

Call/Volunteers Serving Today to Protect Your Tomorrow

Smoke Showin'

The Official Publication of the Massachusetts Call/Volunteer Firefighters Association

Health & Wellness

Training verses Certification

First Responder Training

Home Fire Sprinkler Myths



**The Fire Service
Saved My Life**



MCVFA Members elected as (B-6) Life Members

At the Annual State Meeting convened on October 7, 2017 at the Holiday Inn and Suites in Marlborough, MA, the MCVFA Executive Board submitted the following names for consideration for Life Membership:

William Antoine

Hingham (Posthumously)

Founding Member, MCVFA

Larry Holmberg

Chesterfield

Past President, current MCVFA Treasurer

Tom Burnett

Whitman

Past President, current Executive Vice President

Joe Maruca

West Barnstable

Legislative Chairman, MCVFA Legal Counsel

Life Membership is a rarely- bestowed honor given to certain members who, because of their merit and service to the MCVFA have earned the right of Life Membership. In MCVFA's 27-year history, only 15 members have been awarded Life Membership.

President Kevin Connolly asked for a motion to adopt these individuals as Life Members; motion was made, passed, and so ordered by President Connolly.

William Antoine was founding member of the MCVFA and a member of the Hingham FD Call Department retiring as a Call Captain in Engine Co. 6 after serving for 35 years; First MCVFA Trustee from Region 1 from 1991 through 1995, then as MCVFA Chaplain from 1996 through 2005 becoming Chaplain Emeritus upon his retirement.

Larry Holmberg is a retired Chesterfield firefighter and has been active within the MCVFA since 1995. In 1999, he became the Region 4 secretary and served in that position until being elected as Region 4 Vice President in January 2002. He was elected MCVFA President in October 2003 and served two terms ending in December 2007. With the election of President Burnett, Larry served as the Executive Vice President, a position he held until being elected MCVFA Treasurer in January 2011, a position he currently holds. He has served the MCVFA in many capacities including editor of *Smoke Showin'* from 2003 to present, SAFER Grant co-coordinator 2011 to 2016, and several other committees. He serves as Emergency Management Director for the towns of Chesterfield and Goshen.

Tom Burnett is a retired call firefighter in Whitman. Tom was elected Region 1 Vice President in January 2002 and served until December 2007. He was then elected as MCVFA President in January 2008 and served two terms through 2011. Tom was elected President for unprecedented third term in January 2014 and served until December 2015. He was appointed to serve as the Executive Vice President in January 2016. He is a Health and Safety Inspector for Mass DOT and serves as a Traffic Incident Management instructor.

Joe Maruca began his career as a call firefighter with Longmeadow in 1977 and later served in Sandwich (1991-2005) and West Barnstable (1994 to date). He joined the MCVFA in 1991 and he was appointed chief of the West Barnstable Fire Department in 2005. He worked at the State House as a legislative staff member for four years and later became the MCVFA Legislative Chairman in January 1999. He currently serves on numerous NFPA committees, and is a member of the National Volunteer Fire Council (NVFC) Board of Directors. In 2012 he was designated as a "Chief Fire Officer" (CFO) by The Commission on Professional Credentialing. 🔧



From the Editor

As we went to press, we learned of the passing of Montgomery Fire Chief Stephen Frye. Our deepest condolences to the family, friends, and members of the Montgomery Fire Department for their loss. You are in our prayers and thoughts. 🔧



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Winter 2018



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.

FCAM

Professional Development Conference

February 27, 28 & March 1, 2018



Are your leadership skills up to the level you want to be at? If the answer is no then continue reading. We all could use leadership training. Plan on attending the professional development committee for leadership training this February 27th, 28th and March 1st of 2018 for this training opportunity in the fire service at the DCU Center in Worcester.

The Fire Chiefs Association of Massachusetts (FCAM) will be holding a professional development conference for fire service personnel. We encourage you to learn new skills that will help you in your leadership qualities and day-to-day operations. This training is not just for fire chiefs. All fire personnel would benefit from this training.

This is a special year for FCAM, this is our 125th anniversary and we would like to celebrate it with you. We will have special challenge coins and shirts to commemorate this special event.

Our featured speaker will be Retired Fire Chief Bobby Halton from the Albuquerque and Coppell TX Fire Department. Chief Halton is a dynamic speaker and we are honored to have him at our conference. He will be on Tuesday as an all day event speaking event. Other speakers that are scheduled are Chief Healy and the Irish Fire Chiefs to talk about firefighting and leadership in Ireland. There will also time to visit the almost 100 vendors downstairs where we will have apparatus, gear and any kind of fire service items you may need.

