

May
2020

Fire Line Newsletter



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From the Balcony: COVID-19

As I write this month’s article, I am immersed (like many) in the COVID-19 pandemic emergency. The Assistant Fire Chiefs and Administrative Staff have been working tirelessly to be informed, keep you informed and react to local, county, state and federal guidance on how our organization will function during the pandemic. There are so many moving parts none of which can be minimized or put aside; they are all important for us to properly respond to those in need.

This pandemic has changed the way we prioritize our daily routine. Gone now are fire inspections, station tours, in-person meetings, public education events and we have even changed how we interact in the firehouse. Our weekly staff meetings and daily conference calls with city leadership have taken place via teleconference.

The most critical aspect of our response is the level of safety we provide for each other and the public. Our crews have taken a heightened vigilance to keep the firehouses clean and sanitized as well as ensuring our ambulances and fire apparatus are continually disinfected. These measures are very critical to keep all of us free from illness. We need to be healthy so we can continue to provide the excellent prehospital care that our citizens have come to expect and so rightly deserve.

The question is asked about how well we are prepared. Physical assets such as Personal Protective Equipment (PPE) is something we have taken quite seriously and we feel as though we are prepared if

we get a surge in medical responses related to the pandemic. We have spent a great deal of time and effort educating the public about using 911 during the pandemic and we believe it has helped in reducing COVID-19 related calls. We continue to work with the hospital, public health and dispatch to set up protections and communications vital to our safety. Although this battle is far from over, we remain steadfast in our commitment in getting as much critical information to our crews relating to known cases of COVID-19 patients.

In this past week the health officer for the county ordered PPE be worn on all EMS related calls and I was happy to know that we were two weeks ahead of that mandate. As much uncertainty I have about the COVID-19 pandemic, one thing I am a sure about and that is the men and women of Fond du Lac Fire Rescue. Your commitment to doing it right, and being on the front lines, ahead of the curve, continues to be what makes you all great. On behalf of the other chief officers and our city leaders, we are committed to working to support the work that you are doing on the front lines and we get through this pandemic together.

Please remain vigilant in your personal hygiene, use of PPE and care for each other. Together we will set another bar of excellent of service for others to see. Thank you for your commitment and dedication.

*Until Next Month,
Be Safe and
Be Well
Fire Chief
Peter O’Leary*





FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson

Updates from the Operations Chief

With all the stress and attention devoted to the Covid-19 pandemic, I want to take some time to divert off of the anxiety of the corona virus and give some updates of Fire/Rescue projects that are coming up soon:

Quint 472- The preconstruction meeting and design was just recently completed with our Pierce representative, Leslie Niles from Fire Apparatus & Equipment (FAE). The truck will now go into production and there is a 9-10 month lead time to completion. This Quint has been a huge undertaking to get to this point and I believe the final product will be a multi-use vehicle that will serve the needs of the agency, the City of Fond du Lac, and the citizens we serve. I want to thank the crews from Station 2 for their input and ideas on this project.

Station 2 Apparatus Door- In preparation for delivery of the new Quint, there will need to be modifications done to Station 2's apparatus room garage door. There is limited space due to the original construction of the Station, so I was able to find a bi-fold door company that will be able to place a 12' opening. Besides the advantage of the opening size, the bi-fold door allows faster opening and closing

which saves on energy and reduces the time for response by quickly opening. Before this door can be installed, there needs to be minor modifications to the building, which will be done in mid-to-late April. The plan is to have the door project totally completed before the end of May.

Station 1 Parking Lot- April 20th is the start date for this year's street projects. Included in these projects is Station 1's front/public parking lot. This replacement of the parking lot will contain a complete renovation to include separate entrance and exit, additional parking stalls, low profile approaches and easier to maneuver around island. The current lot is in terrible condition and I was able to include these upgrades in the new plan for replacement. During construction we will need to modify our public entrance which will be detoured to the rear of the station off of 21st. Street. More details will be coming out soon on this change in operation.

Multi RAE Lite Haz-Mat Meter- I was able to secure a Wisconsin Emergency Management (WEM) equipment grant for a new hazardous materials gas

meter. This meter will be an excellent addition to our current ensemble of metering devices and will allow us to have interoperability in meter with adjoining hazardous materials teams. This meter is similar with our current RAE meters and a specification link is included below;

https://www.raesystems.com/sites/default/files/content/resources/Datasheet_MultiRAE_Lite_DS1071_10_EMEA-EN_LR.PDF

Hazardous Materials Tow Vehicle and Trailer- I am currently working on the spec. for a new tow vehicle and trailer for the Hazardous Materials Team equipment. The plan is to purchase a set-up similar to Oshkosh's Haz Mat Team. The purchase will be made later in 2021, so please provide any input you may have to your Technical Rescue Team Leader.

