



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

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**1. Public Fire and Life Safety Educator Class**

The Public Fire and Life Safety Educator class scheduled to start on August 20, 2016 is in danger of cancellation because of low enrollment. If you are interested please sign up ASAP by going to our website at [www.ct.gov/cfpc](http://www.ct.gov/cfpc). Or you can use the Attached application (course # 17024). This class will prepare anyone who performs public education duties to present existing programs to all audiences. The course addresses fire prevention activities, the major causes of unintentional injury, characteristics of learning, evaluation of lesson plans, presentation methods, effective usage of audiovisual aids, successfully dealing with the media and recordkeeping. This course meets the requirements of NFPA 1035, "Professional Qualifications for Public Fire and Life Safety Educator I".

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**2. Incident Management Team: Division/Group Supervisor**

The Connecticut Fire Academy is offering a Division/Group Supervisor class in Ashford CT. Please register using the CFA Application process. Cost is \$100, Course # 17020 Dates are September 10-11 2016.

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**3. NIMS – ICS 300 Course**

Ashford is hosting an ICS 300 class. There are seats available at no cost to the student. The dates are August 20, 21, & 27, 2016 from 0830 to 1630. Please contact Chief W. Fletcher to register, [wfletcher@ashfordfire.org](mailto:wfletcher@ashfordfire.org)

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#### 4. Rail Industry Hazardous Materials Mobile App

The rail industry has made available a free mobile application that will assist first responders, Law Enforcement, Fire, EMS, and Haz Mat when responding to an incident involving rail. This will work for any railroad across the board.

AskRail is a FREE mobile application that provides immediate access to accurate, near real-time information about railcars carrying hazardous materials on a train.

It serves emergency responders who arrive first to the scene of a railroad incident and helps them make informed decisions about how to respond to a rail incident. AskRail allows emergency responders to:

Query the contents of a railcar with a simple Equipment ID search to see whether a railcar is carrying hazardous materials. Ask Rail returns the following information:

- Loaded or empty/residue status
- UN/NA identification numbers
- Proper Shipping Names
- DOT Hazard Class
- Railroad name and emergency contact information

AskRail will also provide line-of-road train consist information. This is a tool all bona-fide emergency responders need to have. It is NOT available to the general public.



Refer to <http://www.askrail.us/> for more info about the mobile application.

The AskRail User Guide is available [here](#).

There are some great things happening in the near future with this application including a desktop version for your EOC, ECC and Data Terminals.

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#### 5. Hoarding Hazards: Municipal Team Response Training

## COURSE ANNOUNCEMENT

The Department of Emergency Services and Public Protection, Police Officer Standards and Training Council's Field Services Training Division, in cooperation with the Division of Criminal Justice, the Department of Agriculture, and the Connecticut Hoarding Working Group, is offering a one-day training seminar titled "Hoarding Hazards: Municipal Team Response".

Instruction will be provided by trainers from the Division of Criminal Justice, Housing Prosecution Unit of the Office of the Chief State's Attorney, the Department of Agriculture, Animal Control Division, and other subject matter experts. The training seminar will take place on **Monday, November 21, 2016** from 8:30 a.m. to 4:00 p.m. at the Connecticut Police Academy, 285 Preston Avenue, Meriden, CT. Registration will begin at 8:00a.m.

This training will provide recommended procedures for municipal team response to complex cases of severe hoarding in and around housing. Municipalities are encouraged to send official representatives from the following departments for this specialized training in hoarding response: police, animal control, fire marshal, health, housing, building and blight.

The presentation will be split into morning and afternoon sessions. The morning session will be general instruction, and the afternoon will consist of break-out sessions where participants will work through a series of case scenarios with guidance from subject matter experts. The morning will be open to all interested parties, however the full day program is limited to in-service police, animal control officers, and code enforcement officials.

The presentation has the following objectives:

- Identify Connecticut laws applicable to hoarding cases
- Recognize constitutional limitations to lawful right of entry in hoarding cases
- Recognize proper response to animal hoarding
- Familiarize municipal officials with skills for proper assessment and response to hoarding cases
- Review applicable emergency protocols, mental health and social service referrals, and mandatory reporting provisions in hoarding cases

The training class is limited to 120 police and code officials. The session will be held in the auditorium. Please complete the [registration](#) form located on our website at [www.ct.gov/post](http://www.ct.gov/post) and forward to the attention of Barbara Fullenwiley by email at [Barbara.Fullenwiley@ct.gov](mailto:Barbara.Fullenwiley@ct.gov) or fax to (203) 238-6119. The deadline date is **October 28, 2016**. If you have any questions, please contact Susan E. Rainville, Director at 203-427-2621.

