

Smoke Showin'

The Official Publication of the Massachusetts Call/Volunteer Firefighters Association

**The Development of Rapid
Intervention Training in MA**

Cancer Survey Data

**OSHA's Coming:
Don't Panic**

Health & Wellness

Injured Firefighters have Rights We are here to Help

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- Injuries during rescues
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- Toxic Exposure



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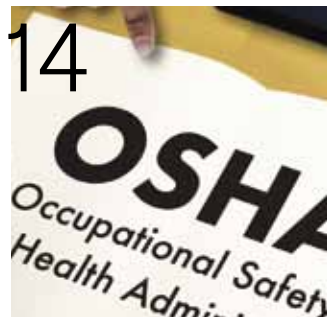
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Summer 2018

CONTENT

- 4** August 2018
- 6** 2017-2018 Legislative Scorecard
- 7** Volunteer Ambulance Staffing Requirements
- 8** The Development of Rapid Intervention Training in Massachusetts
- 10** Health & Wellness
- 11** Preventing Cancer Poster
- 12** Cancer Survey Data, 2016 & 2017
- 13** NVFC Spring Meeting
- 14** OSHA's Coming: Don't Panic
- 18** Home Fire Sprinklers: Myths, Facts, & Opinions
- 20** Fire Service Commission Update
- 20** Hindley Scholarship Award Announcement



COLUMNS

- 5** President's Message
- 21** Regional News

The editorial staff of *Smoke Showin'* is always looking for topics and articles about the industry. If you have any suggestions or would like to write an article, please contact Larry Holmberg at editor@mcvfa.org.

August 2018

The Elections Committee respectfully submits to the membership of the MCVFA the slate of nominated and qualified candidates for the elected positions listed. Nominations of qualified candidates will be accepted from the floor at the respective meetings.

Per Article 2, Section D of the Bylaws, if a Delegate or Alternate cannot attend a regional or state election, the Member Company may appoint a Delegate Pro-Tem for the meeting who shall have full voting privileges for the duration of the meeting. The Member Company should complete the Delegate Pro-Tem Form, which is available on the MCVFA website.

Treasurer of the Association

No Nominations Received

Region 1 Vice President

Ken Jordan – Onset Fire Dept., Incumbent
Positions held within the MCVFA
Region 1 Vice President – Current

Region 2 Vice President

No Nominations Received


Region 3 Vice President

No Nominations Received

Region 4 Coordinator

No Nominations Received

Region 5 Vice President

Frank Speth, III – New Ashford Fire Dept.
Positions held within the MCVFA
Region 5 Coordinator – 2016 to current 

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Call/Volunteer Firefighters Association



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MCVFA membership.



President's Message

Part of the responsibilities as your president is to travel around the state and attend various meetings and fire service related functions. I was unable to attend the recent Fall River Call/Volunteer recruit class graduation, but I was able to attend the Call/Volunteer recruit class #071 held at the Stow campus. I continue to be impressed with the number of recruits taking these classes. Class #071 graduated 37 firefighters, representing 17 departments, of varying backgrounds, ages and life experiences. It has been like this since the program began...it is in fact not only a tremendous undertaking by these individuals, but also shows a love for the job. I am equally impressed by the number of family members, friends and fellow firefighters who attend these functions in support of their loved ones and colleagues.

However, there is a downside. While Call/Volunteer recruit classes in Regions 1, 2 and 3 have waiting lists for the next class in those regions, the same cannot be said about Western Mass. The upcoming class (at the Springfield campus) is sufficiently filled, but the ensuing class in 2019 is sadly lacking in the number of students currently pre-enrolled. The Fire Academy wishes to make it known that they will continue to work diligently with local departments to make the call/volunteer recruit program successful; but local departments must also encourage their members to consider taking part in the program or we risk losing what we have been asking for for a number of years.

I would like to remind everyone that the **Annual State Meeting** will soon here. This year's date is **Saturday, October 13, 2018**. The meeting will again be at the Hadley Farms Meeting House. If you haven't already, please mark it on your calendar.

We will start with the Firefighter Memorial program honoring those who have passed away over the past year. Three seminars will be presented this year: the NVFC and how they work in conjunction with the MCVFA, the new OSHA regulations and how they may affect your fire departments and a presentation and demonstration by DFS in regards to Unmanned Aerial Systems (Drones).

Lunch will be available on site and there will be a number of vendors on hand for your benefit. We hope that you'll take advantage of this opportunity. You may register online (events.mcvfa.org) through the website. Pre-registration is highly suggested.

Legislatively, three MCVFA sponsored bills have been recommended by their respective committees to be placed on a legislative study order. Two others – H.1388 (Death Benefits) and S.1536 (Tax Exemption a.k.a. S.2135) continue to move through their respective committees. Check out the Legislative report in this magazine.

Let's remember – your dues are due! We now have the ability to register on-line at <https://store.mcvfa.org/>.

Please make your payment as soon as possible. If you are not currently a member of the MCVFA, please consider becoming one. For further information, contact Mike Bird, Membership Chairman - mabird@verizon.net. 🌸

Kevin Connolly
MCVFA President

Thank you all...and be safe!

MCVFA SPONSORED BILLS

Bill Description	Bill Number	Sponsor	Status
An Act relative to death benefits to surviving spouses of call and volunteer firefighters	H.1388 S.1409	Gentile Eldridge	Placed on Orders of the Day for 3rd Reading - 5/4/18; Senate Ways and Means - 3/26/18
An Act to provide volunteer firefighters with a local option real estate tax exemption	H.1566 H.1537 S.1536	Kulik, Howitt Gobi	S.1536, amended as S.2135, sent to House Ways & Means - 6/19/18
An Act providing for a distinctive registration plate for firefighters	H.1865	Mark	Study - H.4502
An act relative to call and volunteer firefighters and EMTs (Disability)	H.4169	Dooley	Study - H.4588
An Act authorizing voluntary contributions to the Massachusetts Fire Fighters Academy Trust Fund	S.1550	Lesser	Study - S.2497

OTHER BILLS OF INTEREST

For legislation to prohibit disciplinary actions by employers on employees serving as volunteer emergency responders	S.1014	Gobi	Study - S.2490
For legislation relative to carbon monoxide detectors in schools	H.1288 S.252	Mark Fattman	House Ways and Means - 4/4/18 Study - S2425
For legislation relative to the creation of the Commonwealth technical rescue regions and coordinating council	H.1258 S.1360 S.1380	Galvin Tarr Timilty	H.1258 - Ways & Means, 10/11/17 Senate W & M - 10/19/17 Senate W & M - 10/19/17
An Act relative to enhanced fire protection in new one and two family dwellings	H.2481 S.1301	Balser Donnelly	House and Senate Ways & Means, 10/12 and 10/19, respective
An Act relative to line of duty death benefits (Scholarship)	S1473	Timilty, Jas.	Senate Ways and Means - 3/26/18
For legislation relative to volunteer ambulance service	S.1207 > S.2446 Amd. To S.2202 > S.2211	Hinds	Senate Ways and Means - 5/31/18 Passed to be engrossed to House - 11/9/17
An Act relative to the retirement benefits of state police dispatchers	H.2563 S.1482	Kokot Timilty, Jas.	Senate W & M 3/26/18
For legislation to provide fire chiefs with access to CORI information	S.980	Timilty, Jas.	Study - S.2321 3/1/18
For legislation to modernize emergency medical services oversight	S.1192 H.3237	Donnelly Garlick	House Ways and Means - 6/6/18
An Act relative to construction and rehabilitation of public safety facilities	H.2501	O'Day	House W & M 6/23/17
Relative to Parkinson's disease disability and death of certain firefighters and other public safety officers in the contributory retirement plan for public employees	H.1455	Velis	House Ways and Means - 5/29/18
An Act relative to line of duty death benefits (PTSD)	S.1403	Donnelly	Study - S.2491 4/26/18
An Act establishing an emergency equipment grant program for firefighters	H.1235	Ayers	House W & M 10/11/17
An Act pertaining to firefighter disability (Kilduff Cancer Network)	H.1446	Ryan	House Ways and Means - 5/29/18
An Act relative to the recovery of emergency response costs	H.1277	Kulik	House - W & M 1/24/18