I hope these updates distracted you from the pandemic for a short time, but remember, use proper PPE, keep social distancing and wash your hands!

**Until next month...
Stay Safe!!**



Operations by the Numbers

March, 2020	By Month		Year-To-Date	
	Last Year	This Year	Last Year	This Year
PREVENTION				
Total Inspections	260	248	784	780
Total Defects	139	182	448	516
SUPPRESSION				
Alarms Involving Fire	13	8	27	27
Fire Mutual Aid Given	1	2	3	8
Fire Mutal Aid Received	0	0	0	0
Service/Good Intent Calls	45	37	127	133
False Alarms/False Calls	28	24	105	69
Other Calls	15	8	48	28
Total Fire Alarms & Calls	101	77	307	257
EMS				
Total Ambulance Calls	564	442	1576	1485
Total Fire/EMS Responses	665	519	1883	1742
Fire Property Loss	\$7900.00	\$45,000.00	\$116,638.00	\$191,000.00
Fire Contents Loss	\$2200.00	\$3001.00	\$34,101.00	\$91,001.00
Engine Assisted EMS Calls	241	200	659	626

Birthdays, Employment Milestones, Upcoming Events

UPCOMING EVENTS

May 23rd

Salute the Troops
Memorial Races at
Lakeside Park -
rescheduled

March 25th

Memorial Day
Parade - cancelled

 like us on
facebook

 follow us on
twitter

~ Happy May Birthday ~

Jim Knowles Jason Roberts
Jack Olstinski Shawn Kneeland
Max Blitzke Zach Mueller

Happy Mother's Day – Sunday, May 10

Memorial Day – Monday, May 25



The Code Summary

By: Assistant Chief Todd Janquart

Self-care for Public Safety Professionals during the Coronavirus Crisis

As you serve as a first responder, you will confront a wide range of emotional responses to this pandemic, so take time to process your thoughts.

This month I wanted to share updated information regarding the COVID-19 pandemic but I think we get enough of that every day through email, social media, and news media sources. While there has been a wealth of information through these outlets on personal protective equipment (PPE), CDC recommendations, and patient numbers, there hasn't been much pointed at how individual responders should take care of themselves to ensure you are weathering the storm successfully. Every aspect of this pandemic response and management is new to us and there are unseen challenges that arise every day. The most important things however, are that we watch out for each other and ourselves and take necessary steps to remain strong and resilient. The article below addresses some basic considerations for responders during this time of crisis.

Across the country – across the world – the COVID-19 pandemic is bringing unprecedented challenges for everyone. Public safety personnel are some of the hardest hit.

They must confront the same stresses as the general public – concern for loved ones, loss of income as family members are laid off from service jobs and trying to care for children who are scared and bored and suddenly home all the time.

But public safety professionals are called to serve, which means they must also put themselves in danger, day in and day out, responding to the needs of others. The pressure is only likely to mount as exposure to the coronavirus depletes public safety staffing, requiring those who can still work to take on more hours. More than ever, it is important for public safety personnel to be extra aware of their personal health – and not just physical wellbeing. Just as important, personnel must monitor and nurture their mental and emotional health.

DON'T NEGLECT THE BASICS

Research has shown that increased stress for prolonged periods of time makes the human body more susceptible to illness. While we are learning more and more each day about COVID-19 and researchers and medical professionals are working hard to try to minimize the spread, we are likely in this for the long haul.

Good overall health will make you more resilient to illness. Eating healthy, sleeping regularly, exercising and keeping connected and communicative with friends, family, neighbors and peers are all essential.

MINIMIZE FEAR

Around the world people, are stopping their regular activities and isolating themselves to help slow the spread of this virus. Such disruption necessarily creates fear. The hoarding of toilet paper and nonperishables may be the most obvious manifestation of that fear.

Adding to the stress of lockdowns and social distancing is an overpowering 24-hour news cycle and pundits and prognosticators galore. Unfortunately, not too many of those folks are spreading positive, insightful and encouraging information. While it is tragic that so many people around the world are suffering and dying from this virus, a majority are surviving. News reports that focus on negativity and the unknown further drive the fear response in many people.

Be sure to limit your exposure to this negative input. Find a news source or two that provide reliable, unemotional information to help you stay well-informed.

Ways to take care of yourself during the crisis.

- * Stay Active
- * Take 10 to Zen
- * Chat with your mates
- * Make a homemade meal
- * Take a break from the news
- * Make a music playlist
- * Declutter for 5 minutes
- * Watch or read something uplifting
- * Learn something new



Self-care for Public Safety Professionals during the Coronavirus Crisis, continued...

