

August
2021

Fire Line Newsletter

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From the Balcony – Farewell to Deb Pinnow

Earlier this month we bid a fond farewell to our longtime records clerk, Deb Pinnow who retired on July 7th after more than 30 years of dedicated service to Fond du Lac Fire Rescue. Many would argue that Deb had the most important job of anyone; she kept the payroll records and in turn, made sure we all got paid every two weeks! Although that might be what many may remember most, but she was much more critical to our organization than getting me ready to approve, “payroll Monday”. Deb Pinnow was a fantastic historian about everything Fond du Lac Fire! When I needed an historic perspective, I often turned to Deb who was quick with a story and the background of a particular issue. Deb was a friend to so many often holding court in her office with one of our members. She loved being involved in the lives of our members and her presence in the firehouse will be missed.

Deb played a significant role in our fire prevention bureau and kept all our vital records intact. If we needed a record found, there was one place I would go to find it: Deb Pinnow! She also worked tirelessly on our youth fire prevention intervention program as well as scheduling of our tours and public relations events.

When I leave for the end of the day, I routinely stopped by Deb’s office and said, “I’m out”. Now she got to tell me that “she’s out”. We hope that her payroll Mondays are filled full of healthy and happy days without worry of payroll Mondays on her horizon.

Congratulations Deb and thank you for your dedicated service to our citizens, our department and to me. We will miss you!

*Until Next Month,
Be Safe and Be Well*

**Fire Chief
Peter O’Leary**



Duty • Honor • Pride • Tradition



FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson



State Overview on Fire Department Related Items

The Governor of the State of Wisconsin in early July signed the 2021-23 biennial budget. Within the budget there are a few vital aspects that effect all the Fire Departments within the state and I wanted to take an opportunity to highlight them in this month's newsletter.

PFAS- The first key item in the budget placed \$1 million dollars into a DNR segregated account for the purpose of collection and disposal of firefighting foam that contains PFAS. This is the first large amount of money set aside to aide fire agencies with the disposal of the "forever" chemical that is PFAS. Hopefully later this year the State will take up a legislative bill outlining how agencies will be able to properly discard this foam that many departments have been storing due to the high expense of disposal.

Task Force One- TF-1 is a team of individuals specializing in urban hazard mitigation, search and rescue, and incident stabilization. While their emphasis is the location and extrication of victims trapped in collapsed structures or confined spaces, the task force is capable of responding to state and national disasters including earthquakes, hurricanes, tornadoes, floods, and man-made technological and terrorist events. This team is made up of 140 members representing 11 departments throughout the State. The program was mostly federally funded in the past and there were many issues and "red-

tape" with agencies obtaining these funds. Within this budget, TF-1's appropriations are now law. Additionally, like the PFAS process, the TF-1 will need passage of legislation to address statutory obstacles, but there is now \$500,000 available for training and equipment built into the budget.

WISCOM- The Wisconsin Interoperable System for Communications (WISCOM) is a shared statewide, interoperable, land mobile radio public safety communications system. Local, state, and federal first responders/public safety officials in communities across the state may use WISCOM to communicate for their daily mission, during a major disaster, or a large-scale incident. While home rule in Wisconsin allows for local control of communications networks, WISCOM allows for connectivity of those networks when the local network exceeds their local resources, while still respecting home rule. The final result is an in-depth communications network that can support local needs, major disasters, or large-scale incidents. The WISCOM program was originally developed and implemented in 2010 and currently supports over 40,000 radios providing mission critical communications to over 900 local, state, and federal public safety agencies statewide.

The network was initially built to support 95% mobile coverage to its users across the state, while also allowing other agencies the ability to join and enhance the portable coverage with additional sites.

The biennial budget provides \$6 million GPR funding a statewide interoperable radio network to replace WISCOM. There are many aspects that will need to be addressed before a replacement system gets awarded and replaced, but this budget is allowing the process to move forward.