The best thing about the conference is networking! Speak with members of the fire service facing the same challenges you are facing in your daily operations. We are committed to bringing you programs to challenge and grow you as officers. We look forward to seeing you there. 🚒

For more information visit www.fcamseminars.org

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Call/Volunteer Firefighters Association



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President's Message

On behalf of the MCVFA Executive Board, I would like to extend the Board's warmest wishes to our members and friends for a happy holiday season!

I would also like to thank the Association for its continued support in electing me to a second 2-year term at the State Meeting in October. I will continue to do my best to represent you and the Association at the state level to the best of my ability.

During my second term, I am looking forward to enacting some changes that I believe will help guide the future of the MCVFA. Both the Executive Board and I need your help in dealing with a few of the challenges the Association faces in order to make things easier for the membership.

We strive to make the best decisions regarding matters concerning the Association based on information we have. However, we cannot always accomplish these tasks without some input from you.

To begin with, we have been discussing the possible splitting of Region 3, Worcester County, into two manageable regions. For too long, Region 3 has been difficult to govern. This is the biggest region the MCVFA has, comprising approximately 80 possible member departments. A possible solution would be to split the region into north and south sections similar to state fire mutual aid districts 7 and 8.

The Exec Board and the Membership Committee have been discussing other ways, including an individual member-based option, to work with membership in regards to communications and the like. The committee has been working to update our email database. This move is helping the Association get important and timely information to our members through the use of Constant Contact.

Three areas of continued concern for the Fire Service and issues that I strongly feel are important to address, are Cancer Awareness, Firefighter Health & Wellness and Mental Health topics. I am hoping to promote several seminars on these subjects in the upcoming year and trust that you will make every attempt to attend them as they become available.

Having attended seminars on these subjects, I can only hope that you will take an interest as these topics are as important as your regular trainings.

At the State Meeting, we reported on the Strategic Plan Committee's report (elsewhere in this issue) on the direction that the MCVFA should take for continuing to realize its mission. This was a project taken on by then President Mike McCullough and others in 2000. Unfortunately, over time this project fell through the cracks, but was recently re-established.

Most of what was discussed back in 2000 still holds true today. The original founding members had their eye on the ball back in 1990 and we can be thankful for their foresight.

The MCVFA would like to welcome West Newbury Deputy Fire Chief Dave Evans as the new Director of the Massachusetts Firefighting Academy. Dave brings a wealth of knowledge and understanding of the Fire Service to the position. We look forward to working with Dave and wish him the best of luck. His wife Lisa is a firefighter as well in West Newbury, and serves as the MCVFA Regional Coordinator for Region 2.

Since early October, I have attended various functions around the state to include a retirement party for West Newbury Chief Scott Berkenbush, where I presented the chief with a certificate for his 46 years of service, the graduations of Call/Volunteer Recruit classes #066 and #067, held at the MFA Springfield and Stow campuses, respectively; the Belchertown F.D. Pancake Breakfast, the Annual Firefighter of the Year Awards program and other organizational meetings to name a few.

At the Regional level, we are still in need of help for Vice Presidents and Coordinators in some of the regions.

In closing, I would also like to touch base briefly in regards to the attendance at the State Meeting. This meeting was not well attended, possibly because it was held on the Columbus Day weekend. While we can not always plan on the dates that any venue might be available, the membership should make an effort to attend when possible. A lot of work went into the planning and preparation for this function. The meeting was well announced in advance and held in an area that would make it easier for more Regional members, not just the delegates, to attend. In addition, those that did not attend missed our Firefighter Memorial Program as well as two excellent presentations by members of the Fire Service community.

The Association holds but one state meeting per year; it would behoove the members to take advantage of not only the information coming out of this meeting but also to support the vendors and others who also took the time to attend.

As I have stated all along, I am available to visit your department if you have any questions or are hosting a function.

If you have any questions or concerns, please feel free to contact me.