One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity.

Albert Schweitzer



(I recommend the COVID-19 pages on Lexipol's digital communities: PoliceOne, EMS1, FireRescue1, CorrectionsOne.) Limit the time you spend consuming news, too. It's easy to lose several hours as one story links to another and compelling personal accounts grab our hearts as well as our minds. Ask yourself whether what you're reading adds to your understanding of our present situation in a way that is actionable. Will this article or video change what you're doing? If not, it might be best to turn it off or put the phone down.

GIVE YOURSELF TIME TO PROCESS EMOTION

As a public safety professional, you're not only dealing with your own emotions and the emotions of your friends and family members. As you serve in the line of duty, you confront a wide range of emotional responses to this pandemic. That is a lot of emotion!

As you navigate this unique and ever-evolving period, it's imperative to take time to process your thoughts and emotions. Doing so will make you more effective while on duty.

It is as simple as breathing! All it takes is being conscious of that natural, subconscious act of inhaling and exhaling. Simply taking five minutes at the beginning of the day to sit in a quiet spot, maybe close your eyes, focus on your body's process of breathing, and "check-in" with yourself can make a difference in your entire day.

In the world of mindfulness and meditation, the breath provides the foundation of a new level of self-awareness. Meditation is simply a moment to disengage the brain and all those thoughts being processed and pay attention to your body, where your feelings and your emotions reside. When you become more aware at that level, you will operate more clearly and thoughtfully during your day. You will be more resilient to the inputs coming your way while on duty.

If this process is new to you, it may make it easier to use any number of guided meditations you can easily find online, some long, some short. If you can, try to take another 2-3 minutes periodically throughout the day to stop and focus on what your body is doing –

not what your head is telling you, but what your body is feeling. Process those feelings and emotions someplace you feel safe doing so. Don't pile more into that "emotional duffle bag" to be carried onto the next shift or to the next call for service.

STAY STRONG

We need our public safety heroes healthy and strong on all fronts. We cannot ignore that they are human and are living through this period of uncertainty with the same feelings and stresses as everyone else.

You may feel compelled to fight the fear of the coronavirus by pushing yourself harder, taking on additional shifts while also trying to keep up with your regular responsibilities at home. This reaction is admirable – and we all need to step up. But it's equally important to invest in self-care. Only then can we be ready for what the next shift brings.

Author Bill McAuliffe from March 24th, 2020 online edition of FireRescue1.com

News from the Station



May is Stroke Awareness Month. FDL Fire/Rescue was recently awarded a Certificate of Recognition from the Coverdell Stroke Program and the Wisconsin Department of Health Services for consistently leaving the scene within 15 minutes of arriving to a stroke patient. Outstanding!



Goebel Insurance & Financial and 5G Benefits are very thankful to all healthcare workers and public servants for their hard work and dedication for our safety during this COVID-19 crisis. To show their appreciation they recently bought lunch for the 3 stations from Annie's Fountain City Cafe, Ala Roma Pizzeria & Pub, and Mancino's Pizza & Grinders.

Thank you for thinking of us and for helping our local businesses during these most trying times. Together we are better Fond du Lac!

Taking a look back at history...

Fond du Lac Fire Department responding to a structure fire on March 27, 1955



Well-trained people are the best defense against fire.

By: Assistant Chief of
Training/Safety
James Knowles III



Lines Off, Ladders Up: A Training Approach for Successful Fireground Operations

Every fire alarm is a dress rehearsal for the real event. If this is the case, what are we telling our firefighters and citizens when we show up to a fire alarm not wearing our personal protective equipment (PPE), with no tools, and in no hurry to get to work? Perception is everything in today's world and this mindset can lead to negative patterns for the firefighters and the department who respond in this manner. How can firefighters expect building occupants to take fire alarms seriously if they give occupants the impression that they don't?

When responding to fire or investigation alarms, we need to start treating these alarm drops as if they are on fire. We need to dress out, spot hydrants, and come off the truck ready to work—combat ready. If your department runs non-emergent to fire alarms or only has a single respond emergent, this does not negate the opportunity for training. Just because the flashy lights weren't on and not making a lot of noise doesn't downplay the potential seriousness of the call or the opportunity to gain valuable reps.

Habits and mindsets are hard to change once they become the norm. These small actions everyday begin to set our firefighters up for success by instilling the mindset of aggressive, combat ready crews. Our failure to recognize these situations as opportunities to learn is a disservice to our members. Those who continue to show up unprepared are creating negative habits. These small failures to properly don PPE and have assigned tools are leading their crews down a bad road. This is the normalization of deviance. If we routinely respond to calls unprepared and in the wrong type of mindset, it is difficult to quickly alter our mindset to address the situation. These failures lead to poor outcomes and failure on the fireground.