**Until Next Month...
Stay Safe!!**

Operations by the Numbers

June, 2021	By Month		Year-To-Date	
	Last Year	This Year	Last Year	This Year
PREVENTION				
Total Inspections	185	127	1055	1393
Total Defects	75	72	603	647
SUPPRESSION				
Alarms Involving Fire	12	14	65	57
Fire Mutual Aid Given	1	1	9	10
Fire Mutual Aid Received	1	0	1	5
Service/Good Intent Calls	64	46	303	278
False Alarms/False Calls	21	31	138	165
Other Calls	32	14	95	65
Total Fire Alarms & Calls	129	105	601	565
EMS				
Total Ambulance Calls	484	520	2915	3100
Total Fire/EMS Responses	613	625	3516	3665
Fire Property Loss	\$106,000.00	\$67,625.00	\$441,100.00	\$269,938.00
Fire Contents Loss	54,250.00	\$11,740.00	\$223,001.00	\$109,890.00
Engine Assisted EMS Calls	208	207	1238	1242



Current Status of New Construction

- River Hills Mixed Use Development on S. Main St. – *Buildings 11, 12 are under construction*
- Forest Mall / Staples – *Demolition continues*
- Huberty CPA's on S. Pioneer Rd. – *New Construction*
- Excel Engineering – *New addition*
- Country Lane Cottages - *Townhouses under construction*
- Sullys Tavern – *Under Construction*
- Parkside, Evans, Sabish Schools – *Under Construction*
- Sister Catherine Drexel Homeless Shelter – *Under Construction*
- Hobby Lobby / Big Lots – *Construction/Renovation has started*
- BCI Burke – *Under construction*



The Code Summary

By: Assistant Chief Todd Janquart

Crush Syndrome after Structural Collapse

At approximately 1:15 a.m., on June 24, 2021, a 12-story residential building collapsed in Miami-Dade County (FL). A massive search and rescue effort, on a scale not seen since September 11, 2001, began immediately and is ongoing. More than 40 fatalities have been confirmed and there are dozens of people still unaccounted in the pile of mangled steel and concrete. The rescuers remain hopeful that some of the victims may be found alive but with each passing hour the probability of survival decreases. There are a variety of case reports of victims surviving in void spaces in collapsed structures for periods longer than 12, 17, or even 27 days. This survival is predicated on the accessibility of clean air and some form of water for hydration within the space. For these reasons, the urban search and rescue (USAR) teams working on the pile continue to operate in "rescue" mode. If a victim were to be found alive today, crush syndrome and its associated sequelae would be the preeminent concern for the USAR medical specialists who would be tasked with their care in the field.

Crush Syndrome

Crush injuries occur when the body's tissues are compressed. They are common among people who have been immobile on hard surfaces for extended periods of time, patients entrapped after motor vehicle or industrial accidents, as well as victims entombed in collapsed buildings. Crush syndrome occurs when significant crush injuries cause regional tissue ischemia, cell membrane compromise, and the release of intracellular toxins. Crush syndrome can occur after as little as 30 minutes under compression. The most

pernicious intracellular substances that are released include myoglobin and potassium. Their release leads to rhabdomyolysis, renal failure, hyperkalemia and cardiac arrest. Patients whose tissues remain under compression may appear stable until the pressure is released and then they will suddenly decompensate, deteriorate and experience cardiac arrest. In order to prevent this, USAR medical specialists are trained to initiate aggressive care while the patient is still entrapped and their tissues are under compression.

The initial care for a patient with suspected crush syndrome should begin as soon as they are accessible to rescuers and will include large boluses of warmed crystalloid solution. It is common to provide 20mL/kg per hour or enough to produce 300mL/hour of urine output if it can be monitored. Rescuers must work to minimize hypothermia and the associated coagulopathy and work to keep the patient insulated in addition to the warm fluid administration. The patient's EKG should be monitored continuously and pain management should be prioritized. It is common to use

ketamine in this environment due to its dual benefit of analgesia and dissociation. The patient's airway should be monitored and managed as needed. Supplemental oxygen should be considered. However, in a structural collapse environment enriching the oxygen content in the ambient air may increase the risk of explosive combustion and that hazard may outweigh the potential benefits to the patient. Immediately before the crushing force on the patient is released, 1 mEq/kg of sodium bicarbonate should be administered.