OPPOSED, NO ACTION OR UNSUPPORTED

An Act relative to appointment procedures for the State Fire Marshal	H.1237	Ayers	Joint Committee on Public Safety and Homeland Security; Hearing on 9/13/17
An Act pertaining to public fire safety and professionalism	H.3263	Hunt	Joint Committee on Public Safety and Homeland Security; Hearing on 9/13/17
An Act relative to standards and qualifications for the position of fire chief or chief engineer in cities, towns, fire districts, or authorities	H.2488	Donato	House Ways & Means, 10/16/17
An Act relative to the Department of Fire Services Commission	H.1236	Ayers	House Ways and Means - 4/4/18

Volunteer Ambulance Staffing Requirements

This proposed legislation was filed because of the current staffing requirements for ambulances especially as they relate to for rural volunteer ambulance services. We offer the following information to those departments and services who are keenly interested in this legislation.

S.1207 - For legislation relative to volunteer ambulance service (Hinds). This bill has gone through regular channels and was amended as S.2446; currently in Senate Ways & Means.

The second version was to send it through as an amendment in S.2202 - An Act furthering health empowerment and affordability by leveraging transformative health care (Section 87). It was redrafted as Amendment 30 in the bill:

Volunteer Ambulance Service Staffing Requirements (Section 87)

Messrs. Hinds, Humason and Cyr move to amend the amendment by inserting after section 71 the following section:-

SECTION 71A. Chapter 111C of the General Laws is hereby amended by striking out section 25, as so appearing, and inserting in place thereof the following section:-

Section 25. (a) When a class I, II or V ambulance transports a patient receiving care at the paramedic level of advanced life support, the ambulance shall be staffed in accordance with regulations promulgated by the department; provided, however, that there shall be not less than 2 emergency medical technicians, at least 1 of whom shall be certified at the EMT-Paramedic level.

(b) When a class I, II or V ambulance transports a patient receiving care at the non-paramedic level of basic life support, the ambulance shall be staffed in accordance with regulations promulgated by the department; provided, however, that there shall be not less than 2 emergency medical technicians.

(c)(1) For the purposes of this subsection, the following words shall have the following meanings:

“First responder”, a police officer, a firefighter or an emergency reserve of a volunteer fire department or fire protection district who has been authorized and deemed qualified to staff an ambulance by the rural volunteer ambulance service’s affiliate hospital medical director pursuant to the rural volunteer ambulance service’s affiliation agreement and the department’s regulations; provided, however, that “first responder” shall not include a police officer, firefighter or person engaged in police and fire work whose duties are primarily clerical or administrative.

“Rural volunteer ambulance service”, a not-for-profit primary ambulance service staffed by volunteers operating in a service zone with a population density of less than 500 residents per square mile as designated in a department-approved service zone plan.

(2) Notwithstanding subsection (b), when a class I, II or V ambulance operated by a rural volunteer ambulance service transports a patient receiving care at the non-paramedic level of basic life support, the ambulance may be staffed in accordance with regulations promulgated by the department; provided, however, that there shall be at least 1 emergency medical technician and 1 first responder.

This version has a very good chance of passing as it has been passed to be engrossed. From here, it goes to the House for their vote. When it passed to be enacted, it would then go to the Governor for his signature.



The Development of Rapid Intervention Training in Massachusetts

by John “Jack” Beckwith, MFA Coordinator, Rapid Intervention and Survival Skills

One of the outcomes of the 1999 Worcester Cold Storage Warehouse fire that claimed the lives of six Worcester firefighters, was a Safety and Survival training program that brought existing and newer self-rescue and survival techniques into one training program. It included training on stand-alone rapid intervention teams whose sole responsibility is to be prepared to rescue trapped or injured firefighters on the fire ground. Since then, rapid intervention training has increased dramatically and become a regular part of firefighter and fire officer training.

In 2007, the Massachusetts Firefighting Academy (MFA) embarked on a mission to study and implement a Rapid Intervention Training (RIT) Program that would be available to every firefighter in the Commonwealth. A committee was formed to review programs around the country and to incorporate best practices into our program. The group found that we needed a program:

- For everyone in the fire service;
- That taught a standard curriculum and skill set;
- Focused on the “rapid” actions needed;
- That could be delivered in modules; and
- That could be taught in a structured way.

RIT Today

Today the Massachusetts Firefighting Academy offers several levels of rapid intervention training:

- Two days during the Career Recruit Firefighter Training program;
- A two-day program delivered in the field to any department, upon request; and
- A four-day train-the-trainer program that teaches training officers how to train their members in RIT.

As the program developed, we enhanced the training. We overhauled the Survival Skills Program to educate firefighters in self-survival and awareness to anticipate a problem. (LMS Activity Codes: RIT Today 2-day class – #256 and RIT Today 4-day class – #257.)

As we conducted RIT around the state we realized that continual re-evaluation of training needs for this type of high risk/low frequency incident is critical. The review process made clear that we are handling the incidents that occur on the scene, but the correct resources were not always arriving on scene in a timely manner.

Training Chief Officers and Incident Commanders

We developed the Operational Team Leader program in

response to the need for team leaders to supervise team operations. Incident commanders needed to know what to expect during such a stressful incident, what resources they would need, and how to anticipate and prepare for the possibility of needing a rapid intervention team. This prompted the development of the Commanding the Mayday program, which is designed for chief officers and incident commanders. (LMS Activity Codes: Operational Team Leader – #562, Commanding the Mayday Day 1 – #258, and Commanding the Mayday Day 2 – #259).


Mayday Training for Public Safety Dispatchers

We also developed a program to educate public safety dispatchers. It became clear that many dispatchers had no experience handling a Mayday incident. The course guides dispatchers in their role in a “Mayday” situation on the fire ground. We teach the dispatcher what to listen for, what to expect, and what is expected of them.

Because many dispatchers do not have much exposure to fire incidents, we teach fire ground basics including apparatus and structure of operation from command to the company level. The course reviews real world incidents with actual audio from Maydays across the country that had a variety of outcomes. The course ends with analyzing and critiquing small pieces of Mayday calls, not to criticize, but as a learning experience. (LMS Activity Code: Mayday Training for Public Safety Dispatchers – #279).



Firefighting is an inherently dangerous profession. By using real world experiences to develop training, we can lessen those dangers, and help everyone to go home.

To register for these courses, use the DFS Learning Management System from our website www.mass.gov/dfs or directly at <https://hraccess-us.technomedia.com/mfa/>. 

Massachusetts Call/Volunteer Firefighters Association State Meeting & Seminars

Saturday, October 13, 2018

8:00am - 3:00pm
Hadley Farms Meeting House
Hadley, MA

JOIN US

MCVFA is hosting its Annual State Meeting. Join us as we honor those who have gone before us at the MCVFA's Firefighter Memorial Service. Attendees will have an opportunity to visit with vendors and attend educational seminars presented by local and nationally known fire service professionals.

