

HOT TOPICS



Volume 10, Issue 12 City of Delray Beach Fire-Rescue Department

May 2011

Administrative Professionals Day

Mission Statement

The Delray Beach Fire-Rescue Department is resolved to provide the highest quality of emergency services to residents and visitors of our community; effectively mitigating all types of incidents threatening life or property; educating the public in specific aspects of health and safety to assure a superior quality of life.



Administrative Professional's Day was on April 27th. The Senior Staff got together and treated us to a fabulous lunch on April 26th at Cabana El Ray on Atlantic Avenue. Everyone of us enjoyed our meals immensely. We, the administrative staff, thank you all so very much, and it is our honor to work for a wonderful group of people.

Vision Statement

"Our vision is to provide Fire-Rescue, Emergency Medical and Special Operations Services at the highest level of excellence, professionalism, and commitment to the community. Proud of our past and embracing our future, the members of Delray Beach Fire-Rescue will work as an effective and integrated team, dedicated to continuous improvement and maintaining a positive environment. The Department will be a model to others and the pride of the community".

Miami Stair Climb

On April 16, *Crista Mockenhaupt* and *Tommie Osborn* competed in the Miami Fight for Air Climb which is sponsored by the American Lung Association. Firefighters in full bunker gear (but not on air) and the public had to climb 54 flights, instead of 55 this year, due to renovations. Mockenhaupt placed 2nd for FF women (15:38) and Osborn placed 8th for FF men (16:40).



THE FLORIDA STATE UNIVERSITY



Congratulations to Mallory Lynn Knabb, daughter of Lt. Hal Knabb and Lynn Knabb who graduated on April 30, 2011 from Florida State University earning a Bachelor of Science with a Major in English Education.



CERT CLASSES STARTING ON JUNE 1ST! MORE INFORMATION ON PAGE 3

"Preparing for the worst.....Delivering the best"



Bring your child to
work day!



April 28th

Operations Division Report

Assistant Chief Russell Accardi

Brian Fiorey

I want to thank all of the personnel who stepped up to cover shifts for our brother Paramedic/FF Brian Fiorey. Brian as many of you know made the trip to Indianapolis recently to seek treatment at Indiana University Hospital. His procedure went very well and we wish him a speedy recovery.

OSSI Computer Aided Dispatch/Firehouse Software

Delray Beach Fire-Rescue is continuing the implementation of the new OSSI CAD System and Firehouse Records Management software. We have been focusing on the users of the new system and trying to keep everyone informed of the progress being made to work out the initial start up issues. In order to assist field personnel with using the various components of the new software, we have developed a Frequently Asked Questions (FAQ's) list. We also have continued to bring all shifts in for additional classroom training sessions, in our on-going effort to communicate to all users the latest progress on software updates and fixes.

In recent weeks we have seen a significant amount of items that have been addressed and solutions developed based on input and suggestions from these classroom sessions with the field personnel. On behalf of everyone working on this project, I thank you for your suggestions and valuable feedback to get these new software programs implemented. I know many of you are working diligently to learn these new systems, and with any new program there will be a learning curve associated with it. Please continue to be patient while we all work collectively to include the many recommendations that have been suggested.

I want to specifically thank the following people who have spent many hours working hard on the implementation of this very important project: ***Battalion Chief Greg Giaccone, Lieutenant Ed Beardsley, Lieutenant Joe Falcone, Paramedic/FF James Bradford, and Paramedic/FF Brian Pollack.*** We have also received a great deal of support from the city IT staff, and specifically ***Jasper Lu*** who has been working very hard at the fire stations. Without these individual's dedication and determination to see this through, we would not have been able to accomplish our goals and meet the project deadline.

Next month we will feature a series on the Insurance Services Office (ISO) and how that affects fire Insurance premiums in communities.

Support Services Staff
Cecelia Shade, Administrative Officer

*“Leaders become great; not because of their power, but for their ability to empower others.”
 – John Maxwell*

CHICK-FIL-A LEADERCAST! I recently attended this awesome event and gained some valuable information that I will cherish forever. I learned that every leader has a unique voice. One offers direction, while another inspires. Some voices impact lives without uttering a single word. The entire day was filled with voices of influence, hope, service, purpose, and innovation. The messages were delivered by great leaders like Seth Godin, John Maxwell, Alison Levine, Erin Gruwell, Dan Cathy, Muhtar Kent, Dave Ramsey, Suzy Welch, Mack Brown, Sir ‘Ken Robinson, and Frans Johansson.