Wishing all of you a Healthy and Happy New Year! 🍀

Kevin Connolly
MCVFA President

2017-2018 Legislative Scorecard

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	Joint Committee on Public Service; Hearing on 9/19
An Act to provide volunteer firefighters with a local option real estate tax exemption	H.1566 H.1537 S.1537	Kulik Howitt Gobi	Hearing on 4/3; 5/11 - Reported favorably out of committee; S.1537 accompanied by House versions; assigned to Senate Rules.
An Act providing for a distinctive registration plate for firefighters	H.1865	Mark	Joint Committee on Transportation
An Act authorizing voluntary contributions to the Massachusetts Fire Fighters Academy Trust Fund	S.1550	Lesser	Joint Committee on Revenue; Hearing on 6/6/17
Other Bills of Interest			
For legislation to prohibit disciplinary actions by employers on employees serving as volunteer emergency responders	S.1014	Gobi	Joint Committee on Labor and Workforce Development; Hearing on 7/17/17
For legislation relative to carbon monoxide detectors in schools	H.1288 S.252	Mark Fattman	Joint Public Safety & Homeland Security/Joint Education; Hearing, Senate 9/5/17, House 10/10/17
For legislation relative to the creation of the Commonwealth technical rescue regions and coordinating council	H.1258 S.1360 S.1380	Galvin Tarr Timilty	Joint Committee on Public Safety and Homeland Security; H.1258 - Ways & Means, 10/11/17
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)	S.1473	Timilty	Joint Committee on Public Service
For legislation relative to volunteer ambulance service	S.1207	Hinds	Joint Committee on Public Health
An Act relative to the retirement benefits of state police dispatchers	H.2563	Kokot	Joint Committee on Public Service; Hearing on 10/31/17
For legislation to provide fire chiefs with access to CORI information	S.980	Timilty	Joint Committee on the Judiciary; Hearing On 6/5/17
For legislation to modernize emergency medical services oversight	S.1192	Donnelly	Joint Committee on Public Health
For legislation relative to the possession of dangerous open flame devices	S.1282	Brady	Joint Committee on Public Safety and Homeland Security; Hearing on 9/13/17
An Act pertaining to firefighter disability (Kilduff Cancer Network)	H.1446	Ryan	Joint Committee on Public Service; Hearing on 5/31/17
An Act relative to the recovery of emergency response costs	H.1277	Kulik	Joint Committee on Public Safety and Homeland Security; Hearing on 5/1
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	Joint Committee on Public Safety and Homeland Security; Hearing on 9/13/17

Updated as of 10/24/17

BY PRESIDENT, KEVIN CONNOLLY

Need A Scholarship?

LET US HELP!



Don't miss out on this excellent opportunity!

The Massachusetts Call/Volunteer Firefighters' Association (MCVFA) will be awarding five (5) \$750 Robert J. Hindley Memorial Scholarship. The scholarship is available to an MCVFA member or immediate family member.

Requirements

Official Transcript or Letter:

- A school official transcript or letter from the most recent institution attended. If unavailable, please provide a written explanation and a copy of the highest level diploma or certification received.

A Statement of Interest of 400 words or less including:

- Why you want the Robert J. Hindley Memorial Scholarship
- Your personal, educational, and career goals
- A list of extracurricular, community, and/or volunteer activities. Include dates of participation and a brief description of each activity. You may provide an explanation for lack of involvement under special circumstances. Special circumstances include financial hardship, family responsibilities, etc.
- Any other information you want the Scholarship Committee to consider.

Two (2) Letters of Recommendation:

- One letter should be from a teacher, employer, or a member of the community familiar with you and your goals and the other from a member of the fire service. If it is not possible to provide a letter from a member of the fire service, please attach an explanation.

How to Apply

Application forms can be obtain from:

www.mcvfa.org/scholarships

Send your application form along with supporting documents to: **recruit@mcvfa.org** or

**Massachusetts Call/Volunteer Firefighters' Association (MCVFA)
Robert J. Hindley Scholarship
PO Box 124, Whitman, MA 02382**

**APPLICATION PERION OPENS: JANUARY 1, 2018
CLOSING DATE: MAY 1, 2018**



www.mcvfa.org/scholarships

Robert J. Hindley Memorial Scholarship APPLICATION

PLEASE TYPE OR PRINT:

Name: _____

Address: _____

Phone Number: _____ Email: _____

Sponsor's Name: _____

Name of Sponsor's Department: _____

MCVFA Dues Paid Years: _____

Region Applying (circle one): 1 2 3 4 5

ACADEMIC INFORMATION

Type of program in which you plan to enroll for the 20____ - 20____ academic year (check one):

☐ Graduate ☐ Bachelor ☐ Associate ☐ Technical/Trade ☐ Certification

Planned Field of Study: _____

Enrolled or Planning to Enroll (check one): ☐ Full Time ☐ Part Time

Name of School/University Attending: _____

Name of Trade School/Certificate Program: _____

Field of Study: _____

List any civic groups, organizations or extracurricular activities, volunteer work, etc.:

Send your application form along with supporting documents to: **recruit@mcvfa.org** or mail to
Massachusetts Call/Volunteer Firefighters' Association (MCVFA), Robert J. Hindley Scholarship, PO Box 124, Whitman, MA 02382

CLOSING DATE: MAY 1, 2018

Robert J. Hindley Memorial Scholarship REQUIREMENTS

REQUIRED APPLICATION DOCUMENTS

(These may be attached to your application or mailed separately.)

