing organizations and their approval labels appear on all products that have undergone and passed their rigid testing. Teaching the importance of product testing and standards add to the list of life-long lessons of fire and life safety we strive to instill.

Safe Products + Safe Practices = Safe Environments.

- **Do not overload** extension cords, power strips or outlets: Extension cords, power cords and outlets can overheat. When cords overheat, they can also deteriorate quickly and cause a potential shock/fire hazard. Also, older buildings may not have modernized electrical systems, the wiring in walls may not be sufficient to handle the amount of electricity needed when multiple power strips are used.
- Use a **power strip with an overcurrent protector**. A power strip with an over current protector shuts off power automatically if there is too much current being drawn.
- **Know how much is too much**: All appliances indicate how much wattage is consumed when operated; that rating can be found on the appliance itself and often within the use and care booklet that accompanies the product. Other appliances will indicate power usage in amps, rather than watts.
- **Be wary of electrical outlets** that get too hot to touch: If an electrical outlet becomes so hot you cannot leave your hand on it, you have a potential fire hazard. Unplug all appliances and notify landlord or resident assistant immediately.
- **Do not connect multiple extension cords** together: The more plugs and receptacles you have connecting an appliance to a wall outlet, the more chance you have for dangerous arcing and sparking. Make sure that any extension cord you intend to use is rated adequately for the current that will be drawn by the appliance. For instance, an iron will draw significantly more current than a table lamp.
- Extension cords are for temporary situations: Contrary to popular belief, **extension cords should not be used as a long-term solution** when you need another outlet. The longer an extension cord is, the more chance it can be damaged over time.
- **Do not route cords under doors or carpets**: Extension cords can short circuit, overheat and ignite if they are buried under carpet subject to foot traffic, if they have furniture resting on and pinching them, or if they become bunched up behind hot appliances or equipment.

CAMPUS **FIRE** **FACTS**

FIRE PREVENTION

That's what it's all about!

By: Troy Haase
Division Chief of Fire Prevention



Electrical Safety for Dorms & Off Campus Living, continued

Electrical Safety for Dorms & Off-Campus

- **Look for the UL Mark** on any electrical product you use: The UL Mark on extension cords, lamps and anything electrical you are going to plug into a wall outlet tells you that representative samples meet UL's rigorous safety requirements.
- **Never cut off grounding pin:** Never bend, file or cut a grounding pin from a three-pronged cord to plug an appliance into a wall outlet. This disarms the protection meant to keep you safe and presents the potential of a shock hazard.
- **Don't use cheater plugs:** Cheater plugs are adapters that allow a three prong plug to be plugged into a two pronged wall outlet. As a general practice, refrain from using cheater plugs. But cheater plugs with a special screw tab that can be attached to a wall outlet are sometimes acceptable.
- **Use light bulbs with correct wattage for lamps:** All UL-Listed lamps have wattage specifications near the bulb socket to tell you what size bulb is the maximum recommended. If no indication is on the product, do not use a bulb with more than 60 watts.
- **Halogen lamps:** If your living situation permits you to own one, make sure the halogen lamp meets updated requirements. All halogen lamps must be designed with a mesh guard that prevents contact with the bulb and must also have an automatic tip-over switch.

Source: The Center for Campus Fire Safety, "***Electrical Safety for Dorms & Off Campus Living***",
Web August 7, 2019.



FIRE PREVENTION

That's what it's all about!

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



Current Status of New Construction

- Fond du Lac County Garage at 1820 S. Hickory Street- Building is under construction.
- Fond du Lac Airport at 260 S. Rolling Meadows Drive- Building is under construction.
- VGM Storage Units at 450-456 West Arndt St.- Buildings are under construction.
- Mercury Marine Plant 17 at 545 W. Pioneer Road- Building is under construction.
- Mercury Marine Plant 98 Addition at 545 W. Pioneer Road- Building is under construction.
- Lenz Truck Center at 536 Seymour Street- Building is under construction.
- Eilertson Electric at 920 Willow Lawn Road- 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, 5 & 8 are complete and 6 & 7 are under construction.