If hyperkalemia is suspected from EKG changes such as peaked T-waves or widening QRS complexes, then 10mL of 10% calcium chloride solution should be administered. Keep in mind that if sodium bicarb and calcium chloride are mixed a salt precipitate forms. If this occurs in a patient's vein, it can be catastrophic. It is recommended that the medications are administered through separate IV lines. If only one point of access is available, a large fluid bolus should be given in between the medications. Additionally, continuous albuterol treatments as well as insulin and glucose can be considered to help increase the cellular reuptake of potassium

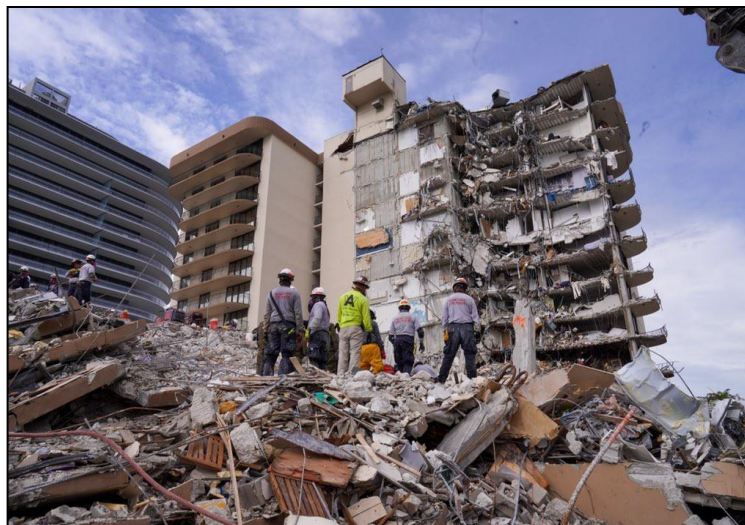
and stabilize the patient's myocardium. Finally, during an extended extrication, prophylactic broad spectrum antibiotics may be considered to help prevent infection.

Once the patient is released and extricated, transport to definitive care should not be delayed. During transport additional fluid boluses should be administered, supportive care should be provided, and if evidence of hyperkalemia and acidosis are present than additional doses of sodium bicarbonate and calcium chloride may be considered. Take note, specially trained physicians are an integral part of the USAR medical team, and they deploy in the field along with the medical specialists who are all paramedics. This provides for an increased scope of practice and an expanded pharmacopeia compared to the average EMS provider.

Conclusion

The Champlain tower collapse is an unimaginable tragedy and will have a significant and term impact on the victims, their loved ones and rescuers. In the event that one or more victims are found alive in the coming days, they will be aggressively treated by highly trained medical specialists who will manage their complex needs. Crush syndrome is associated with a high incidence of mortality and morbidity but if it is recognized early, the interventions provided in the field can save lives.

Article from the 7/8/2021 online edition of JEMS.com authored by Simon Taxel NRP BA.



Success is getting what you want. Happiness is wanting what you get.

Dale Carnegie

NEWS AT THE STATION



FDL Fire Rescue bid a fond farewell to Records Clerk Deb Pinnow who retired after serving Fond du Lac Fire Rescue for the past 31 years. Congratulations Deb and best wishes on a long and healthy retirement!



Our traditional flag ceremony was held at Fire Station 2 where members gathered for a fond farewell to Lieutenant Jon Hartzheim who is leaving us and relocating with his family to Colorado. Jon will be joining the Boulder Colorado Fire Rescue Department. We wish Jon all the best and thank him for his many years of dedicated service to our community.



UW-MED FLIGHT recently stopped at FDLFR to thank us for our pre-hospital care partnership. We are honored to receive their "Above and Beyond" recognition!



Happy August Birthday

Joe Maramonte • Jerry Golla • Keith Wendt



Well-trained people are the best defense against fire.