The messages given spoke to my beliefs that people matter. Mr. John Maxwell taught about the five levels of leadership (influence), and the fact that you are on different levels with people all the time. The five levels are:

Position - people follow because they have to; doesn't make you a leader.

Permission - people follow because they want to

Production – people follow because of what you have done for the organization

People Development – people follow because of what you have done for them personally

Pinnacle (Personhood) - people follow because of who you are and what you represent

I look forward to attending this event next year. As leaders, we are not who we used to be, and we are not nearly the persons we will become. The question remains, who are you? Do you know your leadership voice?

BUDGET! We have just completed another budget process. Although grueling, staff has reviewed their areas of responsibilities and cut those items that were necessary. However, it will be tough to meet the department's goals with limited resources. Our FY11/12 budget review meeting with the manager is scheduled for Friday, May 27th. Thank you to my entire staff for assisting me with the budget process, and for maintaining productivity in my absence. You're the best!

EMS BILLING UPDATE! Many, many **“THANKS”** to Desiree for managing the billing processes for the past month as I worked on budget. Payments are being received and processed daily and we are starting to see much progress with our new system. Medicare and Medicaid payments are starting to flow in as well. We are hoping to merge with the new Firehouse software in the near future. As we continue to work through the glitches, we are encouraged that the process will improve with time.

CHIEF JAMES UPDATE! We are happy to have Chief James back in the office, working alongside Chief Connor as he continues his transition back to great health. He is recovering very well. Welcome back Chief, we've missed you.

Changes and Improvements
Steve Anderson, Division Chief of EMS

While the EMS Division transitions into a new era you will begin to see a different philosophy on how we approach the delivery of care. With these changes, the focus is on becoming more efficient while on-scene, improving work flow which will ultimately raise our current level of service to a higher level. A start was with the new Firehouse software rollout. This went as expected, a little rough going at the beginning; however, with your cooperation and assistance many of the pitfalls have been identified. Keep sending your suggestions because the goal is to have this program work for you.

I'm happy to announce our new protocol will be unveiled June 8th, 9th & 10th. Dr. Kushnir has made several improvements in many areas and I'm sure everyone will be pleased after the unveiling. I'll be emailing protocols the week prior to training so you'll have a chance to review and formulate any questions. If you have any questions prior to the training, please contact Acting Lt. Baker or myself. I'll end this month news letter entry by saying arrangements have been made to host the following training this summer: Falls in the Elderly, Trauma Hawk, Labor and Delivery, Flu Shot Immunizations, and Special Situation Calls such as Crime Scene Circumstances. If you have any training suggestions please let us know so we can get them on the training schedule.

Kush's Korner
By : Dr. Kushnir



Everyone will receive the new protocols in a week or so. Please read them carefully and come prepared so we can utilize our time June 8th-10th efficiently. If after receiving the protocols anyone has questions please feel free to email me, that way I know where to best focus the training.

Kushnir@mydelraybeach.com

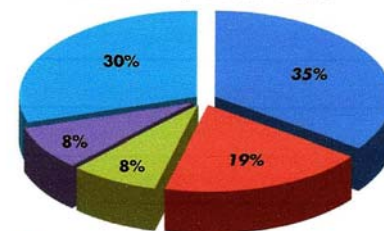
Firefighter Health and Safety
Joe Falcone, Division Chief of Training

I recently made e-mail contact with a retired firefighter named Keith Tyson who retired from Miami-Dade and now runs the Firefighter Cancer Support Network. My reason for making contact with him was to obtain information relating to diesel exhaust and the health concerns it poses to firefighters. He sent me a report he published in 3 consecutive issues of "Florida Fire Service Magazine" last year. I will submit the first part this month and follow suit over the next couple of issues with the rest of them. Let me know if you would like the full report and I will send it via e-mail to you. One piece of advice that I picked up on, that every firefighter should be aware of, is storing our gear in the truck when not in use. The issue with that is when our gear is sitting on the floor next to the apparatus and the truck is fired up all of the diesel exhaust and byproducts gets blown out of the exhaust pipe, and due to the particles being heavier than air, the particles comes to rest on our gear, particularly in between the boots when our bunker pants are rolled down. This creates an issue of chemicals embedding in our gear that leach into our system when we begin to sweat and our pores open up. There are little things we can do to help keep us safe such as waiting to start the truck up until all crew members are in the truck and ready to go, minimize idle time in the bays, keep the bay doors open after returning to quarters momentarily to allow a natural breeze to help clear the air.