SEMINAR TOPICS (tentative):

- How OSHA might change your Fire Department
- Unmanned Aerial System (UAS) - Drones in the Fire Service
- MCVFA and NVFC: Stronger Together, Fighting for You

OPEN TO ALL FIRE AND EMT SERVICE PERSONNEL!

Register Today at events.mcvfa.org!

\$20 per member / non-member
(includes lunch)





Health & Wellness

by Dominica D'Avella, CSCS, EP-C, PFT



Most communities have a good appreciation for their fire departments and that is a wonderful thing. But how often do you feel like people really understand what goes into being a competent firefighter? It's almost like the idea of the stork delivering babies – like magic – a fully trained firefighter is born (except for the countless hours of learning, training, and responding that actually went into that development process). Many people are shocked when they find out that fire suppression is just one aspect of what fire departments do. What is obvious to you is not obvious to a significant portion of the general public.

We all have a responsibility to educate our communities about what we do. Your community needs to know that in order to protect them, you have learned about PPE, apparatus, tools, equipment, communication, building construction, fire behavior, size-up, water supply, hoses, nozzles, streams, ladders, forcible entry, ventilation, search and rescue, salvage and overhaul, and hazardous materials. And since you don't just do fire suppression, there's also vehicle rescue and extrication, special rescues, pre-hospital emergency medical care, pre-incident planning, fire investigation, fire prevention, and the list goes on and on. How can they fully appreciate the importance of what you do if they don't know?

You may be wondering what all this has to do with health and wellness? Just as the public tends to underestimate the complexity of firefighter competency, firefighters themselves often underestimate the breadth and depth of firefighter health considerations. Fitness is one aspect, as are nutrition, sleep, and stress management; but the big picture is much broader. Without an appreciation for relevant factors such as firefighter injuries and fatalities, safety standards, OSHA regulations, risk management, training, preparedness, scene safety, scene management, firefighter rehabilitation, and personnel accountability, we cannot truly address firefighter health in a comprehensive and meaningful way.

Increasingly, fire departments are realizing the importance of having a wellness program and that represents important progress. Now it is time to embrace the reality that a wellness

program is not independent of all the things above, but an integral part of them. Your wellness program is not separate from what goes into protecting life and property in your community – it is foundational to delivering on that mission. If your department doesn't have a wellness program, it is time to ask WHY? If you have a wellness program, but it is not helping you create more capable and resilient firefighters, then it is time to improve it. In either case, that process starts with a thorough and honest assessment of where things currently stand.

The path to establishing or improving a wellness program includes finding the right combination of inside and outside expertise. By figuring out what knowledge, skills and abilities you have within your department, you can identify what sort of help you need from the outside. While time and money are often cited as obstacles, the bigger impediment is often cultivating sufficient will and skill to bring about change. The accumulation of tiny changes that yield slow and steady progress are far better than big ideas that never come to fruition. Want to know a secret? There is no perfect program! There are many paths to improvement though, and they may look a bit different from one department to the next.

Rome wasn't built in a day and your wellness program won't be either. You have to get started in order to get better though. Whether you work top-down (Chief=>Firefighters) or bottom-up (Firefighters=>Chief), good communication is essential as well as the establishment of clear priorities. Do you have a Training Officer, Safety Officer, or someone else running point on your wellness efforts? The program should involve everyone, but it needs an internal leader/champion. This person doesn't need to know everything or have all the answers, but they do need to be willing and able to continually get better at finding and leveraging credible resources that help increase responder preparedness in a safe and sustainable way... and this person needs your support.

We want to hear how you're doing in your efforts to make sure that everyone goes home. Contact MCVFA Health & Wellness Coordinator dominica.davella@gmail.com to share your insights. 

BEST PRACTICES

for Preventing FIREFIGHTER CANCER

- 1 Full protective equipment (PPE) must be worn throughout the entire incident, including SCBA during salvage and overhaul.
- 2 A second hood should be provided to all entry-certified personnel in the department.
Following exit from the IDLH, and while still on air, you should begin immediate gross decon of PPE using soap water and a brush, if weather conditions allow. PPE should then be placed into a sealed plastic bag and placed in an exterior compartment of the rig, or if responding in POVs, placed in a large storage tote, thus keeping the off-gassing PPE away from passengers and self.
- 3
- 4 After completion of gross decon procedures as discussed above, and while still on scene, the exposed areas of the body (neck, face, arms and hands) should be wiped off immediately using wipes, which must be carried on all apparatus. Use the wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately.
- 5 Change your clothes and wash them after exposure to products of combustion or other contaminants. Do this as soon as possible and/or isolate in a trash bag until washing is available.
- 6 Shower as soon as possible after being exposed to products of combustion or other contaminants. "Shower within the Hour"
- 7 PPE, especially turnout pants must be prohibited in areas outside the apparatus floor (i.e. kitchen, sleeping areas, etc.) and never in the household.
- 8 Wipes, or soap and water, should also be used to decontaminate and clean apparatus seats, SCBA and interior crew area regularly, especially after incidents where personnel were exposed to products of combustion.
- 9 Get an annual physical, as early detection is the key to survival. The NVFC outlines several options at www.nvfc.org. "A Healthcare Provider's Guide to Firefighter Physicals" can be downloaded from www.fstaresearch.org/resource/?FstarId=11591.
- 10 Tobacco products of any variety, including dip and e-cigarettes should never be used at anytime on or off duty.
- 11 Fully document ALL fire or chemical exposures on incident reports and personal exposure reports.

FUNDING PROVIDED BY



Cancer Survey Data, 2016 & 2017

Massachusetts Call/Volunteer Firefighters Association, Inc. (MCVFA)

In 2016 and 2017, the Massachusetts Call/Volunteer Firefighters surveyed its membership regarding their experience with cancer in the call/volunteer fire service in Massachusetts. The survey was conducted by emailing the membership an electronic survey by Survey Monkey. Here is the raw data from those two surveys:

	2016		2017	
Total Call/Vol FF Population (MA) Estimated	8000	100%	8000	100%
Survey Participants	485	6%	528	6.6%
		% of 485 Participants		% of 528 Participants
Call FFs	265	56%	293	55%
Volunteer FFs	139	29%	139	26%
Career FFs	6	2%	13	3%
Both Call & Career	75	15%	83	16%

Primary Occupations

Public Safety	82	17%	130	25%
Professional/Management	69	14%	84	16%
Trades	48	10%	64	12%
Laborer	24	5%	37	7%
Engineer	15	3%	12	2%
Health Care	14	3%	13	2%
Student			5	0.5%

Average Years as FF	18.72		18.27	
Estimated Fires Per Year	12		14	
Cancer Survivors	14	4.36%	26	6.20%
General USA Population Cancer Survivors		4.8%		

Call/Volunteer FF Currently with Cancer by Type

Skin Cancer/Melanoma	12			13
Breast Cancer	2			2
Colon Cancer	1			2
Testicular Cancer	1			1
Lung Cancer	1			1
Prostate Cancer	1			9
Neuroendocrine Carcinoid Tumor	1			
Kidney Cancer	0			1
Leukemia	0			0
Non-Hodgkin Lymphoma	0			1
Esophagus Cancer	0			1
Thyroid	0			1

	2016		2017	
Testicular with mets to left kidney and lungs	0		1	
Pancreatic Cancer	0		1	