By: Assistant Chief of Training/Safety
James Knowles III

Building a Crew to Work

It's important to talk about the crew on the apparatus, whether it be an engine, tower, rescue, or any specialized apparatus. Building your apparatus so they are functional and enhance the capabilities, effectiveness, and efficiency is critical to getting the job done, but the crew makes it all work. You can have the best equipment, but if your personnel are not capable of operating at a high level, then it's all for nothing. For all the baseball fans, as they say, "It's like having a \$500 bat and a \$1 swing." A good crew can make any apparatus work, but a well-designed apparatus cannot make a better crew. The apparatus must complement the crew and the crew the apparatus. When you develop highly trained firefighters, they will get the job done, but when you complement them with the best equipment, success is inevitable.

For the crew to be successful, you need to instill a team mentality. There are four areas that company officers need to focus on to build a crew ready to work: Standards and Expectations, Accountability, Environment, and Shared Values.

Standards and Expectations

To be successful, the crew needs to know the expectations of the company officer and vice versa. Company officers need to

ensure all members of the crew know and understand the expectations not just on the fireground but also in the firehouse. Many times, attention is focused on fireground operations—and rightfully so—but we often neglect the firehouse expectations, standards, and culture. The firehouse is where the culture is bred and the team is formed. We need to ensure we are not just a great team on the fireground but in the firehouse. This is where ultimate trust and culture are developed. All company officers need to ensure they are fostering a positive environment; holding their crew to the expectations; and focusing on the mission, training, and the company.

"Whatever you allow becomes your standard." We must have expectations but, more importantly, uphold the standards of the mission, the organization, and the company. We can set an expectation and hope it is met, but our standard is what we allow to take place in our skills and training in the firehouse and on the fireground. We need to set high expectations and high standards to be effective. After that, it's up to the crew to uphold those standards. The company officer shouldn't be the only person holding people accountable to the standard. This needs to be a shared value and vision for the company.

Accountability

Ensure you are holding people accountable not just to the standards but also through their actions and behaviors. By holding people accountable, you are forming the norms of the crew. If you don't hold your members accountable for their mistakes or failure, they will begin to think their actions are acceptable. In addition, holding people accountable is also for their own good. We are failing each other if we don't hold one another to a high level of expectations and standards we have set.

When company officers do not hold their crew responsible and accountable to the standards and standard operating procedures (SOPs), it begins a long and dark road of disrupting the crew culture and destroying the team's environment and ultimately results in a lack of performance by the company. SOPs, policies, and standards are meant to enhance the department's performance while serving the citizens. When we fail to enforce those written and unwritten rules, we are placing ourselves and our crews in a position that is susceptible for discipline, injury, or death. Our lack of accountability leads to violations of these rules. If the company officer, shift commander, or chief level officer does not address

these issues, they will quickly become normalized throughout the organization. When people are not held accountable, it is recognized by the line staff and we begin to lower our standards. This is even more pronounced when the company officers are violating policies and are not held accountable. I revert back, "Whatever you allow becomes your standard."

The company officer is not the only person who should hold the standard and ensure those standards are being met. The crew needs to be able to hold each other accountable. It's tough to call out your brothers and sisters for their lack of performance or violation of the company norms, but when a team is built on trust and safety, honest and tough conversations can take place without confrontation. The senior members have a tremendous responsibility in the firehouse; it is their duty to ensure the crews are proficient, the traditions and culture of the firehouse are being cultivated, and people are being held accountable. When a company has strong senior members, the officer should rarely need to address issues on the line. Our senior members hold a lot of responsibility and informal authority and leadership within the crews.



Building a Crew to Work...Continued

The company officer should lean on these individuals to ensure the crew is maintaining a high standards and performance.

Environment

One of the most important aspects of building a crew to work is ensuring the environment is right for success. Dysfunction among a shift or crew causes friction and distracts the crews from the mission and team performance. When personal issues and personalities conflict, there will always be animosity, creating tension. This type of dysfunction hinders the crew's ability to trust and, therefore, to succeed.

