

February
2021

Fire Line Newsletter

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From the Balcony

As I write this month's column, many of our members have already received their first of two vaccines to combat the Covid-19 virus. Although getting the vaccinations scheduled was not as seamless as I believe it should have been, I am nonetheless grateful for the cooperation we share between Fond du Lac County Public Health and St. Agnes Hospital. Without their combined intervention, we would still be waiting for our vaccines. The health and wellbeing of our members is paramount and early access to the vaccine makes good sense. For those members who elected to take the vaccine, I hope you feel a sense of relief when you reunite with your loved ones after each shift knowing you're safeguarded from Covid-19.

Also this first week of January, AC Gerritson and I were invited by IAFF Local 400 to a Zoom meeting with representatives from the IAFF and PFFW as they offered up their skillsets and experience to help us have a successful referendum in April. The meeting was positive and incredibly helpful! The City is excited to have the value added bonus of the IAFF's expertise in this arena. Over the next 90 days our entire membership will become well versed in the facts which support a favorable referendum vote in April. Adding six additional

firefighter/paramedics will make us better and we will need each member to bang the drum and be prepared to have positive dialogue with the public when the opportunity presents itself.

Yesterday we witnessed an incredible scene at our nation's capital. Many of us have walked the steps into the capital and have walked the halls of congress. No matter where our political or religious beliefs take us, civility has to be what we won't compromise. Yesterday our country wrote another chapter in history and whoever authors that book will have plenty to write about. What's really important is that we, the men and women who are FDLFR continue to act in a way that promotes civility and neutrality so that no matter who we encounter we never lose their respect for us and our profession. The trust we have earned can be altered so easily and public perception is built on observations. If we continue to be a shining example of what good looks like, we will be doing our small part in helping our nation begin the healing process. I am proud of our profession and all of you.

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



FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson



Living up to our oath: We must take care of others and ourselves *Reference: Robert Rielage of FireRescue1.com*

Following a difficult year, firefighters must continue to focus on helping our fellow members cope.

I, [state your name], do solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter. So help me God.

The oath is for an indeterminate period; that means there is no duration specifically defined – it is essentially a life-long pledge and dedication.

HISTORY AND CONNECTION TO THE OATH

Unlike many countries around the world, we do not swear allegiance to an individual leader, an ideology or to a political party. Rather, by swearing to the constitution, we are upholding the interest of every citizen who looks to the protections and the individual freedoms guaranteed to all of us by the Constitution and Bill of Rights.

The oath we took is not just to protect others, it is also to take care of ourselves and, as in the military, to look after our

brothers and sisters, as they and their families cope with this added stress.

WE TAKE CARE OF OTHERS AND OUR OWN

From placing yourself into harm's way to ensure that everyone is safely out of a fire, or the daily prehospital care that was and still is required by patients during the COVID-19 pandemic, each of you has performed admirably.

At the same time, the fire service has paid a price. The price has been paid by the hundreds of firefighters, paramedics or EMTs who unselfishly answered the call, only to have contracted and/or succumbed to the virus themselves. At last count, 131 of our brothers and sisters have paid the ultimate price so others might have a chance to live. It continues to be paid by those scarred physically or psychologically from the effects of COVID.

Whether it is watching how COVID-19 has deteriorated a friend or fellow firefighter, to the fear of bringing the virus home and infecting a loved one, we will be dealing with the consequences of this virus long after we have received the vaccine that promises to help eradicate this scourge.

HOW CAN WE HELP? START BY BEING A GOOD LISTENER

The oath we took is not just to protect others, it is also to

take care of ourselves and, as in the military, to look after our brothers and sisters, as they and their families cope with this added stress.

Listening has become a lost art. Perhaps it's due to the time we spend communicating with each other via text messaging and the subsequent lack of face-to-face conversations, but a truly good listener seems harder to find these days.

Sometimes while we are there for the public that is in need, we may forget that we should also be there for each other, including listening to our fellow firefighters just vent their fears or frustrations. Knowing that someone cares enough to listen, even if they have no sage advice to give, may help a firefighter make the difficult decision to seek outside help.