Every Fire Alarm Is an Opportunity

Few, if any, alarm activations materialize into an actual incident, but companies that treat every alarm activation as if were an actual fire will be prepared when it is the real thing. Firefighters should enter the building like they mean business; equipped with hose bundles, a

a standpipe accessory bag, forcible entry tools, a thermal imaging camera, and a water extinguisher. First-arriving companies assume the crucial role of the fire investigation team and should begin their investigation in the lobby by examining the fire alarm control panel and questioning building maintenance and security personnel. Once the origin of the alarm has been identified, the crew can take the opportunity to use this time to gain valuable training and knowledge of the building.

Every alarm activation is an opportunity for firefighters to sharpen their skills and cannot allow frequent false alarms and nuisance calls to certain buildings to lull them into a false sense of complacency. Firefighters in urban environments can attest from experience that it is no coincidence that buildings with frequent false fire alarms also have frequent burned food on the stove, stuck elevators, water leaks, and fire code violations.

Lines Off, Ladders Up Training Approach

This concept of training works from the Recency



Lines Off, Ladders Up: A Training Approach for Successful Fireground Operations, continued...



Theory or Recency Effect, which suggests recent tasks or information performed or learned is better remembered, which will increase performance of said task or knowledge in the future. To relate this concept to the fire service, if we force a door 10 times a shift for training and get called for a fire and have to perform that skill, the task will be completed quicker. On the other hand, someone who has not forced a door in 10 years will have a more difficult time performing the skill.

Line Off, Ladder Up is a training culture concept that encourages department to perform skills in their environment as much and as often as possible. Fire alarms and smoke investigation runs are an opportune time to use these real-world incidents to perfect aspects of our operations. Spotting hydrants, connecting the hydrant, pulling lines, and throwing ladders on real buildings are the most beneficial training a crew can get. This allows us to operate in our arena and understand the building construction, environments, and obstacles we will encounter.

If we have never encountered difficult situations, we will be unable to quickly remedy these issues during times of high stress.

This training approach encourages crews to always have a proactive mindset and be ready to perform their job. This also allows them to take advantage of alarms to learn and perfect their craft. A false alarm can still have significant benefits to the success of the crews in the future. Having a mindset of aggressiveness and proactivity will improve performance on every scene. It is expected that every firefighter be prepared on every call to perform their assigned duties. This increase in training develops the movement patterns and muscle memory to improve efficiency in their movements, saving time to perform lifesaving skills.

As a rule, for Line Off, Ladders Up, engine companies are encouraged to spot hydrants and be ready to hook the plug. The engineer flushes the hydrant and deploys the large-diameter hose to the hydrant ready to charge. The firefighter and officer need to be able to investigate the issues, so deploying the line initially is not possible.

Once the alarm is determined, this allows the time to pull the line or to game plan the stretch. Frequent causes for fire alarm activations and reports of an odor of smoke are hot or burning motors and belts in rooftop heating, ventilation, and air-conditioning (HVAC) units. A proactive ladder company will spot the aerial for the best placement to gain access to the roof and other operations.

The ladder crew throws a 24- or 28-foot ladder to the building and then moves to the interior to assist locating the issue for the alarm. The added benefit of having ladders in place if the investigation necessitates has already been accomplished.

Cultural Mindset

This type of training is a mindset and takes a commitment to training and a dedication to the craft.

These beliefs need to be instilled into the crews by expressing the importance of the actions and the mindset to succeed on the fireground. These changes may be met with opposition and pushback, but consistency and leadership

will drive the crews toward proficiency. The fire service needs to ensure competence over complacency and the Line Off, Ladders Up training approach will ensure the competence of every member of the crew.

Source: Wheeler, T. (2020). *Lines off, ladders up: a training approach for successful fireground operations*. *Fire Rescue Magazine*. Retrieved from: <https://firerescuemagazine.firefighternation.com/2020/03/30/lines-off-ladders-up-a-training-approach-for-successful-fireground-operations/>



Current Status of New Construction

- Tavern on the Avenue at 725 Fond du Lac Ave. – Building is under construction.
- Moraine Park Technical College at 235 N. National Ave. – Building is under construction.
- Carew Concrete at 244 W. Pioneer Rd. – Building is under construction.
- Fairfield Inn at 925 S. Rolling Meadows Drive – Building is under construction.
- Riviera Maya at 609 W. Johnson St. – Building is close to completion.
- Ducharme cottages at 100-400 Ducharme Parkway – Building 100, 200, 300 are complete and 400 is under construction.
- River Hills Mixed Use Development on S. Main St. – Buildings 1, 2, 3, 4, 5, 6 & 8 are complete and 7 & 9 are under construction.



