September 2021

Fire Line Newsletter

In This Issue:

From the Balcony – *A Message from Chief O'Leary*

The Dependable Driver/Operator - *AC Gerritson*

Operations by the Numbers

Understanding Pain – *AC Janquart*

News at the Station

The One Warrior Mindset – *AC Knowles*

New Construction

Keeping College Students Safe - *DC Schumacher*

Peer Fitness Tips – *FF/P Jack Prall*

From the Balcony – Why Acting Positions

For any of us who ever had the chance to "act" out of rank you know how exciting and nerve-racking it can be when we get the call to act up. The opportunities don't come all that often for some and for others can be more frequent than perhaps we like, but if you seize each opportunity with enthusiasm and determination you can use these times to increase your knowledge and gain better understanding of what it's like to have greater job responsibility.

I remember back when I was riding in the firefighter position on the engine and thinking the lieutenant's spot up front was not too difficult and before I knew it, I was promoted and I was in that seat. Before then I remember getting limited chances to act up as the lieutenant and never realizing how valuable that on-the-job training was and still is today. I had not really appreciated how much responsibility goes into that right seat position; it's much more than running the siren and lights. The responsibility of your crew is an incredible one and one that should make us train with urgency!

How do you prepare for your opportunities? How much time have you spent going over the key aspects of the lieutenant's job with your company officer? Do you practice identifying where to have your engineer spot the apparatus? Have you practiced a first-in report? Do you know how to properly size-up a scene and skillfully articulate what you see to incoming companies? How do you correct poor behavior that you might encounter while acting as the company officer? Do you know the proper paperwork for a fire report? Injury? How well do you communicate with your captain? The list is endless.

Great company officers blend job knowledge, experience and tactics to make them a valuable commodity to any fire department. If you want to get to the next level, don't wait, start the process of becoming a great fire officer, you will thank yourself later down the road. Be curious, ask questions, and never think you have it all figured out.

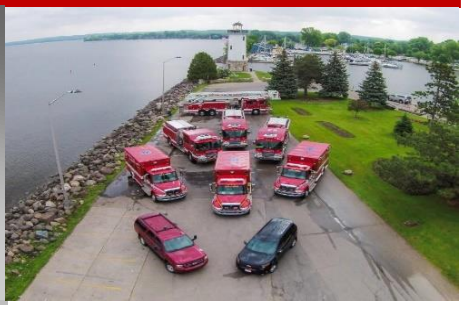
Until Next Month,
Be Safe and Be Well

Fire Chief
Peter O'Leary

Duty • Honor • Pride • Tradition

FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson



On the Line: The Dependable Driver/Operator

The driver/operator of an engine or ladder company has many responsibilities in quarters, en route to, and while operating at an incident. Maintaining the rig in a state of readiness and ensuring the safety of the members are top priorities. Driving defensively during routine trips as well as emergency responses cannot be overemphasized. Expertise with the aerial device, pump, and other equipment assigned to the company is critical. However, there are numerous other skills or practices that a good driver/operator should employ to increase the effectiveness and safety of the entire company. This is by no means a complete list; it is simply a starting point for reflection and discussion among driver/operators and their officers. Some of these simple practices follow.

- **Know the District**. A dependable driver knows not just the major streets but the neighborhoods as well. It is beneficial to keep track of street closures because of construction or out-of-service hydrants as a failsafe for the company officer. In addition, a dependable driver/operator should know several points from which his apparatus may be operated at target hazards, depending on whether he is in an engine or ladder company. The first option may not be available or may be a poor tactical choice based on incident particulars. The driver/operator must also be familiar with bridge load limits and low clearance areas throughout the district. The height and weight of the apparatus should be clearly posted in the cab for both the driver and officer to reference.

- **Roadway Incident Safety.** When members are operating on a roadway the driver/operator must always consider their safety along with placement priorities. Blocking as much of the travel area as necessary for safe working conditions. When incident priorities preclude this placement additional apparatus should be used to create a safe work area.

There are a number of driver/operator tips that apply more specifically to engine or truck company operations. They are represented in no particular order here; their application is based on a variety of conditions.