Is this a sign of weakness? Absolutely not. In fact, seeking advice is the first step to overcoming the issues surrounding a line-of-duty death (LODD), a disability, or mental or physical fatigue. Whether that advice is from a fellow firefighter, the department physician or a professional, such as a psychologist trained in critical incident stress debriefing (CISD), we can perhaps add to the quality of life of our brother or sister, starting by just being a good listener.

Until Next Month...Stay Safe!

Operations by the Numbers

December, 2020	By Month		Year-To-Date	
PREVENTION	Last Year	This Year	Last Year	This Year
Total Inspections	218	287	3050	2516
Total Defects	130	74	1873	1175
SUPPRESSION				
Alarms Involving Fire	7	10	112	129
Fire Mutual Aid Given	2	2	15	14
Fire Mutual Aid Received	0	1	1	4
Service/Good Intent Calls	38	45	528	589
False Alarms/False Calls	22	23	389	307
Other Calls	7	16	175	174
Total Fire Alarms & Calls	74	94	1204	1199
EMS				
Total Ambulance Calls	534	583	6288	6402
Total Fire/EMS Responses	608	677	7492	7601
Fire Property Loss	\$53,000.00	\$26,500.00	\$486,468.00	\$289,700.00
Fire Contents Loss	\$2000.00	\$12,500.00	\$221,906.00	\$404,571.00
Engine Assisted EMS Calls	208	237	2753	2719



Current Status of New Construction

- Moraine Park Technical College at 235 N. National Ave. – Building is under construction.
- Fairfield Inn at 925 S. Rolling Meadows Drive – Building is under construction.
- River Hills Mixed Use Development on S. Main St. – Buildings 1, 2, 3, 4, 5, 6, 7 & 8 are complete and 9, 10, 11 are under construction.
- Demolition continues at Forest Mall.
- Badger Liquor – Warehouse is under construction.
- Huberty CPA's on S. Pioneer Rd. – New Construction
- Excel Engineering – New addition.
- Capelle Bros./Diedrich – Building is under construction.
- Country Lane Cottages - Townhouses under construction.
- Sullys Tavern – Under Construction
- Caliber Collision on N. Peters Ave. – Under construction



The Code Summary

By: Assistant Chief Todd Janquart

10 Things We've Learned From the COVID-19 Pandemic

As 2021 begins, COVID-19 vaccines have recently been approved, and it appears that the beginning of the pandemic's end is in sight. That said, we are still experiencing large spikes throughout the country, and hospitals and EMS systems are under immense strain.

We aren't quite on the other side, but we can now see the light at the end of the tunnel.

Here are 10 things we've learned from the pandemic that can help improve other areas of EMS response:

TELEMEDICINE IS THE FUTURE

Telemedicine was underutilized prior to COVID-19, and it is almost certain to become more common in the future.



During the pandemic, physicians needed a way to continue to see patients while minimizing the risks of exposure to COVID-19. Telemedicine quickly became the clear solution. Virtual appointments allowed patients to get advice from physicians without exposing everyone in the waiting room.

Telemedicine has historically been underutilized in EMS as well, and it's something we should take advantage of in the future. Companies like Pulsara have developed applications that allow EMS providers and patients to communicate directly with hospitals and physicians, helping them develop treatment plans and provide the best care for the patient.

PPE WORKS

As first responders, we are at higher risk of infection because of the nature of our work. But with the proper protection, we can help prevent transmission. One study from Seattle showed that less than 0.5% of EMS providers tested positive for COVID-19 two weeks after exposure to a confirmed positive patient. Other studies have shown that N95 respirators adequately protect the wearer against viral particles.

Proper PPE will help protect you from the virus. At minimum, an N95 mask and eye protection should be worn with every suspected COVID patient.

MASKS AND PHYSICAL DISTANCING ARE KEY

Wearing masks and staying socially distanced from one another helps prevent the spread of the virus. Several studies have shown that there is a significant risk reduction of COVID-19

infection with even just a cloth mask or neck gaiter.



Along with physical distancing, masks help cut down on virus transmission.

MANY PEOPLE ARE STILL SKEPTICS

Many people still deny that COVID-19 is a problem, or even real to begin with. Many refuse to change their daily routine, wear masks or keep their distance. Many more are skeptical of the new vaccines.