Youth Fire Intervention Program

Children and Fire can be a deadly combination.
Learn to help before it's too late.

Teach kids never to play with matches and lighters.

Store matches and lighters out of children's reach and sight, up high, preferably in a locked cabinet or container.

Never leave matches or lighters in a bedroom or any place where children may go without supervision.

Teach young children and school-aged children to tell a grown-up if they see matches or lighters. Children need to understand that fire is difficult to control; it is fast and can hurt as soon as it touches you.

It is important for grown-ups to discourage unsupervised fire starts.

Never assign a young child any tasks that involve the use of a lighter or matches (lighting candles, bringing a lighter to an adult to light a cigarette or the fireplace, etc.)



Fire Prevention

*That's what it's
all about!*

By: Division Chief
Troy Haase

Firefighting and Preserving the Fire Scene: Finding the Balance

When I came onto the fire department, I was assigned to a ladder company in the South Bronx. I was usually assigned the “can” position. My tools included a 2 ½-gallon extinguisher and a 6-foot hook. The can firefighter’s function is to serve as part of the forcible entry team. Their role is to perform forcible entry, locate and confine fire, and search for victims. After the fire is knocked down, it is their job to perform overhaul (pre-control and post-control).

Pre-control is the time in the fire where the situation is still fluid and although the fire is knocked down it is not “under control.” We are still looking for pockets of hidden fire. This is a critical point in every operation—we have a handle on the fire but need to make sure that we don’t have extension in some hidden void. This is not the time to be worrying about how much damage we are doing because we need to get ahead of the fire before we have some serious extension.

That being said, we do need to find a balance and be cognizant of causing

excessive damage while operating. Treat every operation as if you were operating at your parents’ house. If we are called for a kitchen fire, say a pot burning on the stove, ask yourself: is it really necessary to break the windows? Do we really need to operate an 1 ¾-inch hose line in a bedroom and flood a room for a mattress fire? I am not at all advocating that we should ever compromise our operation by worrying about breaking some glass or opening a hose line. I am just asking: Where’s the balance?

THE DAMAGE DONE

When I was a lieutenant, I was at in a high-rise fireproof multiple dwelling. The fire was in the rear bedroom, a mattress and maybe the dresser, really not a heck of a lot of fire, but enough to warrant the stretching of a 2 ½-inch hoseline (This Fire Department of New York (FDNY) standard operating procedure; we always stretch 2 ½-inch with 1 1/8-inch nozzle for all standpipe buildings). We had a good, quick knockdown. The probie was on the nozzle.

Somewhere along the line we had a miscommunication, and we wound up pouring a lot of water in that room. I was in command of that line, so that’s on me.

When you pour that much water on the 13th floor, it cascades down to the basement through every apartment below it. The deputy chief came up to take a look, and I remember him being not so happy with me about the “mini swimming pool” we created in that apartment. I never forgot that lesson and vowed never to repeat that mistake.

FINDING THE BALANCE

Where is the balance? We need gallons per minute (gpm) to combat the British thermal units (Btus). That’s the rule; water puts out fire. We need adequate gpm to remove the heat from the structure. I prefer to get a quick knockdown; once we get a good knockdown on fire, shut down the nozzle, and let it blow for a bit. Let the fire settle, then give it a chance to light up a little before we continuously keep pouring water on it. In the FDNY, we use smooth bore nozzles. To reduce water damage and still cool the

room down, we can crack the nozzle a bit and stand about four to five feet back from the window and open the nozzle. This allows you to vent and at the same time, you can cool down the room. After we are done venting or if venting isn’t necessary, put a ½-inch tip on the 15/16 nozzle for overhauling purposes.

There is a big difference between pre-control overhaul and post control overhaul. Another term for pre-control overhaul is searching for hidden fire or looking for extension. This is where the fire is still ongoing and we start reaching out into areas that we think may also be affected. For example, if we had a fire in a kitchen, I would send a crew up to the floor above to check the walls between the bathroom and the kitchen. This is where the pipe chases are normally found and usually an avenue for extension. Another place to check would be the risers in the room where the heat travels. Any opening between floors needs to be opened up. This is unavoidable. What is avoidable is opening areas where we expect *no* fire to travel.



Firefighting and Preserving the Fire Scene: Finding the Balance, continued...



(As a side note, using the thermal imaging camera does not constitute checking for extension. The best way to check for heat is to put the back of an ungloved hand against the wall, and if it is hot, open it up).