An official transcript or letter from a school official from the most recent institution attended. If unavailable, please provide a written explanation and a copy of the highest level diploma or certification received.

A Statement of Interest of 400 words or less including:

- Why you want the Robert J. Hindley Memorial Scholarship.
- Your personal, educational, and career goals.
- A list of extracurricular, community, and/or volunteer activities. Include dates of participation and a brief description of each activity. You may provide an explanation for lack of involvement under special circumstances. Special circumstances include financial hardship, family responsibilities, etc.
- Any other information you want the Scholarship Committee to consider.

Two (2) Letters of Recommendation:

- One letter should be from a teacher, employer, or a member of the community familiar with you and your goals and the other from a member of the fire service. If it is not possible to provide a letter from a member of the fire service, please attach an explanation.

CURRENT RECIPIENTS OF MCVFA SCHOLARSHIPS

If you are reapplying, you may submit current grades or a mid-term report. You must submit an update to your original Statement of Interest and one new letter of recommendation.

I certify that all of the information contained in this application and attachments is accurate. I understand that the MCVFA may verify all information I have provided as a part of my application for this scholarship.

Signature

Date

Send your application form along with supporting documents to: recruit@mcvfa.org or mail to
**Massachusetts Call/Volunteer Firefighters' Association (MCVFA),
Robert J. Hindley Scholarship, PO Box 124, Whitman, MA 02382**



CLOSING DATE: MAY 1, 2018

www.mcvfa.org/scholarships



Health & Wellness

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

Last year at this time, this column discussed two newly released resources – the NVFC Position on Firefighter Physicals and FSTAR's A Healthcare Provider's Guide to Firefighter Physicals. We would love to hear how you have taken action at the department or individual level to utilize these resources (or others) and what the impact has been. Our health and wellness efforts this year continued to spread the word and increase awareness of the importance of not only firefighter physicals, but also issues like self-care, heart health, cancer prevention, and behavioral health.

MCVFA President Kevin Connolly and I had the opportunity to engage with Chief Officers from across the state at FCAM's Professional Development Conference in February, and I had the privilege of co-presenting with Kevin D. Quinn, NVFC Chairman at NEVFEC's Rural Chiefs Roundtable at the New Hampshire Fire Academy in March. Chief Quinn and I presented on the topics of heart health and cancer prevention at the New Hampshire event, and then presented more extensively on heart health along with Charles F. Turner of North Greenville Fitness and Cardiac Rehabilitation at the NVFC Training Summit in Myrtle Beach in June.

If you have not had the opportunity to hear or read Chief Quinn's personal story, I would strongly encourage you to take the time to do so. (*Editor: you can read his story in this issue*) Due to the National Fallen Firefighters Memorial Weekend, Chief Quinn was not able to join us at the MCVFA annual meeting in October, but he was kind enough to share this message:

"A routine firefighter physical saved my life. It uncovered an underlying heart condition and enabled me to get the treatment I needed (quadruple bypass surgery). I am now back serving my fire department at full capacity. Without the intervention, I very likely would have had a heart attack, and if that had occurred on-scene, it would have put my crew and community in danger. All firefighters should have a quantifiable firefighter-specific annual physical."

While an increasing number of firefighters are realizing the importance of getting an annual firefighter-specific physical, and that taking the FSTAR guide (<http://www.fstaresearch.org/resource/?FstarId=11591>) to your own doctor is one way to do that if your department doesn't currently do annual physicals, it is still important for us to work on what comes after the physical. Has your department established an SOG on physical readiness? Do you integrate key health and wellness elements into your existing training? How do you start a wellness program?

Answering these questions can be overwhelming, which is why we aim to stay current on the latest information out there and continually improve how we can share it with you. From events like the IAFF Peer Fitness Trainer workshop to the NSCA Tactical Strength and Conditioning Leaders Course, and the latest offerings from MFA and NFA, we are always learning so that we can better serve you. Please reach out and share your interests, news, successes or challenges.