As healthcare providers, we understand the science behind the recommendations and have seen firsthand how devastating this virus can be. Our job should not only be to help those in need, but to educate those about what we're facing and what tools we have to combat it.

Answering questions and explaining practices to nonmedical personnel with patience and kindness can help turn skeptics into believers armed with information they can share with their friends and family.

THERE IS NO SINGLE, OBVIOUS COVID-19 PRESENTATION

Some COVID-19 presentations may be obvious, but others may not. The classic symptoms of fever, cough and shortness of breath may not be present in every patient. Other symptoms may be predominant. Headache, diarrhea, vomiting, body aches, fatigue, loss of taste or smell and congestions are all possible symptoms of the virus.

Whether or not it seems likely that you or someone you know has contracted COVID-19, don't rule it out based only on symptoms. It's still important to ask about possible sick contacts, travel and other potential risk factors for exposure.

TAKE CARE OF YOURSELF AND YOUR COLLEAGUES

First responders have always had stressful jobs, but now their jobs have become even more difficult. This is a stressful and scary time, especially for those in healthcare who are putting their lives – and their families' health – at risk.

It is important to be aware of the toll stress can take on your well-being. Take the time to take care of yourself and your mental health. Talk to others about how you're

10 Things We've Learned From the COVID-19 Pandemic

Continued...

feeling. Go for a walk, read a book, debrief with peers about hard cases you've faced together and try to do something every day that makes you happy.

WE NEED TO PREPARE FOR THE NEXT PANDEMIC

COVID-19 showed us many areas we were not prepared to handle a pandemic – lack of sufficient equipment is just one example. We all experienced feelings of fear and frustration when we realized that single-use masks were going to have to be reused – and worse, that there may not even be enough protective equipment to go around.

This shouldn't have happened. Our next step should be to learn from the experience. Hospitals, states and healthcare organizations – including EMS agencies – need to prioritize preparing and stockpiling protective equipment for the next big illness. The next pandemic isn't an "if" but a "when", and we can use the COVID-19 pandemic as a learning

experience to improve our response to the next one.

NEW VACCINE TECHNOLOGY HAS PROMISING POTENTIAL
Companies have managed to develop a COVID-19 vaccine in less than a year, shattering all previous vaccine timelines.



Traditional methods for developing vaccines use live or dead virus DNA to help the body recognize and attack the virus. These vaccines take longer to develop, and some carry the risk of infecting the patient with the bug they were attempting to protect them from.

Taking a brief trip back to college biology (sorry): DNA is translated into mRNA, then transcribed into proteins. In the case of

the vaccine, these proteins are antigens that the body's immune cells react to.

Compared to traditional vaccines, mRNA activates more of the body's immune response and can be manufactured faster. The new COVID-19 vaccines mark the first time mRNA vaccines have been used in a large-scale setting, and based on their trials they are about to be a huge success. This means we will probably see more mRNA-based vaccines and therapies in the future.

DON'T BECOME COMPLACENT

Everyone is tired of dealing with COVID-19 – but that doesn't mean we can let our guard down. It is incredibly tempting to see friends and family outside your household, skip the mask and return to more normal living. Unfortunately, we can't go back to the way things were just yet. Take the time to gear up correctly – every time – and think about every action you perform and how you may be putting yourself and others at risk.

HUMANS ARE INHERENTLY KIND AND RESILIENT

Throughout the year, there have been countless stories of courage, kindness and resilience from people around the world. Everyone has been stepping up to help their neighbors and do what they can to support healthcare workers.

I may be biased, but I believe healthcare providers (especially EMS) have been incredibly brave, and they have spent this year working harder than ever. Despite overwhelming patient volumes, lack of resources, risks to self and the fact that little was known about the virus, they continued to show up to do everything they could for their patients.

To all my fellow healthcare workers: Thank you. You've shown a great deal of courage and selflessness this year, and we are all grateful for you.

Article from the 1/8/2021 online edition of EMS1.com

*Authored by
Marianne Meyers*

*Life is 10% what happens to you and
90% how you react to it.
Charles R. Swindoll*

NEWS AT THE STATION

Thank you to Hawkins Water Treatment for their generous donation. Pictured is Division Chief Gath Schumacher accepting a check from Jason Amsler from Hawkins. Thank you for your continued support!