The team is the ultimate priority. When the team begins to suffer because of conflict or misalignment of values, it is important that the company's values are espoused and they assimilate to the team, or the outlier needs to be reassigned. When a crew's environment is disturbed by a single individual, it will not only cause issues on that particular shift but it will also spread throughout the organization. The company officer, shift commander, and chiefs need to focus on building teams for success. When people are not held accountable, violations occur without being addressed, and when individuals fail to meet the standards; action needs to be taken before the company and organization begins to experience the negative

consequences of this toxic environment.

The senior members and company officer need to promote an environment of positivity and one focused on training and performance.

Shared Values

For any group to be successful, there needs to be a set of shared values on which to base the group norms and behaviors. High performer will usually seek other high performers, while low performers will naturally find their own kind. Shared values are the core principles or beliefs that are followed by the team that guides their actions and behaviors. The senior members and company officer are responsible for instilling these values in new members and reinforcing the values through their actions and behaviors. This can be accomplished through training and discussions with the crew.

The company officer needs to set the vision of the crew and start developing these values. As the company officer and senior members continue to take action that supports the values, buy-in to the vision increases the crew's motivation. As more people join the crew, these values are then passed on to them and are the unwritten rules of the group. These unwritten rules are the foundation of the crew. If there is failure to assimilate, the individual will quickly be out casted by the group.

Developing these shared values is critical to the

success of the group and the culture of the crew. If we lose focus on our beliefs, then we can quickly lose our culture and our identity. When crews or organizations start to question who they are, they become lost in their actions and behaviors, questioning what is right and wrong. You are disrupting everything they once believed. When this happens, uncertainty in their action leads to frustration and a positive environment is replaced with toxicity and culture deteriorates.

Espouse the shared values, beliefs, and morale of the crew for team success.

Building the Crew

It's easy to spot the crews who are building the crew to work. They are out on the training ground in the early morning and late at night. They commit to the mission by their preparation and their desire to seek training opportunities. They care not only about their individual performance but the performance of the crew mates. They are the mentors, role models, and teachers of the organization. They are the first ones to help those who want to learn more and perfect their skills. They hold themselves above the organizational standards and expectations. They care for their tools and equipment, looking for ways to increase effectiveness and modifying and changing the apparatus to make their crew more effective on the fireground. If you ask around the

organization, those high performers are quickly identified, and their shifts are usually the most desirable because of the ability to perform and desired vision of the future.

A crew built to work is easily recognizable. They are well-trained, they hold each other accountable to standards, and they look for ways to enhance their impact on the fireground. To build your crew to work, focus on raising your standards despite the organizational standards, hold your members accountable in all aspects of the job, create a positive environment where people want to come to work, and develop a crew culture of performance through developing a vision of success and shared values that motivates the crew. Build your team for success by building them to WORK.

Source: Wheeler, T. (2021). Building a crew to work. FireRescue. Retrieved from: <https://www.firefighternation.com/firerescue/building-a-crew-to-work/>

Fire Prevention

The Bureau Never Sleeps

By: Division Chief Garth Schumacher



Back to School Safety Tips

It's that time of year again when parents and children across the country are preparing to go back to school. As part of our commitment to overall safety, following are simple back to school safety tips.

School Zone Driving

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc.
- Never pass other vehicles while driving in a school zone.
- Never change lanes while driving in a school zone.
- Never make U-Turns while driving in a school zone. Never text while driving in a school zone.
- Avoid using a cell phone, unless it is completely hands-free, while driving in a school zone.
- Unless licensed to do so, never use handicap or emergency vehicle lanes or spaces to drop off or pick up children at the school.

Riding Your Bike to School

- Check with the school to make sure your child is allowed to ride their bicycle to school.

- Make sure your child always wears a bicycle helmet! Failure to wear one could result in a traffic citation. Furthermore, in the event of an accident, helmets reduce the risk of head injury by as much as 85 percent.
- Obey the rules of the road; the rules are the same for all vehicles, including bicycles.
- Always stay on the right-hand side of the road and ride in the same direction as traffic.
- Be sure your child know and uses all of the appropriate hand signals.
- Choose the safest route between home and school and practice it with children until they can demonstrate traffic safety awareness.
- If possible, try to ride with someone else. There is safety in numbers.