Post-control overhaul is performed after the fire is completely extinguished. This is the time that we are generally more thorough; we open up the walls and window frames to check for the extent of the fire.

Usually, when we pull ceilings it would be sufficient to stop pulling when we encounter the clean area. (See Photo 1 in side bar) When I started on the job, we were taught to clean out the whole room, pull all the lathe in the ceiling, trim the windows, etc. This is where we can potentially start destroying evidence that the fire marshals will be looking for. The fire marshals are trying to put the pieces together to figure out the cause of the fire. At this point, slow everything down and think about what you are doing and what actually needs to be done.

Every firefighter should know that the base of the V pattern sometimes points to the point of origin. This is critical information for the fire marshal to know.

If we randomly start destroying the walls for no reason, we may lose a critical piece of evidence. For example, what if there is a kitchen fire and there is a perfect V pattern that points to the coffee maker? What if the gypsum board is torn down and the coffee maker is tossed out? Now the fire marshals arrive and all that's gone. The gypsum board is in a big, wet pile, and the coffee maker is buried in the pile below the window. What if this coffee maker has a defect that is causing numerous fires, and someone dies because the defect goes unnoticed? This is not out of the realm of possibility. Consider the ramifications of your actions at every incident.

The incident commander (IC) is going to be the person that makes the call on whether or not the fire seems suspicious. This IC will also need certain information for the fire report such as:

- Items first ignited
- Cause of ignition
- Heat source
- Factors contributing to ignition

Finding the balance means getting the job done yet preserving people's property. I can certainly empathize. Although I was only three years old, I still remember the feeling of

losing everything. My mother was supposed to get renter's insurance, but did not have the eight dollars so she put it off for a month. My parents came home one night to find our living room fully involved in fire. She had just bought a new living room set.

Remember, the people we serve are putting all their trust in us to help preserve as much of their property possible. Firefighters all have this sense of honor, or we wouldn't be in the business that we are in. We can be the difference between a business remaining open or closing its doors simply by being thoughtful in our operation.

The firefighters in New York City are very good at this; we have had three fires in our town in the last month, and by being conscious of the possibilities and consequences of their actions, they were able to keep the two businesses and the one residence from being completely destroyed. The one business was open pretty quickly because the firefighters thought outside the box. While they were fighting the fire, they went to the local hardware store to get tarps to cover the stock in the store. This is truly an example of a high level of professionalism.



Photo 1

FIRE SCENE OVERHAUL vs. DESTRUCTION OF VALUABLE EVIDENCE

Throughout the history of the fire service, a firefighter's job is to extinguish the fire and then begin overhauling the fire scene looking for "hot spots" and areas of possible fire extension. Firefighters have long been taught at our local fire academy and by the company officers back home about the fine art of "opening up" to prevent the dreaded and always embarrassing call back to the scene a "rekindle."

This "overhaul" of the fire scene typically results in the ceilings being pulled down and walls stripped of its wall covering. During overhaul, most of the furnishing within the room of origin somehow manages to get tossed out of the windows. Unfortunately, this "overhaul" process usually results in valuable evidence being destroyed and lost forever. *This lost*



Firefighting and Preserving the Fire Scene: Finding the Balance, continued...



evidence is critical to the fire investigator, who is assigned the job of determining the “origin and cause” for the fire. The time has come to make a serious change in our long tradition.

THE ROLE OF THE COMPANY OFFICER AND THE FIREFIGHTER

When the alarm comes in, the firefighters adrenaline kicks in and his brain starts processing an endless stream of information and data. In addition to the usual “stuff” that goes through one’s mind, one piece of information that we received years ago back in the academy gets stuck way down the list of things to do.

Most company officers and firefighters don’t know or don’t realize just how important he or she is to the fire investigator. The first-in firefighters are the eyes and the ears (and in some cases, the nose) for the fire investigator. This is true for any fire scene investigation, regardless if it is an “accidental” fire or an “incendiary” fire.

Although no one expects the first in firefighters to be completely trained and experienced in determining the origin and cause of the

fire, the actions of the suppression crews may very well determine the outcome of how and where the fire started. As a fire investigator, I have to seek out the first-arriving firefighters to gather any information they have concerning a laundry list of important items:

- Where did they first observe the fire?
- Did the crews have to force entry into the structure?
- If so, how did they force entry?
- Did they find more than one area of origin?
- How much of the scene (including the contents of the room) has been altered, moved, or destroyed prior to the arrival of the fire investigator?

The list of information that the fire investigator needs is long and detailed!

One of the most important things the firefighters can do is to delay overhauling the fire scene until the fire investigator arrives and has a chance to examine and document the fire scene.