- **Think like a truckie**. Even the engine company driver/operator must think about placement of the aerial device. Narrow streets, overhead obstructions, and parked cars all play havoc with ladder company placement. The driver/operator of the engine must leave room for the aerial device. This often means pulling past the building, but it may require falling short or keeping the engine off to the side of the road depending on the width of the street or the direction of approach. Thinking like a truckie goes beyond the first-in engine to the water supply company. When laying a large diameter supply line before the arrival of the first-in truck, take care to keep the hose lay as close to the side of the road as possible if the line is to be charged before the ladder arrives.

- **Wear your PPE** (personal protective equipment) properly. Many engine company driver/operators develop a habit of wearing less than full PPE while operating the pump. With many departments running understaffed companies, the driver/operator may be called on in an emergency to assist with something other than his primary duty.

- **Raise a 24-foot ladder**. Once water is established in and out of the pump, the engine company driver/operator may be in a position to raise a 24-foot ladder to the second floor on the side opposite the fire if the incident warrants it. After completing this task and transmitting it over the radio, members will have a secondary means of egress on the second floor. With ground ladder placement often an afterthought on the modern fire ground

The Dependable Driver/Operator…Continued

because of personnel issues, this action may be the key to operational safety.

- **Chase the kinks.** The driver/operator of the primary pumper should be responsible for chasing kinks from the pump to the front door. This assists the nozzle team and helps ensure an efficient stretch.

- **Melt the ice** on the front steps. During the winter months in cold weather climates, the front steps of the fire building often become treacherous to traverse because of the buildup of ice. This is usually a much used path of travel throughout the incident, especially in the latter stages of overhaul and investigation. A quick coating of ice melt by the first in engine's driver/operator may prevent a serious (even career-ending) injury.

- **Continual size-up**. All members are responsible for size-up based on their training, experience, function, and vantage point on the fire ground. With a "front row" view of the fire, the driver/operator of the primary pumper should keep an eye out for changing conditions and safety concerns, informing the incident commander if these are not addressed.

- **Ladder company approach**. The driver/operator of an aerial device should slow down to a crawl after entering the fire block. This will allow the driver and officer to size up conditions, construction, priorities, and seek a point of best advantage from which the device may operate. For difficult objectives, the officer and other firefighters may dismount the rig and assist the driver/operator with positioning. The view from the street usually beats the view from the cab. In positioning the rig, a driver/operator must position based on the turntable—not the driver's seat—drawing a straight line from the turntable to the objective. In rear-mount apparatus, the turntable may be 30 feet away from the driver's seat, offering a very different perspective on positioning.

- **Make the most of the aerial**. After completing vertical ventilation at common fire incidents, the roof team leaves the roof and does not return. Often, the aerial is left in place on the roof and not bedded until the fire is under control. If there are no members operating on the roof and no further objectives to be gained there, the driver/operator may move the aerial as dictated by the incident. The device may be placed to a window on the fire floor or floor above it on the side opposite the fire, if possible. Once communicated, this action may provide an efficient secondary egress for members operating in the area.

The preceding tips are by no means an all-encompassing list for a dependable driver/operator, but they serve as a springboard for discussion on what is most applicable to the needs of your department. The most important tip is to **continue to learn** about your responsibilities each day and to **make an effort to improve your skills** to be an asset to your company.

Reference; David DeStefano of Fire Engineering

Until Next Month…
Stay Safe!!




Photos of a Working Still at Park / Main on March 1, 2021

Operations by the Numbers

July, 2021	By Month		Year-To-Date	
PREVENTION	**Last Year**	**This Year**	**Last Year**	**This Year**
Total Inspections	145	254	1220	1651
Total Defects	62	53	684	701
SUPPRESSION				
Alarms Involving Fire	15	11	80	68
Fire Mutual Aid Given	1	1	10	11
Fire Mutual Aid Received	2	0	3	5
Service/Good Intent Calls	46	58	349	336
False Alarms/False Calls	40	24	180	189
Other Calls	19	13	112	78
Total Fire Alarms & Calls	120	106	721	671
EMS				
Total Ambulance Calls	585	559	3500	3659
Total Fire/EMS Responses	705	665	4221	4330
Fire Property Loss	$133,100.00	$15,230.00	$574,200.00	$285,168.00
Fire Contents Loss	$42,500.00	$800.00	$265,501.00	$110,690.00
Engine Assisted EMS Calls	252	198	1490	1440