Playground Safety

- A supervisor must always be present when children are at the school's playground. Make sure your school has someone who monitors the playgrounds at all times.
- Playground equipment should be surrounded by shock-absorbing material that is at least nine inches thick.
- Protective surfaces should extend six feet in all directions around the playground equipment. For swings, it should extend twice the height of the set.
- Due to strangulation hazards, do not attach ropes, jump ropes, clotheslines, pet leashes or cords of any kind to playground equipment.
- Be watchful of sharp edges.

- Alert the school if you notice anything strange about the playground equipment at your child's school.
- Spaces that can trap children, such as openings between ladder rungs, should measure less than three and a half inches or more than nine inches.
- All elevated surfaces, such as ramps, should have guardrails to prevent falls.
- Always walk and never run across intersections.
- Avoid talking to strangers. Teach your children to get distance between themselves and anyone who tries to approach or make contact with them.
- If a stranger does approach your child, make sure they know to immediately report the incident to you or a teacher.
- Teach your children to never get into a vehicle with anyone, even if they know them, without your permission.

Walking to School

- Leave early enough to arrive at school at least 10 minutes prior to the start of school.
- Use the same route every day and never use shortcuts.
- Go straight home after school.
- Always use public sidewalks and streets when walking to school.
- Demonstrate traffic safety awareness and pick the safest route between your home and the school and practice walking it with your children.
- Try and walk to school with other students. There is strength in numbers.
- Teach your children to recognize and obey traffic signals, signs, and pavement markings.
- Only cross streets at designated crosswalks, street corners and traffic controlled intersections.
- Always look both ways before crossing the street and never enter streets from between obstacles like parked cars, shrubbery, signs, etc.

School Bus Safety

- Make habit of arriving at the bus stop at least five minutes before the scheduled arrival of the bus.
- Make sure your child stays out of the street and avoids excessive horseplay while waiting for the school bus.
- Be sure the bus comes to a complete stop before getting on or off.
- When riding the bus, make sure your child understands they must remain seated and keep their head and arms inside the bus at all times.
- Do not shout or distract the driver.
- Do not walk in the driver's "blind spot" — this is the area from the front of the bus to about 10 feet in front of the bus.

*Resource:
ADT Back to School Safety*

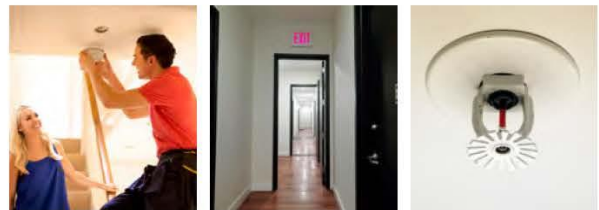
Fire Safe College Housing



What you need to look for.

Here are some good questions for college students and parents to ask before moving into a dormitory or signing an apartment lease.

- ✓ Are there working smoke alarms in each bedroom, outside of sleeping areas, and on each level of the building?
- ✓ Are there at least two ways out of each room and the building?
- ✓ Do the upper levels of the building have at least two sets of stairs inside and/or a fire escape?
- ✓ Are there exit signs in the hallways to show the way out?
- ✓ Are there enough electrical outlets for all appliances, computers, printers and electronics — without using an extension cord?
- ✓ Has the building's heating system been inspected recently (in the last year)?
- ✓ Does the building have a sprinkler system?
- ✓ Does the building have a fire alarm system?
- ✓ Does the sprinkler or fire alarm system send a signal to the local fire department and/or campus security?
- ✓ Is the building address clearly posted so emergency services can find it quickly if they need to?



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





PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

How Firefighters Use Fitness and Workouts to Train at Firehouses

Ryan Starling entered the blazing single-story building carrying 57 pounds of gear – including an air pack to help him breathe through the noxious fumes. Now he and his partner needed to shoulder 190 pounds more.