When firefighters pull down ceilings or strip walls to the wall studs, the fire patterns that were present on the

ceiling or the walls are now gone forever. It is important for firefighters and company officers to realize that fire patterns are considered and used as evidence in a fire scene investigation. The investigator cannot find the evidence when everything in the room has been stripped out, pulled down, and tossed out the window. (See Photo 2 in the sidebar)

As a fire investigator, I teach company officers and firefighters the importance of delaying and controlling overhaul. It is important that all fire department members operating on the fire ground be aware that everything in and around the fire scene should be considered as potential evidence. That evidence becomes an even greater priority if one of our members is injured or killed at the scene of a potential arson fire. Remember, we cannot catch the arsonist without evidence to prove an “incendiary” fire. The company officers and firefighters all play a huge role in every fire investigation.

Article Written by: Daniel P. Sheridan & Steve Chasteen, Fire Engineering. “Firefighting and Preserving the Fire Scene: Finding the Balance”, March 25, 2015, Web March 2, 2020



Photo 2



Arson Awareness Week
May 3 - 9, 2020

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards





PEER FITNESS TIPS

By: Peer Fitness Trainer
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Fascial System

Table 1
Descriptive Characteristics of Participants in the
Foam Rolling and Control Groups at the Start of the
Study (N=34)

	Foam Rolling (n=20)	Control (n=14)
Age (years)	20.8 ± 1.70	20.8 ± 1.19
Height (cm)	171.2 ± 8.21	168.9 ± 8.50
Weight (kg)	71.0 ± 11.86	71.0 ± 11.86

Values represent mean ± standard deviation.

Table 1

Can Foam Rolling Improve Sports

Foam rollers, which are a mainstay in many fitness facilities, are often used as a form of self-myofascial release (SMR) during the warm-up of an exercise session or as a means of recovery between workouts. But what exactly is foam rolling meant to accomplish and how effective is it at achieving those objectives?

First, a primer on fascia and SMR: Understanding the concept behind SMR requires an understanding of the fascial system itself. Fascia is a densely woven, specialized system of connective tissue that covers and unites all of the body's compartments. The result is a system in which each part is connected to the other parts through this web of tissue. Essentially, the purpose of the fascia is to surround and support the bodily structures, which provides stability as well as a cohesive direction for the line of pull of muscle groups. In a normal healthy state, fascia has a relaxed and wavy configuration. It has the ability to stretch and move without restriction. However, with physical trauma, scarring or inflammation, fascia may lose its pliability. SMR is a technique that applies pressure to tight, restricted areas of fascia and underlying muscle in an attempt to relieve tension

and improve flexibility. The mechanisms and benefits of performing SMR on a foam roller are unclear, as research findings are often inconclusive or inconsistent. There are a few different potential reasons for this, including the fact that no standard protocol for foam rolling exists. Therefore, when trying to draw conclusions by looking at the results of multiple studies, it's often a case of comparing apples to oranges.

In an effort to bring some clarity to the topic, ACE asked John P. Porcari, PhD, and his research team in the Department of Exercise and Sport Science at the University of Wisconsin-La Crosse to evaluate the training effects of foam rolling on lower-body flexibility and mobility and performance.

The Study

The research team recruited 34 volunteers to participate in the study (See Table 1). Due to the physical demands of the testing and training procedures, participants were required to be at least recreationally active (i.e., exercise a minimum of three times per week for at least 30 minutes) and have no prior lower-leg injuries or cardiovascular or orthopedic

contraindications to exercise. The participants were placed into either a foam-rolling group or control group.

The study began with all participants attending an orientation session, during which they had a chance to practice all of the tests that were later administered as part of the study. In addition to height and weight, the following baseline data were collected during this session after a five-minute warm-up: ankle and knee range of motion (ROM), hamstring flexibility, vertical jump height and agility.

It is important to note that ROM and flexibility were measured using active assessments. For example, the participants were asked to dorsiflex the ankle as far as possible while seated upright on a table with legs straight and only the ankles off the edge of the table, at which point the measurement was taken. Dr. Porcari suggests that the difference between active and passive assessments (wherein a researcher pushes the ankle to achieve maximal dorsiflexion) may be another possible cause of some of the conflicting data found in the research on the topic of SMR. To measure knee flexion, participants laid prone with their knees at the edge of the table and



Can Foam Rolling Improve Sports Performance, continued...

were instructed to flex their knees as much as possible. Hamstring flexibility was assessed using a sit-and-reach test. Finally, a vertical jump test to assess muscular power was conducted, as well as the T-test to assess agility (Figures 2 and 3).