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*
- Excel Engineering – *New addition nearly complete*
- 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 – *Addition beginning*
- Summit Auto – *Addition will be starting soon*

The Code Summary

By: Assistant Chief Todd Janquart

Understanding Pain Management

Authored by: Jonathan Lee, EMS1.com

My understanding of pain and its management has come a long way since I first graduated from paramedic school. It turns out, my original approach: "if they break a little, bone they get a little dose of morphine; if they break a big bone, they get a big dose of morphine," may have been too simplistic.

The truth is, pain is an incredibly complex experience and managing it is historically done poorly. There have been many calls recently to make pain more of a priority with organizations like the World Health Organization calling for pain relief to be considered a basic human right [1].

The focus of this article will be to provide an overview of what pain is, how it is classified and introduce some of the language that is used in treating pain. This knowledge is essential to use analgesic drugs safely and effectively.

WHAT IS PAIN?

The International Association for the Study of Pain defines pain as "an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage" [2].

A number of different definitions of pain exist. The definition used by the IASP seems most applicable for the prehospital environment. It highlights the fact that pain is more than just a response to tissue damage. In fact, pain can occur in the absence of tissue damage. Including sensory and emotional components of pain illustrates that it is highly subjective. No two people experience pain the same way.

There are also a number of different models of pain. The most practical for paramedics is the Bio-Psycho-Social Model of Illness [3]. This theory suggests that all illness, including pain, is a product of more than just pathology. Tissue damage alone (the biological component) cannot explain the pain experience. One example of this is phantom pain from an amputated limb.

A patient's previous experience with pain can impact the level of distress during injury. This psychological component can help understand why the level of distress may be incredibly different when a high school student breaks their nose for the first time, versus a boxer who has had their nose broken half a dozen times. Socially, environmental stressors and interpersonal relationships can also influence distress levels. This is often why high levels of anxiety in parents or bystanders can increase levels of distress for the patient.

IS ALL PAIN THE SAME?

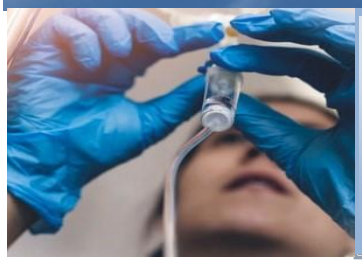
Pain is not all the same! There are a number ways that pain can differ; each may have an important impact on treatment decisions. Common ways to classify pain include: intensity, etiology, duration and pathophysiology [4]. These distinctions are important for several reasons: First, to classify the pain, the pain must be assessed. Second, it is vital in selecting the appropriate treatment approach and finally, it emphasizes the fact that the pain experience can change. Broadly speaking, paramedics are best equipped to deal with acute pain [5]. While most paramedics would be comfortable treating a patient with 8/10 pain from a broken leg, how many would be willing to give the same dose of morphine to 8/10 neuropathic pain suffered by a diabetic? Would the same treatment be appropriate for 8/10 pain from fibromyalgia?

WHAT IS THE BEST WAY TO TREAT PAIN?

Every paramedic should have a consistent approach to pain management. It should encompass all of the biological, psychological and social aspects of the pain experience. The most important steps for treating pain do not involve drugs at all!

- **Step one.** Treating pain begins and ends with assessment. Classifying the pain is the first step in picking an appropriate intervention. Measuring the pain intensity is important in order to both justify the interventions as well as to assess their effectiveness. Numerous

	EXAMPLES OF PAIN CLASSIFICATIONS [5]
Etiology	Reference specific needs of patients with cancer-related pain Malignant Non-Malignant
Intensity	Commonly measured using Verbal Numeric Scale (0-10) Numerous other available scales such as Wong-Baker Faces Mild Moderate Severe
Duration	**Acute.** Short-term pain, <3 months (e.g., procedural pain, or pain that resolves with healing) **Chronic.** Long-term pain, >3months (persistent pain beyond anticipated healing time or with indeterminate causes) **Episodic.** Long-term pain, >3 months (a form of chronic pain with intermittent presentation)
Pathophysiology	• **Nociceptive pain.** Normal response to tissue damage (may be somatic [MSK] or visceral [organ] • **Neuropathic pain.** The result of abnormal neural activity secondary to injury, disease or dysfunction • **Inflammatory pain.** Common with acute pain because of the healing process (may become persistent/pathological)



Understanding Pain Management…Continued

pain and sedation scores are commonly available and aid with consistency.