We are so grateful for the work of Fond du Lac County Health in partnership with St. Agnes Hospital for rolling out Covid-19 vaccines for our personnel. Thank you from FDLFR! (Pictured Left to Right FF/PM Jake Fisher and Captain Jim Wamser).



CONGRATULATIONS!
Firefighter/Paramedic Eric Rebedew
10 years at FDL Fire/Rescue!

Eric Started at FDLFR on February 28, 2011



Happy February Birthday

John Hicken • Erick Gerritson • Jack Prall •
Dusten Hilgendorf • Jake Vogds •
Jed Rathke • Adam King



Well-trained people are the best defense against fire.

By: Assistant Chief of
Training/Safety
James Knowles III

Hands-On Engine Company Training

What do you do, as the leader of your fire company, to ensure your personnel are ready for battle? This question is important if you're an engine company officer with a company that's working toward being prepared for firefighting duty. But training and preparation don't stop once you determine that your crew is fit for battle. It's your job as their leader to continually challenge your crew's knowledge and refresh their skill sets.

Defining & Ensuring Readiness

The first and probably biggest challenge to any engine company officer involves building and maintaining a level of readiness in your members that ensures they're ready for battle. So what is readiness? It's being mentally and physically ready to face whatever challenges you'll encounter. No firefighter should be on their way to the fire station or to an incident without being fully ready to work when they get there.

This challenge can be extremely difficult to overcome. People often have many things on their mind, so they sometimes cut corners, don't train or think the little things aren't important. With the right people, these issues can be easily dealt with; however, the "right" people aren't always on our crews.

What we want are people who come to work ready to work, which means that when they go to a fire, they shouldn't be surprised to see smoke or flames upon arrival. We are the fire department and therefore need to be ready for the types of responses and responsibilities we'll face.

To ensure your team's readiness, you must establish simple expectations and communicate them to your people. Examples include:

- Always give your best.
- When you show up, be ready to do the job.
- Challenge yourself and expect to be challenged.
- Realize that you're part of a team and may never see the actual fire, because you may be down the hall, around the corner or at the door, feeding and flaking the fire line.
- Have a "can-do" attitude.

Hands-On Training

The most obvious way to ensure readiness is to train. There are several ways to accomplish this: through fire scenarios, preplanning evolutions, publication review, video training, etc. These are important, but nothing can replace hands-on training evolutions.

This is the best form of training when trying to build skill sets and muscle memory.

On the engine company in particular, there's no substitute for hands-on training evolutions, because at a fire, the role of the engine is to stretch and operate fire lines. You must stretch hose and place it into service if you're ever going to knock down the fire; therefore, you must be completely aware of and knowledgeable about how to physically perform these duties.

Perform hands-on training during every shift and in full PPE and SCBA in order to develop muscle memory. You can do this with your crew, but also keep in mind that you don't need to be an instructor or have special skill sets to arrange a company drill. *Tip:* If interested in arranging a company drill, take the time to write down some simple drills and locations where you can perform them. Also include a brief description of the evolution and list any goals you want to accomplish.

Where & How to Do It

As the company officer, you must survey your area to find suitable places to stretch fire lines. There are

numerous possibilities: the fire station (especially if it's a multi-story station), department training facilities, fire-resistive multi-dwellings, high-rises, vacant buildings, parking garages, open lots, dead-end streets, alleys, college dormitories during school breaks, grade schools, large playground structures, etc. Each of these locations offers an infinite number of opportunities to perform various evolutions. *Note:* Before you begin any training at these locations, ensure that your department allows you to conduct training in places other than fire department facilities.

Once at the location, we've learned from experience that it's helpful to explain to a building manager or maintenance person that you're there to ensure that you can respond to a fire in their building, and may only be stretching dry hoselines. If you're careful, you can stretch lines to the point of service over and over again. Although this doesn't address the charging and advancing aspects, it does provide you with valuable experience in the buildings that you'll respond to in your area.