Cancer Status

In Treatment	2		7	10%
In Remission	8		10	14%
Not In Treatment	18		27	37%
Other Status	20		29	40%

Know a Call/Vol FF

Who Has Cancer	73	23%	65	18%
Who Survived Cancer	52	16%	77	21%
Who Died of Cancer	51	16%	75	20%

Fitness Programs & Medical Exams

Department Provides a Fitness Program	48	15%	83	16%
Department Provides Fitness Equipment	122	38%	175	48%
Had NFPA 1582 Medical Exam when joined FD	105	33%	150	40%

FD Provides NFPA 1582 Medical Exam

Annually	13	4%	18	5%
Bi-Annually	23	7%	32	9%
Tri-Annually	4	1%	1	0.25%
Quad-Annually	0	0%	2	0.50%

FD Provides NFPA 1582 Medical Exam Upon Appointment

	121	38%	169	46%
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Age

18-25	32	10%	39	11%
26-30	28	9%	30	8%
31-35	41	13%	39	11%
36-40	24	7%	33	9%
41-45	33	10%	43	12%
46-50	28	9%	43	12%
51-55	44	14%	38	10%
56-60	36	11%	40	11%
61-65	26	8%	38	10%
Over 65	30	9%	28	8%
Male	293	91%	331	89%
Female	28	9%	39	11%
Non-Binary				1



National Volunteer Fire Council

Spring 2018 Meeting

The National Volunteer Fire Council (NVFC) held its annual spring board meeting April 20-21, 2018, in Alexandria, VA. Representatives from 42 state fire associations attended, including Chief Joe Maruca and Captain Mike Bird (retired) from Massachusetts.

The NVFC meeting is a time for the board to conduct business, hold committee meetings, hear from guest speakers, and recognize achievements through its annual award program. Each of the NVFC's 49 state association members can have up to two directors on the NVFC board. The group meets as a whole each spring and fall.

Over a dozen NVFC committees met on topics including communications and technology; diversity and inclusion; hazmat; health, safety, and training; legislation; membership and awards; recruitment and retention; standards and codes; volunteer advocacy; and wildland. In addition, the NVFC EMS/Rescue Section held their biannual meeting.


A line-up of speakers addressed the board on a range of topics:

- U.S. Fire Administrator G. Keith Bryant provided an update on the U.S. Fire Administration, joint initiatives with the NVFC, and the National Fire Academy.
- Hope Janke, director of the Public Safety Officers' Benefits Program, spoke about the program and answered questions from the board.
- Tim Wall, chair of the IAFC Volunteer and Combination Officers Section, addressed the board at the Chairman's Lunch and highlighted the two organizations' joint cancer awareness and prevention initiatives.

- Peter Mitchell, chair and chief creative officer of Marketing for Change, gave a presentation on Capturing Commitment: Five Tenets for Building Strong National Organizations.
- Jon Hockman, principal of McKinley Advisors, conducted a session on effectively leading meetings.
- A panel discussion was held on the opioid crisis, with Dr. Diane Calello, Major Juan Colon, and Chief Mike Healy.
- A special session was held on the response to the Great Mills (MD) High School shooting, with Lexington Park Rescue Squad Chief Shawn Davidson, President Patricia Davidson, and Deputy Chief Michael Cahall.

A banquet was held on the evening of April 20 to honor the recipients of the NVFC's achievement awards. This year's winners were as follows:

- **Lifetime Achievement Award** (sponsored by Rosenbauer America): Chief Ronald Farr of Michigan
- **Junior Firefighter of the Year** (sponsored by California Casualty): Jared Hagen of Ohio
- **E. James Monihan Director Award** (sponsored by Provident Agency): Kenn Fontenot of Louisiana
- **The Junior Firefighter Program of the Year** (sponsored by California Casualty) will be awarded to the Gaston (NC) Volunteer Fire Department Junior Firefighter Program at a separate local ceremony to ensure all program members can attend.


The next NVFC board meeting will take place September 19-21 in Bismarck, ND. Learn more about the NVFC's initiatives at www.nvfc.org 

...continued from page 12

The data from this survey is not yet comprehensive enough to draw any conclusions. The MCVFA plans to continue this survey for at least another three years before attempting to draw any conclusions. It is the MCVFA's feeling that without at least five years of survey data, there is too little data to analyze.

Additionally, because the survey is completed by a self-selecting group of MCVFA members and not at random or scientific

sample, care must be taken in drawing conclusions. At best, we may be able to identify broad trends and provide evidence to help attract funding to do a more comprehensive study.

The MCVFA will send out its 2018 Cancer Survey in January 2019. Please answer the survey when you get it. The more MCVFA members who answer the survey, the more meaningful the data is. 



OSHA's COMING:

DON'T PANIC

by Chief Joe Maruca

On February 1, 2019 all municipal employees, including call, volunteer, part-time and career firefighters and fire chiefs, will fall under “OSHA”. Don’t panic. Yes, this means change. Yes, this means some of us will face some difficult transitions. But, don’t panic. If this news upsets you, stop reading, go outside and scream, stomp your feet, and then calm down and read on. We will all work through this together and in the end, we will be safer than we are today.

On March 9, 2018, the governor signed into law Chapter 44 of the Acts of 2018. (You can look it up on line.) The law takes effect on February 1, 2019. Technically, the law doesn’t put OSHA, a federal agency, in charge of worker safety for Massachusetts municipal organizations. The law assigns municipal worker safety to the Massachusetts Department of Labor Standards, and it sets the current federal OSHA regulations as the minimum regulatory standard in Massachusetts. Massachusetts can, and in time it will, set additional worker standards that exceed the federal standards. In the meantime, we will have a state agency interpreting and enforcing the federal workplace safety rules.

For the purpose of simplicity I am going to keep using the term “OSHA”, even though it’s not technically correct, as shorthand for what is coming.

Nobody can predict with certainty how OSHA will change what we do in the Massachusetts fire service or how it will affect us as public employers and employees. But, don’t get worked up over the doom and gloom rumors you may hear. I’ve been told I will have to wear a Nomex uniform shirt at the fire station and will have to give up my cotton button down Oxford shirts. I’ve been told that we start getting \$1000 a day fines for every defect in my fire station. I’ve been told that all our firefighters will have to get commercial driver’s licenses. I’ve been told a lot of things, but I doubt most of them are true.

Volunteer fire departments in New York, Connecticut, Vermont and Maine have operated under similar OSHA rules for decades.

So, allow me to divine our future under OSHA in hopes giving you some guidance so you can start preparing.

My first divination is that we will need to understand that OSHA is seeing us mostly as municipal employees, not as firefighters. It is important for you to understand OSHA’s perspective on a lot of the changes coming. When they tell us everyone needs fire extinguisher training (a possibility), they aren’t thinking of you as firefighters. They are looking at everyone as municipal employees, in a municipal workplace

who need to know how use the fire extinguisher that is provided by the employer. And, don't expect an exemption from fire extinguisher training on the argument that you're a firefighter so extinguisher training is silly. Of course, if you are Firefighter I or II, you've already had fire extinguisher training and it's just a matter of documenting it. OSHA will cause a lot of new documentation issues for us. But, keep in mind that many of the changes that will come are the same changes coming to the DPW, School Department and Town Hall.