- **Step two.** Consider non-pharmacological interventions. Basic comfort measures like heat and cold, splinting and avoiding/deferring painful procedures are available to every level of provider. It is important to remember the psychological and social components of pain. Anxiety is an important component of distress and should not be ignored!
- **Step three.** Consider pharmacological interventions. These decisions are made based on underlying pathology, pain intensity and scope of practice. It is important to remember that a drug like morphine is not necessarily better than acetaminophen, it is just different. Understanding how the drugs work is important in selecting the right treatment approach.

Understanding pain, appropriate assessment and consistent use of non-pharmacological interventions are essential for every healthcare provider.

	EXAMPLES OF PUBLISHED PAIN SCALES	
Adult pain scales [6]	Brief Pain Inventory Faces Pain Scale McGill Pain Questionnaire Numeric Rating Scale Short Form McGill Pain Questionnaire Thermometer Pain Scale Visual Analog Scale Verbal Rating/Descriptor Scale	BPI FPS MPQ NRS SFMPQ TPS VAS VRS/VDS
Pediatric pain scales [7]	Adolescent Pediatric Pain Tool Children's Hospital of Eastern Ontario Pain Scale Children's and Infants' Postoperative Pain Scale COMFORT behavioural scale Face, Legs, Activity, Cry, Consolability Individualized Numeric Rating Scale Numeric Rating Scale Pain Assessment Tool Revised Face, Legs, Activity, Cry Consolability Visual Analog Scale	APPT CHEOPS CHIPPS FLACC INRS NRS PAT rFLACC VAS
Infant pain scales [7]	Neonatal Pain, Agitation and Sedation Scale Neonatal Infant Pain Scale Pain Assessment Tool Premature Infant Pain Profile Riley Infant Pain Scale	N-PASS NIPS PAT PIPP RPS

References

1. Cousins, M. J., Brennan, F., & Carr, D. B. (2004). Pain relief: a universal human right. *Pain, 112(1), 1–4.*doi:10.1016/j.pain.2004.09.002
2. IASP Terminology: pain terms https://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1698
3. Engel G.L. (2012). The need for a new medical model: a challenge for biomedicine. *Psychodynamic psychiatry*, *40*(3), 377–396. https://doi.org/10.1521/pdps.2012.40.3.377
4. Orr, P. M., Shank, B. C., & Black, A. C. (2017). The Role of Pain Classification Systems in Pain Management. *Critical Care Nursing Clinics of North America, 29(4), 407–418.* doi:10.1016/j.cnc.2017.08.002
5. Yousefifard, M., Askarian-Amiri, S., Neishaboori, A.M., Sadeghi, M., Saberian, P. and Baratloo, A. Prehospital pain management; a systematic review of proposed guidelines. Archives of Academic Emergency Medicine. 2019; 7(1): e55.
6. Karcioglu, Ozgur & Topacoglu, Hakan & Dikme, Ozgur & Dikme, Ozlem. (2018). A systematic review of the pain scales in adults: Which to use?. The American Journal of Emergency Medicine. 36. 10.1016/j.ajem.2018.01.008.
7. Andersen, R. D., Olsson, E., & Eriksson, M. (2021). The evidence supporting the association between the use of pain scales and outcomes in hospitalized children: A systematic review. International Journal of Nursing Studies, 115. https://doi.org/10.1016/j.ijnurstu.2020.103840

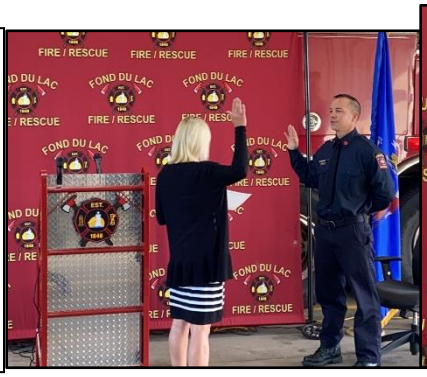
Article from the 7/16/2021 online edition of EMS1.com authored by Jonathan Lee.