The best places to charge the hose are in the fire station, training facilities,



Hands-on Engine Company Training...continued

parking garages, vacant buildings and some high-rises or government buildings where you have permission to stretch and water damage isn't a concern.

Focus: Water Delivery

You should also include SCBA training, mayday training, survival training, firefighter rescue training, tool training and pump training in your evolutions; however, the majority of your training should focus on the delivery of water and the various ways in which you can accomplish that task. Following are some examples.

Front Door or Front Porch Stretch

Practice simple evolutions that involve deploying and flaking the hoseline so that you can make an attack from the front door of a single-family or multi-family residence where you'll enter from the main entrance. This simple drill will build speed and help you develop tips and tricks to make future advancement easier.

To mix it up a little, try stretching in various directions from the engine; stretch short and long distances to assist in building distance estimation skills; position or use obstacles to complicate things; and use buildings that have steep front yards or multiple

fences. Taking it even further, you could substitute 2½" lines for your 1¾" fire lines.

Apartment Stretches

Practice multiple evolutions to train on these more complicated stretches. First, attack from the stairwell by getting the hose in service and to the door of a protected stairwell. Then practice staging hose on the floor below or in an adjacent space to assist in advancement. Practice stretching a line up stairs and down long hallways to apartment doors, simulating that the door is still intact. These are also good evolutions to use when trying to estimate stretches and an excellent opportunity to control and chock doors while stretching.

Water Supplies

Perform simple evolutions that involve establishing water supplies with front intake hoselays, forward supply lays and reverse supply lays to develop the skills needed to assist in these evolutions. You can also perform these evolutions with a charged hoseline to get a feel for how you would proceed during a real incident.

Long Lays

There are almost surely multiple locations in your running area where standard pre-connected hoselines won't reach the potential fire area due to the size or height of the fire building, or due to the horizontal distance from the engine to the fire building.

To understand your capabilities, train on how you'll get hose into service from your apparatus in these situations and make changes to your hose layouts, if necessary.

Master Streams

One often overlooked engine company training evolution involves developing competence in delivering high-gpm master streams from the apparatus and from remote locations. To train properly on this skill, focus on rapidly deploying the master stream in order to deliver maximum gpm. Another important skill: deployment of master streams and large handlines for immediate defensive operations and exposure protection.

2½" Hoselines

Practice deploying the larger 2½" hoselines and operating them in a variety of situations. Drill frequently inside commercial and industrial settings. Use obstacles to develop skills in handling, moving and advancing the line up stairs.

Standpipe Operations

If you may be called to operate within standpipe-equipped buildings or high-rises, you should practice standpipe ops often. Specifically, practice stretching a line from the standpipe riser on the floor below to the stairwell door on the fire floor, but also practice apartment stretches

when the public hallway is tenable and you're able to stretch to the apartment door. *Note:* You may find multiple buildings in your area with standpipe risers in public hallways that require more hose than you carry in your standpipe kits to complete a standard stretch.

You should also practice deployment of master stream devices from the standpipe riser, and hooking up to systems at the fire department connection and at the first-floor hose outlet. *Tip:* To avoid creating water damage when drilling on standpipe ops, perform stretches and advancement with charged hoselines from risers in parking garages or other public buildings.

Unusual Stretches

At times, you may encounter somewhat unusual situations, such as incidents that require you to stretch hose with a rope or via fire escapes. As with other types of hoseline stretches, you should drill on these types of scenarios on a regular basis to understand your limitations and fine-tune your skills.

Simulation Training

When the weather isn't conducive to hands-on training, you can perform some simulation training. The best way to do this is to take pictures of buildings in your response area, and, using either a commercial simulation program or



Hands-on Engine Company Training...continued

simply pasting images of smoke and fire onto the photos, you can simulate a building fire. This may spark a great deal of discussion on the building type, construction concerns, water supply, best methods of attack and hoseline size. This type of drill may also motivate your firefighters to investigate the buildings in your area more often.

Conclusion

Although we've provided you with a variety of methods and evolutions to better prepare you for your role on the engine company, it's up to you to figure out what you can do within your system and department to challenge and prepare your firefighters. Our advice: Get creative, switch things up to keep your firefighters on their

toes and use any and all of your available resources and buildings to provide training evolutions for your personnel. As their leader, it's up to you to initiate realistic training evolutions to ensure an optimal level of readiness.