(Part 1 of Keith's report is on page 6 and 7.)

Cancer in the Fire Service ...
Is this the NEW Silent Killer?

Causes of Deaths
for MDR/ Local 1403



■ Cancers
■ Cardiac
■ Self-Inflicted
■ Motor Vehicle
■ Other Causes

Cancer in the Fire Service... Is this the NEW Silent Killer?

Over the next 3 months, three articles will be published with the intent of raising awareness of Cancer in the Fire Services. Data will be presented to show how prevalent it appears to be; some of the possible causes as well as changes that we as leaders should be considering.

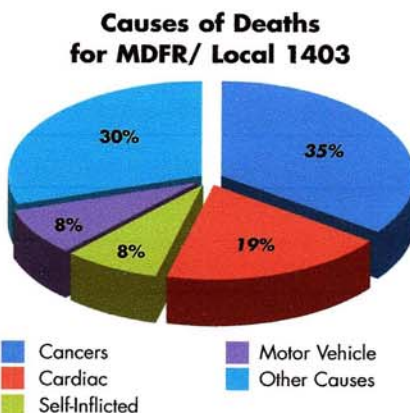
The articles will also feature examples of what some departments are already doing as well as raising awareness of the Firefighter Cancer Support Network. This incredible organization of firefighters who have been diagnosed with some form of cancer, are ready to assist members diagnosed, as well as mentor and support them through their treatment.

For many years firefighters have been informed that the #1 killer of "on-duty" firefighters has been cardiac disease-related; as noted by just a few of those articles listed.¹ Multi-faceted research is starting to expose that this may not be the case; but if not cardiac, what is? Data collections, albeit somewhat anecdotal at times, are now pointing to a new possible number one cause; cancer. Medical surveys are revealing more and more cancer issues as our firefighters age.

For years, in departments across the country, we hear about members that have developed cancer and many whom have died from it, but we don't truly think about it until it affects us directly. Within Miami-Dade Fire Rescue, (MDFR), we began to maintain a "Last Alarm" page, which is common in many departments. As the years went by and we were now able to view that group as a total population of firefighters that had passed on, we began to attach the cause of death to the Last Alarm page. It then became very apparent that we were dealing with a vast number of firefighters dying from cancer.

What had changed that indicated our numbers might be different than the national trend? Are we really different than the national trend? We recognize that we are not epidemiologists, medical researchers, or statisticians, but the results were blaring. Something seemed out of place. What we had been told for so long is NOT what we were seeing with our department.

So after my own diagnosis of prostate cancer, I began to do some personal research on the possible causes, as well as the causes of deaths for our own members within our department. I began by examining the death certificates of each member and collecting the following



information: Name, their local, department, rank, date hired, date retired, years on job, year of death, their age at death and finally, the cause of death. The results were eye-openers and shocking to many, yet the more research I did, the more the effects of cancer in the fire service revealed its lethal nature, and the more things started to make sense!

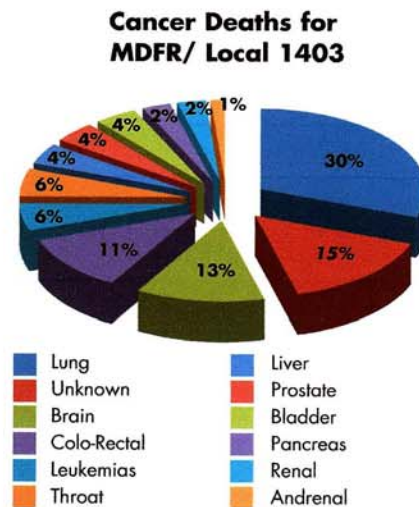
MDFR has had 255 known deaths over its history, of which after reviewing the death certificates, we have been able to determine the actual "cause of death" in 209 of those members. Within the MDFR, the #1 cause of deaths @ 35%, were due to CANCER, cardiac arrest was #2, being a distant 19%! Yet, according to the Center for Disease Control and Prevention, CDC, the leading cause of death in the U.S is cardiac, at 22.8% and cancer follows at 22.4%. So why is there a higher incidence of cancer in our department/fire service then in the U.S. population?