Students successfully completing the training will receive Review Training Credit as follows: Curriculum Area II: Police and the Law, 4 hours and Curriculum Area IV: Human Relations, 2 hours.

There is no tuition for this course. Lunch may be purchased at nearby restaurants. The uniform dress code for POSTC In-Service Training ([POSTC General Notice 90-03](#)) will be in effect. We ask all training supervisors to inform assigned personnel that they represent their agency and are required to dress accordingly.

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## **6. Firefighters of Enfield Local 3059's MDA Fundraiser**

Help support the Professional Firefighters of Enfield Local 3059's MDA fundraiser. Come to Chipotle Mexican Grill at 7 Hazard Ave Enfield CT on Wednesday August 10<sup>th</sup>, between 5pm and 9pm. Bring the attached flyer, Show it on your phone which can be found on our Facebook page "Professional Firefighters of Enfield Local 3059" or tell the cashier you're supporting the Enfield Professional Firefighters Local 3059 MDA fund raiser. By doing this 50% of your purchase will be donated to the MDA foundation.

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## **7. Near Miss Report of the Week**

### **Heat-Related Illness to Firefighter Due to Dehydration**

#### **SUMMARY**

Heat related illnesses can greatly impact the abilities of fire service professionals. In this week's report, a firefighter who participated in fitness training became ill during the cool down and required treatment.

#### **EVENT DESCRIPTION**

In an attempt to prevent health-related injuries, we have started physical-fitness training on a regular basis during our shift. On this date, the particular fitness drill included jumping jacks, sit-ups, push-ups and a 400-meter run around the block.

After about 30 minutes of the fitness training, the group began our cool down. One firefighter became light-headed and felt like he was going to pass out. We immediately provided assistance to him.

An ambulance was called to the station. After 1000 mL of IV fluids, the firefighter was hydrated and his heart rate returned to normal. He refused to go to the hospital and was released with the permission of a doctor at a local hospital. He was excused for the remainder of drill and placed in the care of his family.

[View the report: FF Becomes dehydrated during Fitness Training.](#)

#### **TAKE-AWAYS**

Participating in on-duty fitness programs is an excellent opportunity to build unit cohesion and improve overall health and wellness, but it must be conducted intelligently. Firefighters must be prepared for this type of physical training through appropriate diet and hydration. If extreme weather exists, adjust this training accordingly to prevent overexertion.

Since we don't know what or when the next call is going to be, we must be physically ready at all times. Firefighters must develop their on-duty exercise routine so as to not take away from their ability to respond. If your fitness level is low, start slow but be methodical. Consistency is the key to any overall fitness program.

#### **DISCUSSION**

- Assess your personal fitness and wellness levels at this current moment. This consists of more than your normal fitness level. Consider extreme weather cases and how you can prepare your body in the short- and long-term should a physically demanding emergency occur. Are you hydrated and have you eaten appropriately?
- What resources are available to you to maintain a state of personal readiness at the station? Look in your station's refrigerator, freezer and pantry and identify healthy options for snacking and maintaining appropriate hydration and diet levels.
- Does your apparatus have a means for a quick rehab if needed? If available, how often is your water cooler replenished with fresh water and ice? When was the last time it was cleaned?
- With regards to on-duty fitness, does your department adjust your physical training in times of extreme heat or cold? Describe your practices for maintaining your fitness program while at the station during excessive temperatures.

### **LEADING PRACTICES**

Being dehydrated on an emergency scene not only makes you less effective, but also can increase your risk for a cardiac event or facilitate other medical emergencies. While in the station, judge your level of hydration by the color of your urine. The lighter the color, the better hydrated you are. Being physically ready to work at an incident through proper hydration is a must for a professional responder.

Eating healthy meals during your shift is also paramount. The more you load your body with heavy starches or excessive amounts of sugar-filled foods, the higher the likelihood your body will not function as well when the alarm is sounded. Plan your meals. This includes eating at regular intervals despite how hungry you feel. You might miss this opportunity when the next call drops.