Patriotism is supporting your country all the time,
and your government when it deserves it. Mark Twain

NEWS AT THE STATION

WELCOME to **Tristan Schill,** the newest recruit at FDL Fire/Rescue! Tristan shares a little bit about himself as he begins his firefighting career: *I grew up in Campbellsport and attended Campbellsport High School. I obtained both my Fire Protection Degree and Paramedic Degree from Fox Valley Technical College. I enjoy spending time in the outdoors in my free time. I am an active golfer and enjoy traveling to play at different courses. I am very happy to be here at FDL Fire/Rescue and am looking forward to learning the department and crews better throughout my career.*

FDLFR recently held a promotional ceremony for **Paul Wilson** to the rank of Lieutenant. City Clerk, Maggie Hefter administered the oath of office. Paul's wife, Gina, pinned on his Lieutenant badge. Also present that day were members of our City Council and Fire and Police Commission. Congratulations Lieutenant Wilson!



We had a great time at Fond du Lac's National Night Out! We trained some junior firefighters on a beautiful summer evening. Sparky won the Mascot Race and the trophy will stay another year at FDLFR.

Happy September Birthday

Jim Wamser • Todd Janquart • Brian Westby
Matt Kissinger • Phil Seibel • Tristan Schill

Well-trained people are the best defense against fire.

By: Assistant Chief of Training/Safety
James Knowles III

Critical Thinking for the Aggressive Firefighter: The One Warrior Mindset

Heraclitus of Ephesus, an ancient Greek philosopher, said, “Out of every one hundred men, ten shouldn’t even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior, and he will bring the others back.”

As you were reading the quote, you may have been thinking of the individuals within your own department who fit into each group. But where do you fit?

The one warrior isn’t a “lone ranger,” out for praise or self-advancement, but rather the one warrior is a powerful motivator, a skilled critical thinker and fighter, a fierce protector, and a true champion for change. The “one warrior mindset” sets the stage for an aggressive firefighter to be an example of an exceptional tactician, teacher, leader, and strategist. This warrior knows that one person, making informed and intelligent decisions, can bring about transformational change in himself and others.

Aggressive firefighting/emergency service delivery requires not only a solid set of skills but also the ability to make sound operational judgments. These judgments rely on excellent critical thinking and reasoning abilities, which are based on current knowledge, past experiences, evidence-based practices, and overall expertise. It is worth noting that critical thinking and operational reasoning and judgment are not practices reserved only for those acting as officers but rather should be practiced and developed in every firefighter, from the rookie to the chief.

Similarities in Today’s Nursing Profession

Many similarities exist between the nursing profession and the fire service. Today’s nursing profession requires rapid adaptation and efficient response to a variety of emergencies. These emergencies require a high level of critical thinking, reasoning, and clinical judgment. Nurses are expected to be well-versed in identifying changing conditions, anticipating outcomes, and making safe and effective decisions. Sound familiar?

The fire service is dynamic, requiring a versatile set of skills and a high level of critical thinking. Much like today’s nursing profession, the fire service is experiencing challenges that require innovative solutions. In nursing, much research has been conducted related to critical thinking, clinical reasoning, and clinical judgment. Given the similarities between professions, these concepts can be appropriately and accurately applied to the fire service.

To help with understanding and application, replace the word clinical with the word *operational*. This word is better understood by the fire service and more accurately reflects the nature of emergency response (i.e., work on the street) compared to work in the clinical health care setting.

Skills

A firm grasp of psychomotor skills is essential to perform the duties required of a nurse or a firefighter. “Psychomotor skills represent those activities that are primarily movement-oriented” (Oermann, 2021). The development of these skills requires physical practice of the skill as well as application of the skills in various situations. Working efficiently and effectively in the modern fire service, just like in nursing, requires the individual to continually update and improve a skillset through intentional practice and experiential learning. Psychomotor skills are the foundational basis for work done at the scene of an emergency, and a strong skill set is essential for ensuring maximum effectiveness. During training, emphasis is often placed on the psychomotor component; however, effective performance in emergent situations requires an integration of related knowledge and experience (Oermann, 2021). Therefore, firefighters not only should rely on physical abilities or psychomotor skills but also need to engage in training that improves their critical thinking skills.