My second divination is that OSHA will mean more or different record keeping when it comes to training and injuries. I suspect we all have some systems for record keeping that work well for us. However, these records systems might not be what OSHA is used to seeing or fits into their needs. This will require adjustments. For example, your training records will have to address at least two levels of record keeping: participation and content. Whenever you purchase a new piece of equipment, you'll need to prove that everyone has been properly trained on its use. This means training rosters and makeup sessions (to make sure everyone is trained – these can be one on one). These are the participation components of your training record. Next, you'll have to demonstrate what training you provided. This means outlines, copies of training materials, procedures, and that the training was based on and followed the owner's manual (or another recognized training standard such as NFPA 1001). This is the content component of your record keeping.

All training on new equipment must be in accordance with the owner's manual. If you aren't using that information and training your staff to use and maintain equipment in accordance with the manufacturer's instructions, you will get in trouble. A basic rule of OSHA compliance is that you must follow the manufacturer's maintenance recommendations and operational procedures.

Training on new equipment shouldn't require repetition when you purchase replacement equipment and the new equipment is substantially the same as the old. For instance, if everyone is properly trained on how to use a Halligan Bar (FF I/II covered this) and you purchase a new Halligan Bar, (or one of the many copycat bars on the market) you don't need new or refresher training. But, if you have a set of hydraulic JAWS and you replace them with a set of electric JAWS, you'll need to train everyone because the new JAWS are substantially different in operation.

I suggest a comprehensive approach to your training records. Here's what I'm doing. It may be a bit excessive, but I think it will keep us out of trouble with OSHA, improve our ISO rating, and make sure we are delivering a quality training program. For each drill or training class there is a file, and in that file there is a roster of who participated and when, an outline of what we did, a photocopy of the materials used or relied upon for the training, and some photos of us training. The outline and the roster note the times and the instructors. If the materials are too lengthy to photocopy, a copy of the cover of the book or

owner's manual will do. We try to print a copy of PowerPoints for the file.

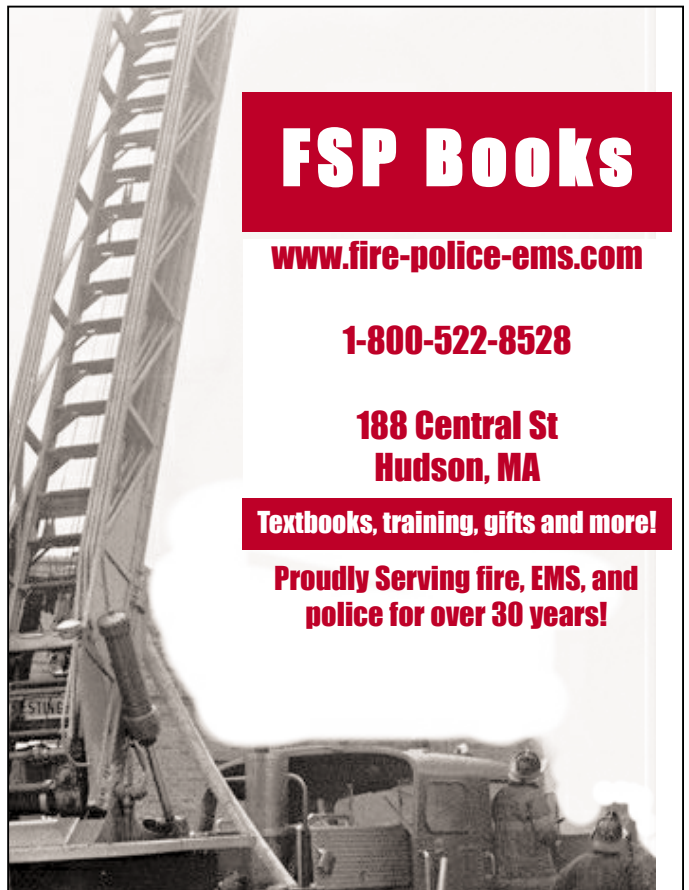
Yes, we end up with a file cabinet full of files; fifty or sixty files a year. (I'm sure there's a way to do this digitally, but I'm an analog sort of chief.) But, we can prove what training our staff has had. We also keep an excel spreadsheet of everyone's training so we can quickly see who's had what training and how many hours of training. It takes about 15 to 20 minutes to make up the file after drill (or the next day). I don't expect any problems with OSHA and training records.

On a related note, make sure you are keeping training certificates that your staff accumulate from outside sources in their personnel files and log that training on your master training spreadsheet.

With regard to injury records, departments will not have to report every injury to OSHA. Departments will need to report (within 8 hours) fatalities, loss of an eye, amputation or any inpatient hospitalization of an employee.

My third divination is that our buildings will create a variety of safety issues that we will have address or have a plan for addressing. A lot of this will be common sense. Clean up the trip hazards and throw out all the old broken junk we tend to accumulate at our fire stations. Make sure your handrails are in place and working. There will likely be some big issues with

continues on page 18



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our older stations, repurposed stations, and undersized stations. These won't be easy fixes, and they will require planning and funding at the town level. Fix the things you can fix such as trip hazards, handrails, extension cords, install smoke/CO detectors, and address other common safety problems. Don't lose sleep over the big issues that will have to be solved by the selectboard, town manager, finance committee, and town meeting.

You'll also have a variety of small issues at your fire station. Get some slippery floor signs. Make sure you use a fire proof cabinet for fuel cans. Get a first aid kit to hang on the wall (the ambulance doesn't count --- I know, I know, it should, but get over it), make sure you have fire extinguishers on the wall and follow all of the same safety procedures you would expect of a local business you were inspecting.

Number four on my OSHA trouble list is ladders (ground, roof, step, and aerial). If you aren't annually inspecting and testing your ladders I suggest you start. Get rid of any ladders that fail. Ladders are responsible for a high number of injuries to municipal employees. There is little doubt in my mind that ladders will be a target of OSHA. I know there will be some tough situations with failed ladders and no money to purchase new ones, but we'll have to take the position that safety is paramount and we aren't risking firefighter lives with failed equipment. It is not our job to take unreasonable risks, and if the town or the state won't fund safe ladders then we'll only fight fires from the ground until a safe ladder arrives via mutual aid. (A suspect replacing failed and unsafe ladders will make a good Assistance to Firefighters Grant (AFG) Application.)

My number five divination about potential OSHA issues are power saws and rescue tools. Make sure your power tools are safe. If a safety guard is missing, either replace the safety guard or get rid of the tool. Don't allow staff to modify tools, remove or defeat safety devices, and make sure you follow the manufacturer's instructions. Except during emergency firefighting operations, wear chaps, and wear hearing protection when operating saws (always wear a helmet, gloves, and a face shield). Have written policies that require compliance with these kinds of safety procedures.

And that leads me to divination number six, have written policies requiring safe procedures. Municipal employees (firefighters) are legally required to follow their employer's written safety plan and procedures. So, have a written policy that says all equipment will be maintained and operated in accordance with the owner's manual. Have a written policy that says what level of personal protective equipment (PPE) is required for different incidents and situations. This is an area that I suspect will cause a great deal of heartburn among chiefs. The time and energy needed to write and issue and annually review safety plans and policies will take up a lot of the chief's time. As firefighters, don't make it harder on your chief, help him or her by following the rules and not whining about them.

And, then there is how you set up your work zone or incident scene. We aren't going to show up at a working fire and take the time to set up street cones, men working signs, and do all of the things a DPW might do for their work zones. Nobody is expecting our first due crews to do this. But, eventually, at some point in the fire, we need to be setting up street cones and lighting to create a safe work zone. We should already be doing this at motor vehicle crashes by wearing ANSI approved traffic safety vests or jackets and by setting out street cones. We should already be positioning our trucks to protect incident scenes from traffic. The Massachusetts Fire Academy (MFA) has an Impact Class called Roadway Safety for Emergency Safety Personnel. Bring this MFA class to your fire station and use it to create a simple incident scene safety plan.