They were in a back room in the San Bernardino Valley building and found an unconscious man. No time to waste. Starling and his partner grabbed the man and started the 100-foot trek out of the burning building, a tag-team farmer's carry with a purpose. Four years later, the experience is an example of something Starling, 37, knows well: When you're in the business of saving lives, muscle matters. "It's our duty to stay in shape all the way through our career," he says. "At the end of the day, this is your responsibility, your job, your calling." Everyone at San Bernardino Fire Station 221, in southern California, seems to understand that. The station is leading a new wave at firehouses around the country, lifesaving units that crush five-alarm fires and afternoon WODs. More and more, when crews aren't on a "run" (firefighter-speak for their calls), they're running around the firehouse, sandbags on their shoulders, prepping their bodies for whatever fiery hell might come next.

The Firehouse Gym Experience

Station 221 itself is a hub of tactical strength and conditioning. Beyond the bay

that houses its two fire engines and one tiller truck is a 25-by-25-foot functional fitness area. It was a closet until it was redesigned last year. Now it contains bumper plates, kettlebells, Concept2 rowers, Assault Airbikes, and a Rogue-inspired rack complete with pull-up bars of different heights. There's another section that includes a Smith machine – Starling calls this the "globo-gym," a CrossFit reference to chain gyms.

Starling, a career firefighter, helped bring fitness to Station 221 – and to his other job as a SWAT medic – about six years ago. He'd been around gyms for much of his life, typically doing bodybuilder-style workouts. But in January 2013, on a whim, he wandered into a CrossFit box. He was instantly hooked. "I had always done some kind of circuit training," he says, "but now it had some reason behind it. Now you have a competition, and that's what draws me in."

Station 221, like many firehouses, was primed for a strong dose of fitness. On any given call, firefighters push, pull, twist, lift, throw, and hinge – all things you might do in a smart sweat sesh. As Starling built his own strength, emerging as a four-time Regionals participant and finishing seventh in his age category at the 2018 U.S. CrossFit Open, he realized his training aided him in his roles in the fire department

and law enforcement.

Fitness is a growing trend among first responders, and firefighters regularly tailor their routines to their job. Starling's workouts (we're calling them "tactical CrossFit"), for example, emphasize pushing exercises like shoulder presses, since firefighters need extra strength to push open doors and break through walls. He makes use of sandbags as well, challenging his mates to bear unpredictable loads, like the 190-pound man he helped drag from that building. At other firehouses, firefighters haul weights and sandbags, both over the shoulder and while backpedaling, mimicking how they carry a hose into a blaze (which is more taxing than you might think).

Starling also programs vicious cardio-style workouts on the Assault AirBike. (Think 30 seconds on, 30 seconds off, until you reach 200 calories.) Cardio and endurance, he says, are key for firefighters. "During long, extended indents, your cardio and endurance take over," he says. "Your heart rate spikes, and then it stops, and then you do it again."

He recalls a recent eight-hour SWAT team call that ended with the team deploying tear gas to force suspects out of hiding. The SWAT team had to use masks, which make breathing a chore. Starling was right at home in this oxygen-deprived environment. "You're training your body

for your job," he says.

First Responder Fitness Prep Is Paying Off

Firefighters injury-proof their bodies, too. A recent study in the journal *Injury Prevention* found that probationary firefighters and recruits led fewer injury claims as a result of basic fitness intervention, saving one department \$33,000 in claims costs. "The stronger they are, the harder they are to break," says John Hofman, director of tactical strength and conditioning at Southern California University Health System. "If you want to reduce musculoskeletal injuries, get them strong."

First-responder bases are focusing more on strength. The LAPD's elite Metro-unit officers must start every shift with 90 minutes of gym work. A cost away, in New York, each Yonkers firefighter can get a stipend of up to \$1,200 toward gym fees. "Every single firehouse in our city has a gym," says Yonkers firefighter Frank D'Agostino.

Plenty of firehouses have somebody like Starling, who trains before work, sometimes at 4:00a.m. And when he trains at Station 221 he loves a little friendly competition. "I'll tailor my workouts to get other guys involved," he says. The person who performs worst does the one thing no workout can prep you for, says Starling. "Whoever loses cooks dinner."

