



**State of Connecticut
Department of Emergency Services & Public Protection
Commission on Fire Prevention and Control**

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- 1. Rescue Technician: Core in Ridgefield – Space Remains**

The Rescue Technician: Core course in Ridgefield, scheduled to begin on August 8th has space remaining. If interested, apply using Course #17030. Tuition is \$420.

Application

http://ct.gov/cfpc/lib/cfpc/CFA2013student_application.pdf#51848

- 2. Employment Opportunity – Fire Chief – Town of Mansfield**

The Town of Mansfield is seeking an innovative, dynamic, experienced professional to serve as its second career Fire Chief and lead its Fire & Emergency Services Department. A full position announcement is attached. The application deadline is July 21, 2016 at 6:30 p.m. AA/EOE

- 3. Employment Opportunity – Full/Part-Time Paramedic – Madison Emergency Medical Services**

Madison Emergency Medical Services is accepting applications for the position of Full Time and Part Time Paramedic until 17:00 hours Monday, 1 August 2016. The official job posting and application packet may be obtained on the Madison Emergency Medical Services website: www.madisonctems.org.

- 4. Firefighter Near Miss Report of the Week**

Incident Commander Transported from Scene for Chest Pain

SUMMARY

This week's report deals with sudden and dynamic event that caused an incident to quickly change course for the incident commander (IC) while in charge of a structure fire. An onset of chest pain resulted in an unexpected change in priorities. Fortunately, another chief was on scene to assume command of the incident while intervention from the EMS crew and rapid transport of the original IC to the local hospital prevented a serious medical condition from getting worse or resulting in a line-of-duty death.

EVENT DESCRIPTION

Crews were responding to a single-story structure fire on a hot day, with temperatures in the high 90s. A chief from a neighboring department, who had arrived first, had just agreed to turn over command to me. As our first engine arrived, I helped deploy an attack line for initial entry and search.

During this time, a sharp pain (rated at 7-8) developed in my mid-sternum. Pain diminished after about one minute and I removed my helmet and coat. I then went around to the D-side of the structure and pain came back, rated at 10 this time, and wouldn't go away.

I spoke with the neighboring chief and told him to assume command as I was having a problem. We had an ambulance on scene so I walked to the unit and they immediately required a 12-lead ECG, which showed STEMI. I was transported to our regional STEMI center via air and was sent directly to the cath lab, where I receive two stents. I had one 98% and one 75% blockage in my right coronary artery.

I received these stents within 100 minutes after the onset of my pain, which minimized the muscle damage; my cardiologist said I should make a 100% recovery. I returned to full duty three weeks after the procedure. I was only hospitalized for two days and am now in cardiac rehab.

I had no knowledge this problem existed, and I had no symptoms before this event. I credit my outcome to the STEMI plan put in place by our local EMS system and the fact that the EMS unit was on scene.

[View the report: Rapid medical intervention saves lives.](#)

TAKE-AWAYS

The fire service is known to be a highly stressful profession. This report highlights the importance of recognizing and responding appropriately to the early warning signs of a heart attack.

We are exposed to these risks in many ways. According to the 2015 NFPA report on line-of-duty deaths, 51% of firefighter LODDs resulted from cardiac arrests. When we respond to an emergency scene our autonomic nervous system kicks in, dumping adrenaline into our bodies in a flight-or-fight response and putting additional strain on the cardiovascular system. Unlike the professional athlete who often has hours to stretch and warm up before their event, firefighters must be ready to go from "zero to 60" in a moment's notice, often responding from a deep sleep, then rushing into a stressful and dangerous event.

Carbon monoxide and hydrogen cyanide given off at structure fires have been shown to be hazardous to our hearts. Strenuous work, extreme heat, dehydration, interrupted sleep patterns and being out of shape or overweight put additional stress on our bodies, increasing the risk of cardiovascular disease.