Also divine that for a small number of fire departments there will be issues with the firefighting operational rule known as 2 IN-2 OUT. 2 IN-2 OUT entered the fire service about two decades ago, so I think that most fire departments are using it by now, and making it a legal requirement shouldn't be burden on the call/volunteer fire service. Our volunteer cousins in most other states have been legally required to use 2 IN-2 OUT for twenty years and have adapted well. For those who aren't familiar with 2 IN-2 OUT or aren't using yet, here are some tips.

2 IN-2 OUT requires that whenever firefighters enter an Immediately Dangerous to Life or Health (IDLH) atmosphere (smoke, fire, chemicals, low oxygen) they must work together in teams of two or more at all times. A team must remain in contact with each other by voice, visual or physical contact. So if you are engaging in an interior fire attack, you have to have at least two firefighters working as a team on the attack hose line. This will also apply if you are entering a house with high CO levels.

2 IN- 2 OUT requires that whenever a team of firefighters enters an IDLH atmosphere, that there must be a rescue team of at least two firefighters, outside of the IDLH atmosphere, ready to rescue the firefighters who are in the IDLH atmosphere. The rescue team must have at least two members, and only one of those members can have any other task (i.e. pump operator, incident commander).

The inside team must be able to remain in radio, voice or visual contact with the outside team.

2 IN- 2 OUT is suspended if you are in the process of rescuing people (known viable victims) from the IDLH atmosphere.

If you arrive with fewer than four firefighters at a fire or a hazmat, you cannot enter the IDLH atmosphere unless you are rescuing victims. Otherwise, you must limit your operations to exterior firefighting or warm zone/cold zone operations.

You can make interior firefighting operations work with as few as four firefighters – two on the attack line, one pump operator and one firefighter monitoring the progress and safety of the

inside team from the entry point. Both outside firefighters must be in full PPE and have SCBA on (but not on air), including the pump operator. (Watch for an MCVFA Model Engine Company Training Evolution on how to practice this in the next issue of *Smoke Showin'*.) In my department, we go further than the minimum requirements and have the slogan: "2 + 2 = 6". We try to have two firefighters on the attack team, two firefighters on a backup hose team, a pump operator and an incident commander before we will enter a smoke-filled building on fire; otherwise we extinguish the fire from the exterior until help arrives.

On a related note, I believe the OSHA respiratory regulations will require that all firefighters will be fit tested for SCBA masks before they are authorized to put on SCBA and enter an IDLH atmosphere. The Barnstable County Fire Chiefs have collectively purchased fit testing equipment and have for at least a decade been fit testing all firefighters in the county on an annual basis. This approach should be considered in other areas of the state where it isn't practical for each department to do its own fit testing.

The OSHA respirator regulations may also require medical exams for anyone who will wear SCBA (or a respirator of any type). I'm not sure how this may or may not differ from current Massachusetts law and regulations (GL Chapter 31 Section 61A & 61B) so I'm going have to tell you stand by on this topic. What for more information on this in the next issue of *Smoke Showin'*.

What about OSHA inspections? Will the Department of Labor Standards be showing up at your fire station for surprise inspections? No. Unlike Federal OSHA, the Massachusetts Department of Labor Standards doesn't do surprise inspections. They call and schedule inspections, unless there is a fatality or catastrophic injury. I suspect that most fire station inspections will be as a result of a disgruntled firefighter reporting unsafe conditions. The Massachusetts Department of Labor Standards doesn't have the staff or funding to inspect every fire station, police station, school, DPW garage and so forth, in every town.

And, finally, at least for today, you will need a poster to hang up in your fire station telling all employees their workplace safety rights. It's an 8 1/2" x 11" poster that you can print from the Department of Labor Standards website.

Your Board of Selectman and Town Manager/Administrator should, by now, be aware of the coming of OSHA. They

should be hearing from the DPW, the schools, the police, and every other town department about this. I recommend that fire departments bring up the topic, but do so in a calm and reasoned manner. Avoid hysteria. Be careful not to hurt your credibility by predicating doom that might not materialize. Declaring that OSHA is going to show up on February 1st to shut down the fire station, and start fining the town \$1000 a day until you spend \$3 million dollar for a new fire station, isn't going to win any points or make your organization look credible.

For now, your concerns about OSHA and the fire station should be presented in terms of predictable challenges, potential barriers, and unanswered questions that you are monitoring. Focus on the need for wet floor signs, fixing handrails and stair treads, inspecting ladders, replacing old dangerous chain saws, employee training, and the increased administrative work.

In the next edition of *Smoke Showin'* we'll try to have more answers. There are lots of unanswered questions, and many will remain unanswered until they are confronted after implementation. For those of us that come from departments that are also ambulance services there will be additional challenges. So, standby for the next issue of *Smoke Showin'*, and whatever you do don't panic. 🚫

DON'T PANIC



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HOME FIRE SPRINKLERS:

Myths, Facts, & Opinions

by Ira Hoffman

It's not rocket science, just basic physics – put water on a fire and it will go out – “put the wet stuff on the red stuff”. We, as members of the fire service, know that fire sprinklers have been doing just that for well over 100 years. We also know that home fire sprinklers are designed to slow down the spread of the fire and give occupants additional time to get to safety. And yes, sometimes, they actually put the fire out. The problem is that the general public, town officials, realtors, home builders and others, may not know that. Why? There just isn't much education about home fire sprinklers.

The general public is well educated about today's cars equipped with front-end collision avoidance systems. We see ads that show the car's brakes automatically deployed to avoid hitting something - another car, or a pedestrian. And when this happens a collision is avoided, and you won't see a news report about the collision, because it never happened. The same is true of home fire sprinklers. The fire that is slowed down, or extinguished, results in minimal damage. This doesn't make the news, so people don't hear about it. Maybe it should make the news. To make matters worse what the general public knows is probably the myths about home fire sprinklers, and misguided reporting by some fire officials.

Cost myth

The cost of home fire sprinklers, when installed at the time that the house is being built is low, possibly 1% or 2% of the total cost. Based on the size of the average 1-family house, even projecting a very high installation cost (\$6.00/square foot), adding maintenance and other fees, for a house that will last a conservative 50 years, the cost for sprinklers for the entire house is less than \$2.00/day.

Burst pipes myth

Pipes that contain water for any reason (domestic hot or cold water, forced hot water heating systems, etc.) may freeze, then burst if the temperature goes below 32°. If you are at home and see the house getting colder, you can take action. If you are not at home (maybe the house is an unoccupied vacation home), there are devices readily available to monitor the temperature. If it falls below the temperature that you have set the device to (50°, for example), it sends a text or email to you. You can then put your contingency plan into operation – go there yourself,

or have someone with access to the house go there, then take necessary actions to keep the house from freezing. This will, at the least, minimize the likelihood of frozen pipes and resulting water damage.

Home fire sprinklers aren't necessary if you have smoke alarms myth

Smoke alarms will alert occupants of a fire. If you are home you can make the decision as to whether you want to try to put the fire out, or get out, get everyone out, close the doors, and dial 9-1-1.

But what if you are not at home? This, my friends, is the most important message you can give to everyone – home fire sprinklers protect your family, and your pets, when you aren't able to.