Critical Thinking

It’s not *what* you know but what you *do* with what you know. Knowledge and skills are often ineffective in the absence of critical thinking. It is the application of knowledge, skills, experience, and critical thinking that positively impacts the outcome of the situation. Application is putting into action the foundational components of knowledge and understanding in various situations. According to the Revised Bloom’s Taxonomy, higher-order thinking begins at the application level. In other words, when an individual can apply facts, rules, and concepts to various situations based on what is known and understood, this is critical thinking in practice.

Critical thinking is the ability to sort and filter critical information; analyze the situation; anticipate potential outcomes; and act effectively according to experience, intuition, and current evidence-based practices. According to Persky, Medina, and Castleberry (2018),

The One Warrior Mindset…Continued

"Critical thinking begins when assumptions are challenged." Considering the dynamic nature of the fire service and the wide variety of emergency incidents, this type of thinking is crucial for the on-scene development of effective strategy and tactics.

Critical thinking is a teachable skill and relies on discipline-specific knowledge. As this type of thinking is practiced through training and experience, individuals can develop more complex critical thinking skills. These advanced critical thinking skills lead to a global or "big-picture" view of emergent situations and allow for innovative and effective operational reasoning and decision making.

Operational Reasoning and Judgment

Efficient and effective judgments on the fireground are no accident. Operational reasoning and decision making are the result of strong critical thinking skills, experience, and expertise. Operational reasoning is the ability to consider if one's evidence-based knowledge is relevant for a particular emergency during the size-up and scene management process. It's ultimately the thought process leading up to the decision or action. Operational judgment occurs after the operational reasoning process and is focused on compiling data and formulating a plan for strategic/tactical decisions, based on the analysis of the facts related to the emergency. In short, operational judgment is the action decided on and carried out after analyzing the data and considering possible outcomes (Persky, Medina, and Castleberry, 2018).

Overall, the process of considering the evidence and making appropriate decisions in an emergency is a skill firefighters must practice. The goal is to make it an automatic behavior. These behaviors and skills are developed through intentional practice, training, and real-world experience. These skills can be developed and practiced through realistic training evolutions, self-reflection, case study review, and post incident analysis. Ultimately, learning to improve critical thinking skills and consistently make sound and effective operational judgments requires self-responsibility and a desire to push oneself to excellence.

Conclusion

An aggressive firefighter should be an exceptional tactician, teacher, leader, and strategist. Aggressive firefighting does not equate to being rogue but rather uses strategies and tactics that are rational, thought-out, and well-informed. Making safe and effective operational judgments requires a combination of a strong psychomotor skillset, strong critical thinking skills, and sound reasoning. It is the combination of these skills and the practice of self-reflection that leads to a more global view of the fireground and better decision making.

In reflecting on the one warrior mindset, the importance of the behaviors and attitudes of the warrior are evident. Empowering and motivating others, continuing improvement of skills, self-reflection, and improving operational reasoning and judgement, are indicative of the mindset needed to bring about transformational change. Critical thinking and operational judgment skills are essential at all levels of the fire service. If you aren't practicing the one warrior mindset, start with some self-reflection and determine what you can do to be intentional in improving yourself and becoming a better decision-maker on the fireground. Remember, change begins with just one warrior.

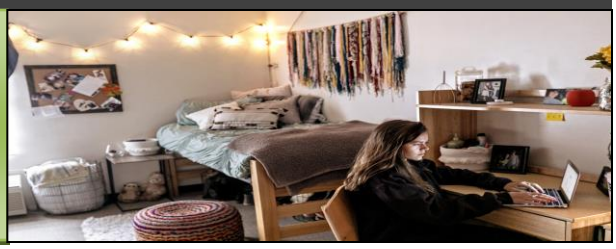
Source: *Woodward, E. (2021). Critical thinking for the aggressive firefighter: the one warrior mindset. Firefighter Nation. Retrieved from: https://www.firefighternation.com/fireresCue/critical-thinking-for-the-aggressive-firefighter-the-one-warrior-mindset/*

Photos of recent trainings at FDLFR: Recruit Academy and TC Energy

Fire Prevention

The Bureau Never Sleeps

By: Division Chief Garth Schumacher



Fire safety tips to keep college students safe

Sending children off to college for their first year is an exciting time for families. College allows kids the freedom to make their own decisions and allows them to pursue a career that they're passionate about.