While pursuing this research of our department, some other startling data was discovered. The third leading cause of death was self-inflicted @ 8%! This has been noted in other parts of the country also as noted below.² Additionally, 31% of our members (61) never even made it to their retirement, while another 6% of the deaths, (17) never made it to their fifth year of retirement! These numbers become truly frightening when one considers that 37%, of our those that died never even got to enjoy five years of retirement!

Of the 72 Cancer deaths, 30% (22) were due to lung cancer. These firefighters, due to their age and the career time on the department, may have had limited use of Self-Contained Breathing Apparatus, SCBA and many were tobacco users. Additionally, 15% (11) were

unclassified cancer deaths, and brain cancers accounted for 13% (9) members. Shockingly only 1 of these 9 made it past their five year retirement! Colo-rectal followed at 11% (8) members and finally Leukemia and throat cancer tied at 6% with 4 each.

So to cross-check my Cardiac vs. Cancer death numbers I went to the IAFF LODD website, and went with an assumption that the average firefighter worked until age 55. After doing some research here, I found some similarly remarkable data for deaths for the 20 year peri-



It must be noted that these numbers and stats are from the Miami-Dade Fire Rescue Department/Local 1403 only, and should not be considered as hard and fast to every department!

od of January 1, 1989 to December 31, 2009.

There were 110 total deaths attributed to "Overexertion/Stress/Strain" ... AKA Cardiac arrest, 90 have ages attached to their names, 75 died before 55, 87 died before 60 and 20 had unknown ages.

There were 579 total deaths attributed to Cancer of all types. Of that total, 275 have ages attached to their names, with 133 total died before 55, 184 died before 60 and 204 with unknown ages.

NOTE: Before submitting this article for publication, I checked the IAFF LODD numbers for 1/1/10 thru 6/30/10 and the numbers are still consistently overwhelming as the IAFF lost 12 members to Cancer under the age of 55, and 4

→ See **CANCER** page 28

CANCER - continued from page 12

members to Cardiac arrest at the same age!

Usually a LODD cardiac death for an "on-duty" firefighter is considered as a death on their duty shift, or the immediate 24 hours after their shift ends. Yet how many members with CANCER are we aware of that have gone on light-duty, sick leave, "on the books but not working", to be treated for their illness, and have been in this status for months to years and yet died before returning to an active duty status? Are we classifying these members as "on-duty" LODD's or are they just another member who did not make retirement?

Now let me make my caveat here! Do I think that we have been wrong in teaching that car-

diac is the number one killer of on-duty firefighters? The answer is possibly, but we also did NOT have the information and databases that we have now when we began teaching/learning about the cardiac issues. So we can't, and should not, second guess what has been done in the past! Let us move forward and learn from it!

What are some of the causes of this Cancer crisis and how do we change it? What studies are out there to back up this information? Can we make meaningful changes as fire service leaders to make it safer for our personnel? Who, and what, is the Firefighter Cancer Support Network? What resources are there for those members who develop cancer, how do we access them? These questions will be discussed

in the next two issues and at the Health and Safety Symposium in Orlando in December.

It's truly important that we now seriously begin to view the data and start the research; to convince both our leadership and front-line personnel of the possible changes that are occurring (or is it really a change); the causes of death and classifying them properly. Without that hard and fast information we will never begin to know what prevention programs we should invest in.

Lastly, and maybe most importantly, in no way should anyone consider these articles as critical of any one particular person, group, department or organization, but more of a "let's get this discussion out in the open and talk about it" mentality! As we learn more, and as our equipment and knowledge base changes over time, WE MUST ALSO CHANGE! We can't keep doing the same things over and over and expect a different outcome!