Source: Kirby, M. & Lakamp, T. (2012). Hands-on engine

company training. FireRescue (Issue 6, volume 7).

Retrieved from:
<https://firerescuemagazine.firefighternation.com/2012/04/01/hands-on-engine-company-training/>



Child Safety



One of the ways young, curious kids learn about their surroundings is through their sense of touch.

Sometimes their explorations can lead them to reach out and touch hot objects, resulting in an injury.



February – National Burn Awareness Month

Since young children are still developing, they have thinner skin than adults, which can result in more serious injuries from a burn or scald. Every day, 300 children ages 0 to 19 are treated in emergency departments for burn-related injuries. Here are a few simple steps to keep your child safe from potential burns and scalds in your home.

- **Create a kid-free zone.** Teach younger children to stay at least 3 feet away from your cooking space. If you need to watch babies while cooking, place them in a highchair outside of the kid-free zone where you can see them.
- **Keep hot objects out of children's reach.** Cook on the back burners of the stove and turn pot handles away from the edge.
- **Check bathwater temperature.** Before placing your child in the bath, check the water temperature with the inside of your wrist. The water should feel warm to the touch, not hot.
- **Watch children around fireplaces.** When a gas fireplace is turned on, the glass is extremely hot and can take more than an hour to cool down after it is turned off. Keep children away from the fireplace to prevent burns from the hot glass.

Fire Prevention

The Bureau Never Sleeps

By: Division Chief
Garth Schumacher



Heating Safety

I hope this article finds you all doing well and staying healthy. As I write this the temperature is a balmy 35 degrees and the sun is actually shining for a recent change. This mild temperature is expected to last a few days and then there is an apparent polar vortex headed our way that will bring frigid temperatures once again. Something living in Wisconsin has taught us to expect on a near day-to-day basis.

With this temperature drop in mind I thought it would be important to touch on heating safety, when the

temperature drops the demand for heat and energy usually skyrockets. If you are like many you probably have some type of fireplace be it wood, pellet, or even natural gas. With these types of heat sources comes an increase in the potential for issues to arise. If not maintained furnaces, fireplaces, and chimneys can pose serious risks, especially when the demand goes up on cold days.

Some issues that arise with furnaces that we often overlook are the vents that exit our homes. These vents need to be maintained and

kept clear of snow and ice so that the furnace can properly operate.

Fireplace chimneys should be inspected annually for creosote buildup and that the chimney is clear of debris such as bird nests or anything else that may have infiltrated the chimney during the summer months.

The fireplace itself should be looked at on an annual basis to make sure its components are functioning properly. If you see a problem with the way anything operates, that's a great time to contact a professional to make sure

that you are safely back up and running.

The best possible scenario is to have these appliances checked prior to the cold weather, it saves you anxiety as well as money from an emergency visit from the HVAC professional.

I have included some fact sheets that pertain to heating methods, how and when to maintain the equipment and overall how to be safe about it.

Until next month, stay safe out there.

Heating Fire Safety



Follow these heating tips to help maintain a fire-safe home this winter.



Space Heater

- Keep anything that can burn, such as bedding, clothing and curtains, at least 3 feet away from the heater.
- Make sure the heater has an automatic shut-off, so if it tips over, it shuts off.
- Turn heaters off when you go to bed or leave the room.
- Plug portable heaters directly into outlets and never into an extension cord or power strip.
- Only use portable heaters from a recognized testing laboratory.



Fireplace

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks jumping out.
- Do not burn paper in your fireplace.
- Put the fire out before you go to sleep or leave your home.
- Put ashes in a metal container with a lid, outside, at least 3 feet from your home.



Wood Stove

- Make sure your wood stove is 3 feet from anything that can burn.
- Do not burn paper in your wood stove.
- Put the fire out before you go to sleep or leave your home.
- Have your chimney inspected and cleaned each year by a professional.



Furnace

- Have your furnace inspected each year.
- Keep anything that can burn away from the furnace.



Kerosene Heater

- Only use kerosene heaters from a recognized testing laboratory.
- Make sure the heater has an automatic shut-off, so if it tips over, it shuts off.
- Refuel your cooled heater outside.