Numerous conversations are to be had regarding college life. A conversation that may get overlooked is one on fire safety. If students live in the dorms, the college residence hall staff or safety department will discuss fire safety and evacuation procedures with them. But let's face it, they're excited about other things that college has to offer, not fire safety. What may seem like a dumb rule or policy to them could save their lives.

For students living in apartments our houses off campus, it's their responsibility to understand fire safety. No one is going to be there to watch over them or make sure their living conditions are safe.

According to the National Fire Protection Association (NFPA), from 2011-2015, US fire departments were called to an estimated annual average of 4,100 on-campus structure fires. These fires occurred in dormitories, fraternities, sororities, and other properties.

The peak months for dorm fires are September and October. The peak times for those fires are between 5:00pm and 9:00pm. Here are the main causes of those fires: cooking equipment; overloaded power strips; candles; space heaters; smoking materials.

Here are some things your students can do to prevent injury.

- **Understand all evacuation routes.** Evacuating quickly is the key to survival. Have them review and become familiar with evacuation routes before an emergency. During a fire, one of their routes could be blocked. If this is the case, they'll have to find another way out.
- **Be aware of the closest fire alarm.** Should a fire start in their dorm or apartment, make sure they're familiar with where the closes fire alarm is located. The quicker they pull the alarm, the better.
- **Don't tamper with smoke detectors.** Working smoke detectors are key in alerting of a fire and starting the evacuation process. If they disable a smoke alarm due to a problem, they should contact their college's safety or maintenance department promptly.
- **Don't block fire exit doors**. In many college dorms and apartments space is limited. They should never block entrances/exits with bikes, boxes, or furniture. In an emergency, they won't have much time to move items.
- **Report damaged fire equipment to the appropriate staff.** Fire equipment may be damaged accidentally or by vandalism. If your students see damaged equipment, make sure they report it to resident hall staff or safety department.
- **Be familiar with how to use a fire extinguisher.** While a student's priority should be to evacuate the building, there may be a time that a fire extinguisher could be helpful. Trying to read the instructions during a fire isn't a good idea.
- **Don't be a practical joker.** While pulling a fire alarm as a joke may seem harmless, it can have serious consequences. When a real fire starts, students may not take it seriously.

Here are some things your college students can do to prevent starting a fire.

- **Keep an eye on small appliances.** While most college students are enrolled in a meal plan, common appliances that can be kept in a dorm room include microwave, coffee maker, and toaster. When using these appliances, they should stay close by. Also, before rushing off to class, they should make sure they have turned it off or unplugged it. Don't forget about the curling iron or hair straightener.
- **Use candles with extreme care.** Candles are prohibited in most college dorm rooms. However, if they're living off campus, candles can provide some amazing scents and a way to relax. However, they should never leave candles unattended or near clutter. Fires can start and spread very quickly.
- **Take it easy on power strips and surge protectors.** With all of today's devices, outlets are usually at a premium, so power strips and surge protectors come in handy. However, they should never connect multiple power strips together to increase the number of outlets available.
- **Keep decorations to a minimum.** If you've been in a college dorm you probably noticed that dorm room decorations can be elaborate. While it's fun to furnish and decorate the new room, keeping things to a minimum is much safer. Never hang things from a smoke detector or sprinkler. Avoid running extension cords in front of a doorway or under a rug. Don't block a doorway or window with furniture.
- **Don't smoke indoors.** They should smoke outside or in designated smoking areas.

Insurance Coverage

Parent and students alike may be under the misconception that their current homeowners policy provides protection for their property that's kept at school. This may not be the case. A homeowners policy may have different deductibles, limits, and eligibility requirements or it may exclude certain claims. If they are renting an apartment or home off campus, consider buying a renters policy.

Stay safe out there!