Keith Tyson, 58, retired from Miami-Dade Fire Rescue in 2008 after serving 34 years as a Paramedic/Firefighter. Currently he is also involved with the Florida Professional Firefighters in collecting cancer information on Florida Firefighters, both active as well as retired, to present to the IAFF and the Florida Legislature to eventually work towards a Cancer Presumption Law for the Florida Firefighters. He can be reached at either 786-351-3276 or at KTyson@FCSN.net.

References

1 October 24, 2002.....Fire Chief Magazine, Heart Attacks Leading Cause of Death for Firefighters

May 21, 2003.....EHS Today, Heart Attacks Remain Leading Killer of Firefighters

May 15, 2005.....NFFA Health promotion, screening could help prevent cardiac arrest - the top killer

April 28, 2006.....The US Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report Sudden Cardiac Death Is Leading Cause of Firefighter Death and More

March 21, 2007.....WEB MD Heart Disease is Firefighters' Biggest On-Duty Death Risk

March 26, 2007.....MSNBC Firefighting raises Heart Attack Risk

March 22, 2007.....New England Journal Of Medicine. Emergency Duties and Deaths from Heart Disease among Firefighters in the United States

2 April 1, 2003.....
http://firechief.com/health-safety/ar/firefighting_not_without_warning/

May 12, 2009.....CBS 6 Chicago Suicide Among Police, Firefighters Is On The Rise



Congratulations to Lt. Antonio Ojea on receiving a Fire Fighter of the Year award from the Delray Beach Elks Lodge #1770





-Fire-Rescue Offers CERT Training -

Delray Beach Fire-Rescue is gearing up for a new Community Emergency Response Team “CERT” class and all Delray Beach residents and business owners are welcome to attend this free disaster response team training. CERT provides the tools to effectively report hazardous situations and to administer basic first aid in the event of a natural disaster and/or terrorist event until Fire-Rescue can arrive. CERT classes will be held on June 1st, 8th, 16th, 22nd, 29th, July 13th, 19th, 26th from 6:00 pm - 9:00 pm at the Delray Beach Fire-Rescue Headquarters, located at 501 West Atlantic Avenue. There is no charge for this class and Fire-Rescue only asks for a commitment to complete the eight (8) scheduled sessions.

Applications are available at Fire-Rescue Headquarters or online at www.mydelraybeach.com by selecting *Fire-Rescue* under *Departments*. For more information, contact Lt. Curtis Jepsen at (561) 243-7456 or E-mail jepsen@mydelraybeach.com.



Hummus Recipe

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1 1/2 tablespoons tahini—can be purchased at Publix
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Easy & Healthy

Preparation:

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl, and create a shallow well in the center of the hummus.

Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with parsley or add a few sun dried tomatoes during blending (optional).





The newest members of DBFR have been with us for a year. Each month will feature a short bio on who they are and how they got here.

This month's Member is: **Firefighter Matt Mejur.**



Matt Mejur is another one of our new hires that has just gotten off probation. Matt was working as a valet and lifeguard for the City of Delray Ocean Rescue before getting hired on at the fire department. He attended PBCC for both fire and paramedic school. Matt says that while working as a lifeguard he decided he wanted to work for the fire department. He says that he was looking for more excitement and has always wanted to help people. He enjoys remodeling his house with his wife and says he is looking forward to having kids one day. A native of Lantana FL, Matt was a competitive swimmer and went to states all four years in high school, finishing in the top 16 every year. Welcome to Delray Beach Fire Rescue Matt.

Competition Events-Tommy Osborn, Firefighter

Spartan Race was held on April 23 at Oleta State Park in Miami. It consisted of an 8.1 mile trail run with 15 obstacles and 4 challenges. Some of the obstacles were 1/4 mile wade or swim in the Biscayne bay, 8 ft wall climb, cargo net climb, mud crawl, hurdle jumps, dragging concrete blocks up a hill and down a hill. The 4 challenges were solve rubric cube which you complete 4 white squares in a row, balance beam, transverse wall climb, and archery. If you didn't complete a challenge you had to do 30 burpees. **Craig Merrill, Joe Falcone, Curtis Jepsen, Tommie Osborn, Mike Wise** and his two teenagers (**Cole and Kelly**) competed in this event.