The foam-rolling group participated in instructor-led sessions three days per week for six weeks. Each session consisted of foam rolling the lower back, buttocks, quadriceps, hamstrings, calves and iliotibial bands. Specific instructions were provided on how to foam roll each body part, including demonstrations by the researchers to ensure proper technique.

Each body part was foam rolled for 20 seconds and the entire sequence was repeated three times; each session lasted approximately 15 minutes.

Members of both groups were instructed not to change their dietary or exercise habits over the course of the six-week period. After the six weeks, all participants were reevaluated using the same battery used at the beginning of the study. In addition, those in the foam rolling group were asked to

complete a Perceived Performance Improvement Questionnaire.

The Results

All 34 participants completed the assessment protocol, and all members of the foam-rolling group completed 18 foam-rolling sessions during the six-week training period.

There was no change in body weight for either group. Data for all of the criterion measures are presented in Table 2. There were no significant changes in knee ROM, vertical jump or T-test time for either group. The foam-rolling group had a statistically significant increase in sit-and-reach distance from pre- to post-testing, which was also statistically significantly greater than the change in the control group. The results for ankle ROM were inconclusive, as both groups had statistically significant improvements in ankle ROM over the course of the study.

Answers to the Perceived Performance Improvement Questionnaire are presented in Table 3. It was found that the foam-rolling group felt more flexible and felt like they could jump higher at the conclusion of the study.

The Bottom Line

The purpose of this study was to determine the training effect of foam rolling on

ankle and knee ROM, hamstrings flexibility, agility and vertical jump height. This research found a statistically significant improvement in lower back and hamstring flexibility (as measured by the sit-and-reach test) after six weeks of foam rolling. In addition, foam rolling did not negatively affect athletic performance, as measured by agility or vertical jump height.

“The fact that foam rolling does not do any harm in terms of performance is an important finding,” says Dr. Porcari. “This means that—in contrast to static stretching—foam rolling may be performed during the warm-up, potentially without any negative effect.”

In addition, the participants reported that, while foam rolling can sometimes be uncomfortable or even painful, they felt good afterward. And, as Table 3 shows, most participants felt more flexible and like they could jump higher at the end of the study, and about half felt they had improved in all elements tested. These findings regarding the perceived benefits may explain some of the allure of foam rolling, despite the lack of conclusively supportive evidence.

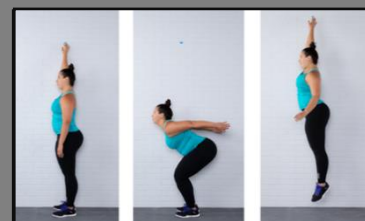


Figure 2
Vertical Jump

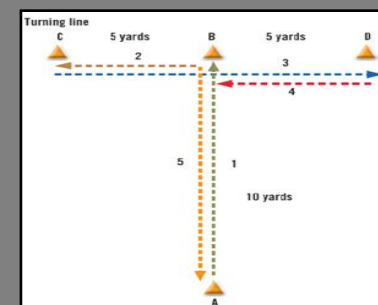


Figure 3
T-Test

Table 2
The Results of Six Weeks of Foam Rolling

	Foam Rolling			Control		
	Pre	Post	Δ	Pre	Post	Δ
Ankle ROM (degrees)	104.3 ± 4.95	107.4 ± 3.75*	+3.1	103.0 ± 4.19	107.2 ± 4.69*	+4.2
Knee ROM (degrees)	128.8 ± 5.16	130.2 ± 5.81	+1.4	127.6 ± 5.51	128.3 ± 5.39	+0.7
Sit-and-Reach (cm)	29.6 ± 7.78	31.5 ± 7.35*	+1.9†	35.1 ± 9.10	33.4 ± 9.65*	-1.7
Vertical jump (cm)	48.5 ± 12.95	50.0 ± 13.74	+0.5	50.0 ± 10.62	49.0 ± 9.42	-1.0
T-Test (sec)	11.7 ± 1.36	11.5 ± 1.38	-0.2	11.8 ± 1.00	11.8 ± 1.04	-0.0

Notes: ROM = Range of motion; Δ = Change
Values represent mean ± standard deviation.
*Statistically significantly different than pre (p<0.05).
†Change statistically significantly different than change for control group (p<0.05).

Table 2

Table 3
Responses to the Perceived Performance Improvement Questionnaire from the Foam Rolling Group (N=20)

	Yes	No
I feel more flexible.	17	3
I feel more agile.	9	11
I feel like I have more range of motion in my ankle.	9	11
I feel like I have more range of motion in my knee.	10	10
I feel stronger.	10	10
I feel like I can jump higher.	15	5

Table 3

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