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

FEMA | U.S. Fire Administration

FOND DU LAC FIRE / RESCUE

Fire is Everyone's Fight

PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Get Healthier With Practice: Stop Chasing Fatigue and Restricting Calories

If you've ever started a new workout program or rapidly progressed an exiting exercise routine, you've likely experienced the feeling of sore muscles. While some enjoy the feeling of soreness and view it as a sign of a good workout, others may be discouraged and view soreness as a negative response which creates a barrier to becoming more physically active.

The goal of exercising and eating better is to improve and become healthier over time. Emphasizing practice and skills a s process goals is an effective way to achieve fitness results without always chasing muscle soreness and exhaustion. Using a similar mindset shift in nutrition can help avoid cycles of restrictive dieting by helping you learn to make food choices and eat in a manner that is enjoyable, keeps you satiated, and healthy.

Use these tips to create process goals and focus on progress, not perfection.

Get Better Whether You Get Sore or Not
Delayed onset muscle soreness (DOMS) is typically associated with exceptionally challenging training sessions but it is not always a great marker of a successful exercise program and may not lead to larger and stronger muscles. You can experience muscle soreness anytime muscles are stressed beyond their normal demands without necessarily increasing the total volume or intensity of a workout. Switching and modifying exercises frequently may induce DOMS, but too much variety in exercises can make it more challenging to consistently increase the total amount of work performed in a training session.

Instead of seeking to cause muscle soreness by pushing beyond current fitness and comfort limits, fitness improvements can be achieved by focusing on improving your skills with each exercise and gradually progressing exercise intensity and training volume. Repeating workouts and exercises for multiple weeks allows you to practice doing each exercise with better technique and more control. This results in becoming more efficient with a given exercise, which will allow you to increase the volume or intensity. This, in turn, creates enough stimulus for adaptation and improved fitness, and may help you to avoid DOMS.

Improve Your Fitness Even If You Can Do More
You can also improve your fitness without feeling exhausted at the end of each workout. Training to exhaustion or failure can increase your risk of injury and make it harder to recover quickly. Longer recovery times can reduce the total amount of work you perform in each workout as well as the total amount of training you can achieve over a period of weeks or months.

Rather than performing exercises to exhaustion, maintaining an intensity and volume that is submaximal allows you to focus on other things, such as bracing your core, maintaining good posture and movement mechanics, and proper breathing patterns. Keeping a few repetitions in reserve while systematically stressing your muscles in a progressive manner can still elicit enough muscular challenge to improve muscular fitness. In other words, exercising at an intensity or training stress that is slightly greater than normal will bring about a positive muscular response and minimize the risk of muscle soreness.

The same holds true for cardiorespiratory exercise. Training at submaximal intensities and volumes allows you to focus on the skills that make you more efficient. This, in turn, allows for greater recovery while you increase your cardiorespiratory fitness, without reaching a point of complete exhaustion at the end of your workouts.

Practice Eating Skills Instead of Diets
Just as many exercise practices can be overly challenging and lead to burnout, so too can many common dieting practices. Diets that restrict entire food groups or limit calories excessively may not be sustainable. These types of diets often don't fit well into busy lifestyles and rarely account for personal food preferences.

Practicing skills that improve your food choices and eating habits is a more sustainable approach that allows you to maintain health and performance without restrictions. For example, developing skills such as grocery shopping and list-making can help you to keep more nutritious foods available and at the ready, which makes it easier to make positive choices.

Eating more slowly and mindfully is also an effective strategy to increase your satisfaction with meals so that you feel less hungry prior to your next meal. Practicing skills such as turning off screens and other distractions while eating, putting your utensils down between bites of food, and utilizing all of your senses can help you to consume more appropriate portions without feeling like certain foods are off-limits.

Celebrate the Practice for Continued Progress
Process goals encourage you to focus on the practices that lead to the results you seek to achieve. Placing more emphasis on improving skills you can practice instead of outcomes like soreness or fatigue is one example of prioritizing process goals in your fitness endeavors.

As you level up your various exercise and nutrition skills, you'll become more efficient and able to challenge yourself to make even better choices. Your health and fitness results will follow the improvements in your skills without constant discomfort and eliminating your favorite food groups.

Author: Brian Tabor,
Health and Fitness Expert