FIRE SAFETY INFO BULLETIN

CAMPUS SAFETY CAMPAIGN: Alcohol & Fire Safety

If a fire
should
occur...



Get Out



Stay Out



Stay Alive

**STAY SAFE
ON CAMPUS!**

FACTS ...

Alcohol impairs judgment, slows reaction times and affects coordination!



Consumption of alcohol or other drugs lowers the probability of quick and logical evacuation and often is a contributing factor of the cause of the fire.

Alcohol impairment has been found to greatly increase the probability of death from fire.

A study conducted by the Fire Protection Research Foundation of the National Fire Protection Association (NFPA) showed the effectiveness of emergency alarms decreased when individuals were alcohol impaired and asleep. Since the 1970s, smoke alarms have decreased fire deaths by 50%.

"Being alerted to an emergency is a vital first step in being able to survive it."

"Waking Effectiveness of Alarms for the Alcohol Impaired"

www.nfpa.org/assets/files/PDF/Research/alcohol&alarmsreport.pdf

The US Surgeon General recognizes the need for alcohol awareness and change of behavior established a national goal to reduce college binge drinking by 50% as part of the "Goals for the Nation" for the year 2010.





The US Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention www.higheredcenter.org is dedicated to addressing these topics to help campuses and communities identify effective strategies and programs based on the best prevention science using a combination of education and environmental management.

According to a study by the National Institute on Alcohol Abuse and Alcoholism, " ... drinking by college students age 18-24 contributes to an estimated 1,700 deaths, over half a million unintentional injuries, 700,000 assaults and 97,000 sexual assaults EACH YEAR."

Reference: www.niaaa.nih.gov

DON'T TAKE THE CHANCE!



www.campusfiresafety.org

National Headquarters, 10 State Street, Newburyport, MA 01950 | Voice: 978.961.0410, Fax: 978.961.0347

The Center for Campus Fire Safety (CCFS) is dedicated to protecting life and property from fire at our nation's institutions of higher education. As a non-profit organization, CCFS engages in our life safety mission without commercial or monetary profit purposes and is supported by industry partners and federal grants.

PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Benefits of Women Lifting with Kettle Bells - Better Together

Many people—men and women alike—genuinely enjoy lifting heavy things and often feel most at home in the gym. For others, however, walking into a weight room is a heart-pounding, sweat-inducing, exhausting endeavor. For these people, the physical stress of exercise is combined with emotional stress triggered by a sense of anxiety and apprehension about navigating a “masculine” world of dumbbells, barbells and kettlebells.

As health and exercise professionals, it is not uncommon to recognize this sense of apprehension among our female clients, in particular. So, how do you help them overcome their apprehension—and resistance—and learn to love lifting weights?

To answer that question, we turned to four female health and exercise professionals who have found their power and voice through lifting heavy. You'll discover how weight lifting, specifically kettlebells, has the power to not only improve the physical health of the women who use them, but can also “improve self-esteem, self-efficacy and well-being,” according to Katherine MacShane, in *Do You Even Lift Bro?: A Psychodynamic Feminist Analysis of the Mental Health Benefits of Weight Lifting for Women* (2014).

Benefits for Beginners

You don't need convincing that physical activity offers huge benefits, or that strength training is an important key to staying healthy and active throughout the lifespan. But for our female clientele, strength training can offer more than just leaner legs. In addition to the obvious physical benefits, people who participate in weight lifting receive significant psychological benefits as well, including reduced stress and alleviation of depression (MacShane, 2014).

Jessica Hopkins, C.S.C.S., a veteran personal trainer and performance coach in Seattle, Wash., and former Legends Football League Seattle Mist team captain, knows this all too well. When Hopkins introduces her female clients to weight lifting, she doesn't start with kettlebells. “After a client has been training with me for a little while (it varies from client to client),” explains Hopkins, “I will eventually lead them to the weight room and typically progress from machines to dumbbells/free weights and eventually to kettlebells.”