Misguided reporting

When they speak to the media why do some fire officials single out the damage caused by water, but only in the case where fire sprinklers did their job? What about the injuries to civilians and firefighters that are avoided? What about the fire damage that was avoided? What about the thousands of gallons of water from attack lines needed to extinguish a fire, that might be hundreds of gallons if a home fire sprinkler had been in place? When fire sprinklers do their job does it really matter if there is water damage?

Consider the perception of the general public when they hear a fire official stating that fire sprinklers caused damage. Whatever positive messages they have received about home fire sprinklers can be quickly eliminated with just this one very negative message.

As members of the fire service the general public, town officials, family and friends, ask our advice about many things. Think of the positive message you can give if you talk about the things that may one day save their lives: smoke alarms, a family escape plan, and home fire sprinklers. 🚒

About the author: Ira Hoffman is a 55 year veteran of the fire service and owner of FSP Books and Videos located in Hudson, MA. He may be reached at: ira@Fire-Police-EMS.Com



Letter to the Editor

Mr. Holmberg:

I read the article on home sprinkler systems in the most recent issue of *Smoke Showin'* and I have some comments on it.

1. I applaud the fire service for recognizing the advantages of early warnings of fire in single-family dwellings. I was in the active fire service as a call Captain for more than 40 years so I know from whence this comes.
2. However, it seems to me that there are some important aspects of home sprinklers that were left out of the article. While motivating, perhaps to the fire service, the article does not lay out some critical aspects of sprinkler installation or the costs associated with it. When making the pitch for such protection the general public needs to know all of the facts.
3. In terms of installation, several factors have to be taken into consideration.
 - a. Is the dwelling on a public water supply system or a domestic well? If on a well, what additional components might have to be included to make a home sprinkler system operable and viable ex. holding tank in the structure or outside, how large, etc.?
 - b. Is the dwelling an existing one or one yet to be constructed? Retrofitting an existing dwelling is much more difficult than making it part of the design and construction of a new building where all walls and ceilings are exposed and easily accessed.
 - c. With all such installations there has to be a cost/benefit analysis done to give a homeowner sufficient information to justify the installation expense.

Suggesting to municipalities that it should undertake requiring home sprinkler systems cannot be done in a vacuum. This is not to diminish life safety concerns by any means and it does no harm to educate the public about the benefit of having a home sprinkler but encouraging these kinds of things without laying all of the cards on the table does a disservice to the public. ☒

Charles L. Rowley, PE, PLS, Capt. (ret) Wareham Fire Department



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Massachusetts Fallen Firefighters Memorial
Annual Ceremony

Tuesday, September 11, 2018
5:00 pm
Ashburton Park
Massachusetts State House, Boston

****event takes place rain or shine****



Fire Service Commission

*by Captain Mike McCullough, Lakeville FD
Fire Service Commission Representative of MCVFA*

I hope everyone is enjoying their summer. Since my last update, there have been some personnel changes on the commission. In accordance with the legislation that created the commission, we have completed our reorganization for this year.

Winchester Chief John Nash is serving as the commission chair this year, and yours truly is serving as vice-chair. Russell Chief Michael Morrissey has recently retired and left the commission after many years of service in the chief representing an all call or volunteer department seat. All the members of the commission wish him well in his retirement.

As of press time, the nomination of a new chief to fill that position was in process. This usually takes a few months, so the position is currently vacant. Our next meeting is scheduled for the third Tuesday in September.

The current members of the Commission are:

Chairman: Winchester Fire Chief John F. Nash, Representative of FCAM Fully Paid Fire Department

Vice Chair: Lakeville Fire Captain Michael J. McCullough - Representative of MCVFA

Reading Fire Chief Gregory Burns - Representative of Fire Chiefs' Association of Massachusetts (FCAM) - Community from Metro District 13

Mr. John K. Golembeski, Representative of the Insurance Industry

Representative of Professional Fire Fighters of Massachusetts - President Richard MacKinnon, Jr.

Daniel Bennett, Secretary, Executive Office of Public Safety and Security (Ex-Officio); Designee: Undersecretary Patrick McMurray

Palmer Fire Chief Alan J. Roy - Representative of FCAM Part Paid, Part Call Fire Department

Representative of FCAM Full Call or Volunteer Fire Department - currently vacant 🚒



2018

Hindley Scholarship Award Announcement

On July 7, 2018, the Scholarship Committee made its recommendation for the 2018 Robert Hindley Scholarship awards to the Executive Board. We received fifteen scholarships application and it was a very good group of applicants. The committee would like to thank all the candidates for applying. The Committee strongly recommends that if you didn't receive an award this year, please apply again next year.

The 2018 Scholarship recipients are:

REGION 1

Skylar Ryan Brune Bird

Johnson and Wales University

Sponsor - Wareham Fire Dept.

REGION 2

Tyler Evans

Northern Essex Community College

Sponsor - West Newbury Fire Dept.

REGION 3

Samantha Barakian

Worcester Polytechnic Institute

Sponsor - West Boylston Fire Dept.

REGION 4

Abigail Sage Zeoli

Endicott College

Sponsor - Sunderland Fire Dept.

Alexandria Henderson

UMass - Amherst

Sponsor - Williamsburg Fire Dept.

The Scholarship Committee and the Executive Board congratulates the 2018 recipients. 🚒

REGION 1

Covering the counties of Barnstable, Bristol, Dukes, Middlesex, Nantucket, Norfolk, Plymouth

Vice President Ken Jordan, Wareham

Region 1 members enjoyed a Chiefs night dinner and entertainment hosted by the Plympton Firefighters Association. We look forward to more events like this to get members together.

Keep an eye out for more information on the newly enacted Firefighter Cancer Registry Act that passed the house of Representatives on June 22. This will allow more meaningful statistics to be collected for all firefighters across the country.

In last issue of *Smoke Showin'*, Chief Joe Maruca published a must-read article on "Are you well insured". This stimulated some discussions within my department and hopefully all departs across Massachusetts. Check with your department administrators on what coverages exist for your members and get the word out.

MFA Recruit Class 70 was almost all Region 1 Recruit Call firefighters. Graduation was June 27, 2018. MCVFA believes the Firefighter I/II pro board certification is the standard for all to meet. Congratulations to all the new FF I/II members.

Hot weather is upon us, keep an eye on all your members while on calls in turnout gear, dehydration and heat stroke can sneak up on any of us without notice. Let's not forget out pets as well.

It's time to renew our memberships, please get your member rosters and dues in as soon as possible. If you need any renewal information, please contact the membership committee or myself.

I will be running for reelection as Vice President of Region 1 at the next Region meeting. Watch for email notices to come out soon for the time and place.

If any departments get new apparatus or have interesting pictures from training, special events or actual fires you would like share, pass them along to me with a short narrative and we will include it in the next issue of *Smoke Showin'*. Feel free to contact me at ken.jordan59@gmail.com. 🚒

REGION 2

Covering the counties of Essex, Middlesex

Vice President Chris Bosch, Groveland

by Lisa Evans, Regional Coordinator

Congratulations to Chief Larry Fisher of the Merrimac Fire Department for his recent appointment of Chief of the MFD. Congratulations also go out to interim Chief Richard York of the Groveland Fire Department for his recent interim appointment. Finally, congratulations to Deputy Fire Chief David Evans who recently earned his Fire Chief Credentials through the Massachusetts Fire Commission.