Florida State Firefighter games were being held from April 26 - May 15 and was hosted by Broward County. Track and field was held on May 15 at Nova High school in Davie. Depart was presented with 3 relay teams and individual races. 4x100 meter relay took gold (**Torres, Levy, Osborn, and Jason Stout, Boca FD**) 4x200 meter relay took gold (**Torres, Levy, M. Mahoney, and Jason Stout, Boca FD**) 4x400 meter relay took gold (**Torres, M Mahoney, Osborn, and**

Shawn Kelleher, Eutis FD) Osborn took silver in 200 and 400 meter runs with times of 24.2. and 56.7

On May 15, at **Crossfit Conquest** in Davie was the site for the Crossfire event. **Osborn** competed in this and took silver medal with a time of 22:36. The event mixed crossfit with fire.

The workout:

100' hose roll 5" pickup and drop behind prowler machine
100' victim drag prowler 185m/ 165w
12 power cleans 115m/75w
3x 5 pull ups, 15 push ups, 20 sit-ups
25 ft men/ 15 ft women tire sledge hammer move
25 burpees
25 kb swings
25 thrusters
3x 5 pull ups, 15 pushups, 20 sit-ups
12 dead lifts
100' hose advance 185m/ 165w
100' prowler push empty sled

A very intense workout and the fastest time of the day was little over 17 mins.



Great job guys!

Competition Pictures



Learn Something New

By: Lt. Tim Garito

We currently have **62** Fire Inspector's receiving certification pay.

The State requirements to obtain this certification are-

- FFP 1505 Fire Prevention Practices
- FFP 1540 Private Fire Protection Systems I
- FFP 2120 Fire Service Building Construction
- FFP 2521 Blueprint Reading/Plan Review
- FFP 1510 Codes and Standards

After completion of the 200 classroom hours, you must then pass a state exam. As you know, you are then required to obtain forty contact hours every three years to maintain this certification.

What many of you may not know is that the State accepts several classes other than the five required to earn this certification in the recertification process. Included in the list of acceptable classes is the **Fire Investigation** series. Why not learn something new instead of just simply going through the motions? You can recertify as an Inspector while earning a new certification.

Many of you may not be aware that there is certification pay available for anyone earning the level of Fire Investigator II. There are currently only **3** people receiving it.

The requirements for Fire Investigator I are-

- FFP 2111 Fire Chemistry (If you are a Haz Mat Tech you already have this)
- FFP 2610 Fire Origin and Cause
- FFP 1540 Fire Protection Systems I (Inspectors already have this)
- FFP 2120 Fire Service Building Construction (Inspectors already have this)

*You must then pass a state exam.

The requirements for Fire Investigator II are-

- FSFC 402 Latent Investigation
- FSFC 407 Arson and Fire Investigation
- FSFC 406 Post Blast Investigation
- FSFC 403 Legal Issues for Investigators

*There is no state exam required.

As you can see, by taking 6 classes (5 if you are a Haz Mat tech), you can qualify for additional certification pay, while recertifying in what you already have. Who knows, you might even discover that you have an interest in this dynamic discipline of the fire service.



Lt. Brassard pictured here with brother and sister who were so excited about having their picture taken with a Fire Fighter.



I never thought of losing, but now that it's happened, the only thing is to do it right. That's my obligation to all the people who believe in me. We all have to take defeats in life.

Muhammad Ali



May

Birthdays

May 2nd
Shawn Beckowitz

May 11th
Kevin Saxton

May 13th
Ilene Rose

May 14th
David Wyatt

May 16th
Craig Mahoney
Howard Spain

May 23rd
Michael Wise

Anniversary

May 8th
Michael Wise
24 yrs.

May 14th
Eric Kovacs
Laura Deckers
Daniel Marullo
John Staab
21 yrs.

May 20th
Joseph Falcone
Travis Klemann
Daniel Waldrep
9 yrs.

May 12
Ryan Walker
James Bunnell
Justin Caruso
John Wagner
Sean Gibson
8 yrs.

May 31st
Conor Devery
6 yrs.

The distribution of our next newsletter is June 15, 2011. All news articles should be turned in to Debra Nastasi, Administrative Assistant in Fire Safety on or before June 12, 2011. Thank you once again for your contributions and we look forward to the next issue of "Hot Topics."