DISCUSSION

- What resources are available through your agency to help you and your coworkers achieve and maintain cardiovascular health?
- What steps can be taken before, during and after an emergency response to mitigate cardiac-risk factors?
- What actions can you take at the company and department level to live a healthy lifestyle and lead by example?
- How can you get your coworkers to understand the importance of physical fitness and a healthy diet? When it's your turn to cook, do you take the opportunity to prepare a healthy meal for your crews? Do you encourage them to join you in your workouts or suggest group workouts?

LEADING PRACTICES

It's important to do what we can to minimize the risk of heart disease. Ensuring we're physically fit and eating a healthy diet is an important start each individual can make.

Annual physicals can identify potential risks before they become serious threats. Fire department members should consult NFPA 1582: Standard on Comprehensive Medical Programs for Fire Department and NFPA 1583: Standard on Health-Related Fitness Programs for Fire Fighters for additional guidance on establishing a comprehensive fitness-wellness program. Resources are also available through The Fire Service Joint Labor Management Wellness/Fitness Initiative sponsored by the IAFF and the IAFC.

Emergency-scene rehab is also a critical step to keeping our people safe and allowing for a rest and recovery period. Complacency in these areas can create needless risks to ourselves, our crews and the community members we're sworn to protect.

The IAFC is currently conducting a study through the Firefighter Safety Through Advanced Research (FSTAR) program. Please participate in this study by filling out this brief survey.

RELATED NEAR MISS REPORTS

- [Firefighter Suffers Medical Incident During Fire](#)
- [First Responder Wakes up in Hospital](#)
- [FF Suffers Heart Attack During Physical Training](#)
- [I Suffered a Cardiac Arrest While on Duty No Previous Symptoms](#)

ADDITIONAL RESOURCES

- [NFPA Report: Firefighter Fatalities in the United States – 2015 \(PDF\)](#)
- [New England Journal of Medicine: Emergency Duties and Deaths from Heart Disease among Firefighters in the United States](#)
- [IAFF/ IAFC Fire Service Joint Labor Management Wellness-Fitness Task Force](#)
- [NIOSH Alert- Preventing Fire Fighter Fatalities Due to Heart Attacks and Other Sudden Cardiovascular Events \(PDF\)](#)
- [The First Twenty](#)

5. CPAT Fall Registration Extended

The online registration system is not working. Anyone who applied for the fall session must register in the normal fashion, please fax or mail your application today. Due to the inconvenience, we will allow registration to remain open until 7/28/2016.

<http://www.ct.gov/cfpc/cwp/view.asp?a=826&Q=246722&cfpcNav=>

http://www.ct.gov/cfpc/lib/cfpc/candidate_physical_ability_test_form_CPAT_2016.pdf

6. CSFA Convention September 16, 17, 18, 2016

The New London County Fire Chiefs Association is hosting this year's convention.

September 16, Executive Board Meeting at Flanders Fish Market Restaurant 22 Chesterfield Road East Lyme

September 16, CFA Irregulars Meeting at Chesterfield Fire Dept. 1606 Rt.85 Oakdale at 7:00PM

September 17, CSFA Convention Meeting 11:00AM at East Lyme High School 30 Chesterfield Road, East Lyme

September 17, Presidents Party 2:00PM at Cohanzie Fire Dept. 53 Dayton Road, Waterford

September 18, No Parade A variety of Training Classes are planned to be held at East Lyme High School, more information to follow

Host Hotel: Days Inn 239 Flanders Road, East Lyme

Any questions please contact Ron Stolz 860-884-1805 Convention Chairman

7. Wolcott State Fire School Fall 2016 FF-2 Program

The Wolcott State Fire Training School is presenting a Firefighter 2 course beginning Tuesday, September 27, 2016 at their facility in Wolcott, CT. Class cost is \$650. See the attached flyer and registration form or visit www.wolcottfireschool.com. Questions may be directed to school Director Steve Veneziano, at wfsdirector@aol.com or 203-592-0624

PLEASE DO NOT REPLY TO THIS EMAIL