*Article by the
Editors of Men's Health*

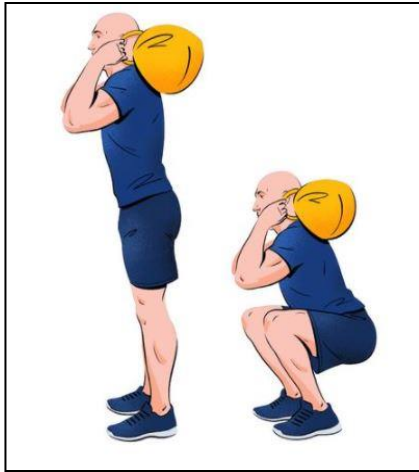


How Firefighters Use Fitness and Workouts to Train at Firehouses

Continued

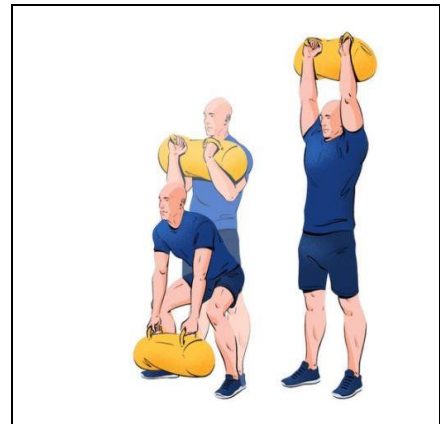
Get Tactical Fit

Forge total-body fitness – and lifesaving strength – with this circuit from Starling. Do 4 rounds, resting as needed. Do 20 reps of each move the first round, 15 the second, 10 the third, and 5 the fourth. Don a 25-pound weight vest for even more challenge.



Sandbag Squat: Place a sandbag on your shoulders and stand with your feet shoulder width apart (a). Bend your knees and hips until your thighs are parallel to the floor (b); stand back up. That's 1 rep.

Why it Helps: You're frequently carrying gear (or people) on your shoulders. "And legs are the foundation," says Starling.

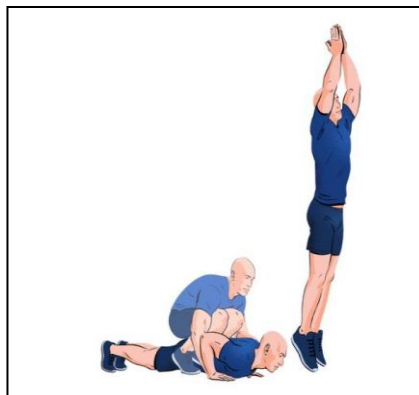
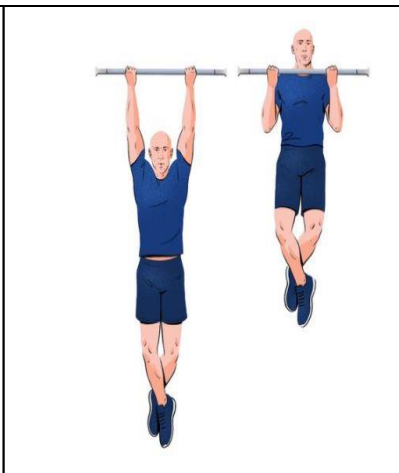


Sandbag Clean and Press: Grasp a sandbag on the floor (a). Stand explosively and pull the bag upward. "Catch" it at your shoulders. Bend your knees, then explode upward, driving the bag overhead (b). That's 1 rep.

Why it Helps: "You're always doing a lot of pushing and pulling with your shoulders," Starling says.

Chinup: Hang from a bar with an underhand grip (a). Squeeze your shoulder blades and pull your chest toward the bar (b). Pause, then lower slowly. That's 1 rep. It's okay to jump down between reps.

Why it Helps: You never know when you'll have to scale a wall with your gear, and the chinup (or pullup) gets you started.



Burpee: Start standing. Squat down and put your hands on the floor. Jump your legs back into pushup position and lower your chest to the floor (a), then reverse the movements (b) to quickly stand up. That's 1 rep.

Why It Helps: This wind-sucking, full-body move develops the cardio engine you need. "On a fire, I'm not even tired," Starling says. "You stop thinking about the fatigue."