She's watched her clients progress from feeling insecure about going into a weight room to being excited about mastering new skills with the kettlebell. And this excitement doesn't stop at the gym. “Their level of comfort in a weight room and their ability to try and adapt to new things is useful in all areas of life,” Hopkins says. “It's fun to remind clients of their first time coming to the weight room and how nervous or anxious they may have been and recognize how far they've come, not only in their physical endeavors but also in their mental and emotional strength and confidence.”

Hopkins' favorite kettlebell exercise to use with her female clients is the goblet squat. This functional movement not only promotes range of motion in the hips, it improves stability in the trunk due to the front-loading of the kettlebell. She's found that this exercise not only benefits her teammates on the football field by developing lower-body strength, but also assists her active-aging clients who want to improve core strength, but may not feel comfortable moving down to the floor to perform traditional ab work.

Benefits for Busy Moms

From the football field to the barn—this is where you'll find Anna Woods, ACE Certified Personal Trainer and sheSTRENGTH owner. Woods has transformed her Kansas barn into a Mecca for Midwestern women to find their strength again after having kids and putting their families first. For clients like these busy moms, weightlifting with kettlebells has been shown to positively impact their levels of perceived daily stress (MacShane, 2014; Koplas, Shilling and Harper, 2012).

It is important to note, however, that it's not always easy for women to get started training. According to MacShane (2014), “it can be challenging for woman weight lifters to find female training partners, role models and coaches who are experienced in working with women lifters.” For this reason, Woods has made it her mission to empower women and promote a community, both local and virtual, to reduce stress, educate women on using weights like kettlebells and promote the mantra, “I am enough.”

Woods, who has coached her clients to use kettlebells for a number of years, strongly believes in the effectiveness of this tool. “I think when a woman feels her own strength—and in my opinion that strength is physical, emotional and mental—her eyes are opened to just how powerful she is. All those negative things she hated about herself before become tools, and she finds herself in an environment where those struggles are actually for a purpose. Her mindset is changed and she views weight differently. She no longer runs from a number on a scale,” notes Woods, “but instead chases one on a bar or a kettlebell.”



PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Benefits of Women Lifting with Kettle Bells - Better Together, continued

When it comes to helping her clients learn new kettlebell movements, Woods believes cueing is essential. For example, asking her client to “shut the car door with your butt because your arms are full of groceries” can help the client effectively relate to the hip-hinge movement in the kettlebell swing and develop power in the posterior chain without causing strain to the lumbar spine.

Anna’s personal favorite kettlebell exercise to use with her clients is the [halo](#). Due to its integration of the shoulders and trunk, this movement is a great warm-up tool for those with shoulder mobility goals, and also promotes focus at the beginning of a workout.

Benefits for Bolstering Confidence

ACE Certified Pro and YMCA group fitness instructor Way-Jen Enlow says the kettlebell has helped her female clients progress smoothly from the busy mom life to the active aging life of retirees and grandmothers. She also believes that integrating kettlebell work into her group fitness classes has helped to boost confidence of the attendees.



“I’ve seen the confidence of women increase and watched them build a community,” explains Enlow. “I’ve watched women’s confidence grow in the way they handled equipment, tried new exercises, and would share tips on what cues helped them best. We even had to order heavier bells for the class, as everyone got stronger and felt increasingly confident in using more weight. This, in turn, inspired other women to try even one rep of an exercise at a new weight they didn’t think was possible.”

Enlow notes how happy her participants seem to be at the end of a workout. “The mood at the end of class is contagious—a shared feeling of exhaustion combined with smiling faces to continue about their day,” says Enlow. “Several ladies have said, ‘Any day I can get to kettlebell class is a good day.’”