For more information and free resources, visit
www.usfa.fema.gov/prevention/outreach.

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**



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



nfpa.org/education ©NFPA 2017



PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Nutrition Tips for Men

Author: Lorne Opler, Contributor ACE Fitness

Weary of trying to cut through the clutter of misinformation and unsupported claims about what you should or shouldn't be eating? With so much information at our fingertips, it can be really challenging to separate fact from fiction. But eating nutritiously doesn't have to be complicated. Here are four essential tips to help ensure you're getting the nutrients your body needs to stay healthy and energetic.

Don't Skimp on Protein

"I believe there is a large population of men who miss out on their daily basic nutritional needs," says Tim Hughes, Certified Strength and Conditioning Coach at Hughes Health in Toronto, Ontario, Canada. "And so much of it stems from the fact that men generally have a higher lean muscle mass percentage than women. That greater degree of muscle mass needs to be supported through proper diet, and that begins with protein intake" he concludes.

So don't skip on protein, especially if you're looking to build muscle. The extra muscle mass that men carry (compared to women) is due to elevated levels of testosterone circulating in the male body. And maintaining building that extra muscle

mass requires fuel from dietary protein because skeletal muscle, in its most basic form, is made up of microscopic protein filaments. But how much protein? The answer depends on the type of activity you perform.

For weight lifters, powerlifters and anyone who performs resistance training (machines, bands, dumbbells, body-weight exercises), the Academy of Nutrition and Dietetics recommends a daily protein intake of between 1.4 to 1.8 grams of protein per kilogram of bodyweight to build muscle mass (or approx. 0.64 to 0.82 grams of protein per pound of body weight). What does that actually look like on a plate? Let your hand be your guide: a standard 3 oz. (85g) serving of meat or fish should fit into your palm; a half-cup (100g) of plant-based protein such as beans or legumes equals the size of your fist; two tablespoons (30 grams) of protein-packed nut butters is about the size of your thumb.

Don't Skimp on Carbohydrates

"Carbohydrates are the sidekick to proteins," says Hughes. "Carbs support proper protein synthesis. You need to keep carbs at a healthy level if your aim is to add lean muscle mass." What does that mean? First and foremost,

include carbs in your post-workout meal.

Carbohydrates trigger the release of insulin, which allows for both glucose and amino acids (the building blocks of protein) to be taken up by muscle cells. A 2012 research study published in the Journal of the International Society of Sports Nutrition suggested that combining a fast-acting carbohydrate with a protein after a vigorous workout can be an effective means of increasing muscle protein synthesis. Consuming a 3:1 protein-to-carbohydrate ratio with approximately 30-40 grams of carbs is a well-established formula for post-workout muscle growth.

Get your Daily Dose of Omega-3 Fatty Acids

From cardiovascular and brain health to joint health, omega 3s offer numerous benefits. They also are believed to reduce inflammation in the body. Inflammation is the immune system's response to injury or illness. High-intensity workouts increase inflammation and omega 3s contain strong anti-inflammatory properties to reduce post-exercise inflammation and speed recovery.

Follow the Mediterranean Diet

The Mediterranean diet combines all three macronutrients (proteins, carbs and healthy fats) into

one nutritional powerhouse for men. "The Mediterranean diet is one of the most well researched preventative and therapeutic dietary interventions for cardiovascular metabolic health and one of the most common prescriptions I make to my male patients," says naturopathic doctor Liam LaTouche.

The diet is primarily plant-based with a heavy emphasis on vegetables and fruits, whole grains and legumes, healthy fats and oils, nuts and seeds, with limited intake of red meat, butter and added sugars. Research suggests it is particularly helpful for treating metabolic syndrome, which is a cluster of conditions that include elevated blood pressure, blood sugar levels, abdominal circumference, blood fat levels, and decreased levels of good (HDL) cholesterol. "Combined with exercise and stress reduction," LaTouche says, "the Mediterranean Diet is a safe, natural, and effective nutrition program to improve the health of men of all ages."

Eating healthfully doesn't have to be difficult or confusing. Following these basic tips can go a long way toward improving your overall health and well-being.