Finally, never sacrifice your fitness training but be smart about it. Consistency is the key. If the weather is excessively hot outside, find a cooler location in the station to conduct your fitness regime. If your fitness equipment is in the bay, adjust your training times to early mornings or later evenings when the weather is cooler. Fitness is more about healthy movements to improve physical function, not necessarily how much your body expels through sweat.

### **RELATED NEAR MISS REPORTS**

- [Heat Stress Overcomes Firefighter](#)
- [Rehab Indicated During Firefighter Activities](#)
- [Dehydration Causes Firefighter's Heat Stroke](#)

### **ADDITIONAL RESOURCES**

- [National Strength and Conditioning Association Article: Firefighter Hydration](#)
- [IAFC Article: Water: The Essential Nutrient](#)
- [IAFF Hydration Tips](#)
- [FSTAR: Comparison of Rehydration Regimens for Rehabilitation of Firefighters Performing Heavy Exercise in Thermal Protective Clothing](#)

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## **8. Firefighting Operations in Mega-Mansions Seminar Series**

Seats are still available. Training is being held at the Connecticut Fire Academy on August 12<sup>th</sup>. Applications are available on the CFPC website. Class runs from 8:30 to 4:30. Registration fee is \$55.00. Applications can be mailed or faxed in. Payments are accepted on the day of the seminar. For any questions, please contact Program Manager Jason Decremer at 860-264-9242 or [jason.decremer@ct.gov](mailto:jason.decremer@ct.gov)

**Faculty:**

**Greg Jakubowski, P.E., CSP, FSFPE** Past Chief, Lingohocken (PA) Fire Company

**Christopher J. Naum, SFPE** Chief of Training, Command Institute (DC|NY)

**Program Description:**

Today's residential homes are being built larger than ever and in all community settings from rural to suburban to urban. These occupancies present significant risks and operational challenges to commanders and firefighters, who must have increased knowledge and more skill sets to employ the operational models that must be used in these structures. The program examines building construction, engineered systems, design configurations, and characteristics of common mega-mansions--homes ranging from 4,000 to 40,000 square feet, with operational focus on the 6,000-18,000 SF residential footprint. Among the areas of discussion are the predictability of building performance; occupancy risk and reading the building; strategic command considerations, adaptive operational tactics and the latest on fire behavior; flow path and compartment control with insights on accessibility, limited water supply factors, and coordinated operational and incident management principles. This program has been designed and developed for all operational levels and organizational compositions.

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**9. Orange Volunteer Firefighters Carnival – August 4-7**

The Orange Volunteer Firefighters Carnival will be held August 4, 5, 6, & 7 at the Orange Fairgrounds / Community Center 525 Orange Center Road, Orange.

Thursday - 5:00 PM to 11:00 PM

Friday - 5:00 PM to 12 midnight (Fireworks)

Saturday - 12 Noon to 12 midnight (Fireworks)

Sunday - 12 Noon to 5:00 PM

Buy your ride bracelets in advance using PayPal at this website;

<http://www.orangevfd.com/carnival/tickets.htm>

Ride Bracelet Sales end on August 2nd.

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**10. NIST Seeks Grant Proposals for Disaster Resilience Research Studies**

The [National Institute of Standards and Technology](http://www.nist.gov) (NIST) is making up to \$3 million in grant funding available for research aimed at (1) advancing the principles of disaster resilience in the design of building

and infrastructure systems, and (2) developing building codes and standards that will lead to reduction of impact caused by windstorm and coastal inundation, wildland urban interface fires and earthquakes. The [Federal Funding Opportunity \(FFO\)](#) also seeks grant proposals for the development of innovative measurement methods and technologies to collect and evaluate building and infrastructure performance data in the wake of a hazard event. NIST anticipates funding five to 15 awards in the range of \$300,000 to \$1 million each for up to three years.

Applications for the [Disaster Resilience Research Grants Program](#) must be received in Grants.gov no later than 11:59 p.m. Eastern Time on September 23, 2016.

**A free webinar about the FFO and the Grants Program will be held on August 25, 2016 from 2-4 p.m. Eastern Time**, to provide general information, offer guidance on preparing applications and answer questions. Register in advance on the [webinar webpage](#).

For more information, see the [DR Research Grants Program webpage](#) or contact [Millie Glick](#), (301) 975-5962.

**PLEASE DO NOT REPLY TO THIS EMAIL**