My department was fortunate to have had Lt. PJ Roy, of Fitchburg Fire Department, instruct a class on Cancer Awareness in the Fire Service, through the Massachusetts Fire Academy (MFA). I just cannot get out of my head the increase of occupational cancer in the fire service. It still aches at my very core that PJ's dad had oral cancer, which is something I screen for in my dental patients every single day because I also work as a dental hygienist. It bothers me that I was not taught that being a firefighter has a common link to oral cancer, just like other risk factors of being a male over 55, and habits of smoking, and drinking alcohol.

I recently attended a dental conference where I spoke with several presenters regarding oral cancer and firefighters and that firefighting is the number one occupation affected by cancer. They were all aware firefighters face an increased exposure risk to carcinogens and therefore a higher rate for a potential diagnosis of cancer. As a follow-up, I asked if they would help spread the word that firefighters are predisposed to cancer and potentially oral cancer. Everyone I spoke said that they were already spreading the word about the correlation between firefighters and cancer or indicated that they would definitely start getting the information out. I have also posted on my dental hygienist social media pages my concerns for my fellow firefighters.

While at the station, one of the firefighters asked me if I use that "water thing" to clean people's teeth. I do, but... more importantly, I asked if they ever had an oral cancer screening. That firefighter had no idea of what an oral cancer screening was like. Going to physician physicals/exams/screens including appointments at the dental office should be part of your regular routine in keeping healthy.

continues on page 22

According to the Massachusetts Department of Fire Services “Firefighters have a much higher rates of cancer than the residents they serve because of the exposure to carcinogens on the fireground and in the firehouse.”

Please join us on August 30 at the Massachusetts Fire Academy in Stow when Lt. Roy will be instructing a class on “Taking Action Against Cancer in the Fire Service”. This course will be at the Springfield campus of the MFA on November 8. At both sessions, Dr. Christine Kannler will be offering free skin cancer screenings and I will be offering free oral cancer screenings. Register online at DFS Learning Management System for the class. SPOTme® Free skin cancer screening appointments are suggested but walk-ins will also be accepted for both skin cancer screenings and oral cancer screenings.

Smokey the Bear’s slogan was “Remember...Only YOU Can Prevent Forest Fires!”; well now Smokey should also be saying “Remember...Only YOU Can Prevent Carcinogen Exposure!” visit us and learn how on August 30, in Stow or November 8, in Springfield.

Let me know what’s going on at your department. I am always looking for new ideas for articles. Remember, we are always looking for interested members to take leadership roles within our Region. 🔥

REGION 3

Covering the counties of Worcester, Middlesex, Norfolk

Vacant

What do Monks and Firefighters have in common?

Chicken Barbeque, of course! This June, the Spencer Firefighters Association held their Annual Chicken BBQ at Saint Joseph’s Abbey in conjunction with the Abbey’s 3rd Annual Spencer Brewery Open House. It was a wonderful collaboration which helped feed the hundreds of Brewery visitors while raising money for the Spencer Firefighters Association. 🔥



Photo courtesy of the Spencer Fire Department

REGION 4

Covering the counties of Franklin, Hampden, Hampshire

Vice President Joshua Ellinger, Huntington

Hello my friends and acquaintances in Region 4, I’d like to take a moment to introduce myself. My name is Joshua Ellinger and I was elected as Vice President for the Region at our March meeting in Sunderland. I’ve served the Huntington Fire Department since 2007 earning the rank of Lieutenant first and now as Assistant Chief of the Department. After many years as delegate of my own department participating in many meetings alongside some of the finest people of the region, I felt it was time to step up and take a more prominent role in the organization for our area.

I’d like to thank President Kevin Connolly and Region 4 Secretary Matthew Lemieux for administering the Region for so long without a Vice President. I’m a firm believer in what this organization stands for and my sincerest wish is that more departments from our area see that there is everything to gain and nothing to lose by joining our ranks. Collectively as members, we can reach out to our neighboring departments to show them all the benefits that are available through the MCVFA. In closing, I’d also like to thank Sunderland and Ashfield Fire departments and their Chiefs for hosting the last two meetings, your hospitality always exceeds expectations. Finally, the Regional Coordinator position is still open for Region 4 and new talent is always a welcome breath of fresh air so please, if you are even pondering the idea, put your hat in the ring and help our area grow. 🔥

REGION 5

Covering the counties of Berkshire

Vice President Paul Vallone, Clarksburg

Small Department, Big Addition, Bigger Loss

Article by Phil J. Bailly

Some know where the town of Alford is, some say where? Well for those that don’t know, Alford is a little bedroom town west of Great Barrington, north of Egremont and tucked into the border with New



Photo courtesy of the Alford Fire Department

York. We are a fire department comprised of 10 to 16 firefighters with a junior program. We have always made due with what we have in both personnel and equipment with the help of a strong alliance of mutual aid when needed.

Roughly two and a half to three years ago, we began to spec out a new engine, our first custom cab and one designed for a short crew. One of the biggest, if not the biggest mind behind the design was our Captain Donny Lawrence. As you know, it takes a lot of knowledge and time behind the scenes to properly put together something expected to last a minimum of 20 years. With the support of town leaders and town voters, we purchased a 2017 Darley CAFS engine with a six person Spartan cab, 1500 gpm pump, 1500 gallons of water, and much needed room.

Unfortunately, approximately 8 months ago and just before the delivery of the new engine, we lost a huge piece of our hearts. On Sunday June 4, 2017, Captain Donny Lawrence passed away. Anyone who knew Donny knew that he was a family man, but a firefighter larger than life. Donny started his career in Housatonic and then Great Barrington Fire Departments before joining Alford. He was well known, well respected, most importantly, loved by many area departments and us. Donny rose to the rank of Captain in our department doing what he loved most, training and mentoring new members, most proudly the juniors. They looked up to Donny, not only as their Captain or a friend, but their "buddy"! I grew up through the fire service with Donny and as many knew he was what any fire department wanted or needed, a hard working, honest, caring and to the last day, extremely dedicated! There is no way we can fill the void Donny left; there isn't a call that goes by that I don't look across the engine and wish to see Donny giving some weird expression or funny comment. I can tell you that none of us will ever forget Donny and in spirit he will ride with us always. Rest in peace Brother, we will take it from here!

Thank You

I wanted to say thank you to the Lanesborough Fire Department for putting this on their marquee sign out front of their station. It was a great honor serving as you Region 5 Rep for MCVFA for those 18 years. Thank Very Much! 🚒



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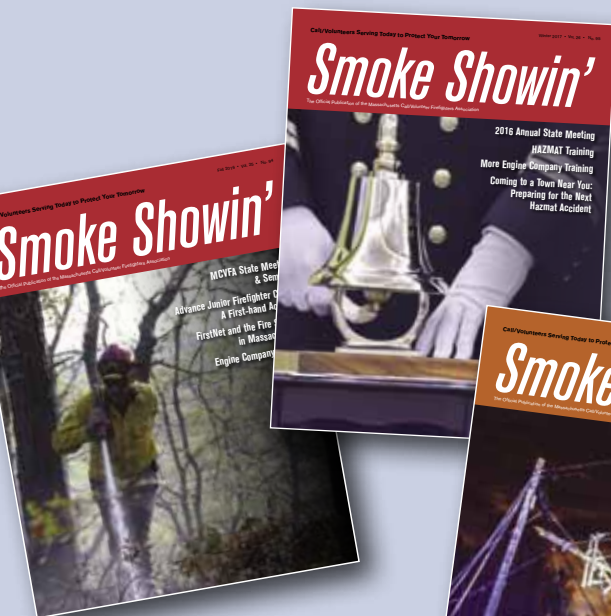
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