This shift in mood can be attributed to something called the Control-mastery Theory (CMT), which, according to psychotherapist Joseph Weiss (2002) “assumes that [clients] are highly motivated, both consciously and unconsciously, to solve their problems, to rid themselves of symptoms, and to seek highly adaptive and important goals, such as a sense of well-being, a satisfying relationship or a meaningful career.”

As a health and exercise professional, this is an important theory for you to understand, as it is “a cognitive relational approach to psychological functioning that can be readily used to explain the phenomenon of increased sense of personal power, confidence and agency experienced by women who participate in weight lifting” (MacShane, 2014). According to this theory, women who choose to pick up something heavy—such as a kettlebell—and learn new skills, put in the work to master movement and progress in weight, can begin to rewire their personal belief system, thus empowering them to reach for their goals, both in and out of the gym.

For the women in Enlow’s classes, the [kettlebell swing](#) is a staple movement that enhances these positive changes in mood while integrating power, strength and coordination. It also brings the heart rate up for a fun and functional challenge. Furthermore, the kettlebell swing has also been shown to be an effective exercise for hamstring activation, according to this [ACE-sponsored research study](#).

Benefits for Boosting Body-image

Kael Roberts, a personal trainer and lifestyle coach, has experienced firsthand how kettlebells can change a belief system and set into motion a tidal wave of positivity. She strives to help her clients with positive thinking through her book, *The Power of One Positive Thought*, which includes lessons she’s learned from challenging times in her life. This inspiration paired with kettlebell workouts are her recipe for success for her female clients.

“There are so many different uses for the kettlebell, all of which helps my client understand the movement of their bodies better,” explains Roberts. “With better understanding and control over the way their bodies move, most clients see a significant improvement in confidence level, just from training on one piece of equipment.”

Similarly, according to Depcik and Williams (2004), women who lift weights like kettlebells may also experience a greater reduction in body-image disturbance than women who do not lift weights. This includes clients who may have experienced sexual abuse, intimate partner violence or abusive caregiving resulting in low self-esteem and/or self-efficacy (MacShane, 2014). It is important to note that, when working with clients who have been through significant trauma, you must ensure that a mental health professional is part of your referral network, as psychotherapy is outside the scope of practice for health and exercise professionals. However, engaging clients with positive thoughts, challenging them with new skills and teaching them empowering movements with a kettlebell are all well within your scope.

Roberts’ favorite skill to teach her clients is the kettlebell snatch. This metabolically challenging move, when used appropriately, can save time in a workout while promoting full-body efficiency.

PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Benefits of Women Lifting with Kettle Bells - Better Together, continued

Putting it All Together

The following workout, which is appropriate for both men and women and features the four movements mentioned by the trainers featured in this article, is a great way to introduce your clients to the benefits of kettlebell training. Before combining the movements into a circuit, make sure your clients have mastered each movement individually for several reps in a row. Complete the recommended number of reps for each exercise in the order given and then rest for 60 seconds before moving on to the next round (for a total of three rounds).

Exercise	Sets	Reps	Rest
Halo	3	4 circles right, 4 circles left	NA
Swing	3	8	NA
Goblet squat	3	8	NA
Snatch	3	4 left arm, 4 right arm	Rest 60 seconds before repeating the exercises

Final Thoughts

When working with female clients, understanding their specific goals is important. These goals, however, may not entirely be linked to a change in their physical appearance. Depending on genetics and diet, some women are able to dramatically change their shape with the use of weights such as kettlebells, and it is important to help female clients understand that this change is a positive one, with benefits beyond fitting into a new pair of jeans.

"Weight lifting leaves little room for apologizing for taking up space," writes MacShane (2014). "Women who lift weights actively pursue a goal that allows them to more confidently inhabit their bodies and to use them as tools to accomplish tasks. Women weight lifters feel more capable of action, of competent movement, and of agency in the world."

Bottom line: Whether you choose kettlebells or some other form of resistance, don't let your female clients miss out on these amazing benefits of strength training.

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