If your department is interested in hosting a workshop on Firefighter Health for your region, please contact Dominica D'Avella, MCVFA Health & Wellness Coordinator, at dominica.davella@gmail.com. Stay safe! 🚒

The Fire Service SAVED My Life

by Kevin D. Quinn, Chairman
National Volunteer Fire Council (NVFC)

Albeit, this praise is used consistently throughout the fire service more times than you can imagine. Yet it is rare that a firefighter is going to proclaim, “the fire service saved my life!” This is the beginning of my story. I am alive and a fully active firefighter today due to the circumstances that aligned last summer. Had it not been for fate, I would have either suffered a debilitating heart attack or even worse, sudden cardiac death. As the Chair of the National Volunteer Fire Council (NVFC), I am fortunate to be in a position to work with the NVFC Board, our committees and staff to bring forth positive change for the volunteer sector and the entire fire service. I take much pride in the opportunity to move the NVFC forward and at times we must have those very difficult conversations. The NVFC Health, Safety and Training committee has achieved much over the past decade and with the committee leadership, the members have tackled some difficult hurdles. One theme the Health Safety and Training committee zoned in on was the number and root causes of firefighter Line of Duty Deaths. In breaking down the numbers, the committee decided that they could make change and reduce those LODD's and firefighter injuries through education and training.

Initially the committee identified the firefighter deaths involved with traffic, apparatus and personally owned vehicles as their goal for reduction. Approximately 25% of all LODD annually occurred with roadway incidents. The NVFC collaborated with the International Association of Fire Chief's Volunteer & Combination Officers Section (VCOS) to develop a joint position statement on Personally Owned Vehicles. Since the publication of this critical document, the trend of POV incidents has reduced.

The next challenge for the NVFC Health, Safety and Training committee was the largest cause of firefighter LODD's, cardiac events. Approximately half of all LODD's annually are cardiac related. The committee proposed a position statement on annual firefighter physicals for all firefighters. A huge undertaking for any group of individuals is to reduce LODD, and to attack the heart related incidents even that much more difficult. The NVFC understands the cost factors of annual physicals and the fact that so many volunteer fire departments are in such financial woes. With all the variables in mind, the committee made a decision to develop a position with various levels of firefighter physicals. During the vetting process, the liaison for the committee reached out to me and asked me to evaluate an Occupational Medical vendor that specializes in firefighter physicals.

I can personally attest to why an annual medical evaluation is critical for early detection. I have always strived to be healthy

by eating right and exercising, yet I was completely unaware that I had an underlying heart condition. I had no signs or symptoms and no reason to believe I had any form of heart disease. In July 2016, at the request of Chief Jeff Cash, I reluctantly traveled to Cherryville Fire Department in North Carolina to learn about their annual physicals program

and how other departments may be able to adopt a similar program. The results caught me completely off-guard – irregularities on my 12-lead stress test led to more tests that uncovered a heart condition. I ended up having quadruple bypass surgery. Without this early detection and intervention, I very likely would have had a heart attack, possibly while on scene or performing my duties as a firefighter. This would have endangered not only me, but also my fellow firefighters and the people I was trying to save. I cringe to think what might have happened, but fortunately I will never have to find out. I firmly believe I owe my life to the early detection I received as part of the firefighter physical. Thus, the fire service saved my life!

Since my near miss with my heart condition, I have heard countless stories of firefighters who received early detection of heart disease, cancer, and other illnesses thanks to a firefighter physical. Some firefighters or department leaders may be hesitant to implement annual screenings as uncovering a health condition may take a firefighter out of operational service. This is a shortsighted view of the situation. It is much better to catch a condition early, treat it, and have the firefighter ultimately be back in action than it is to ignore or purposely not check for a condition until it gets to the point that the firefighter's life is in danger. In my case, I was out of service for several months, but am now back at full capacity.

The NVFC advocates annual medical assessments for all firefighters. Realizing that NFPA 1582-compliant physicals



A routine firefighter physical resulted in a life-saving diagnosis for Kevin Quinn.



Recovered from his heart surgery, Quinn is back to work with his department.

may be cost prohibitive to some departments, we released a statement that provides an overview of the type of medical assessments available to fire departments and firefighters. The NVFC supports medical assessments for all firefighters, although the organization realizes that financial and other barriers may affect what kind of program a department implements. NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, outlines a complete assessment program for members of the fire and emergency services. The U.S. Department of Transportation provides medical assessment guidelines designed to confirm someone is healthy enough to perform the job of commercial motor vehicle driver. Many departments implement their own physicals program based on the specific job duties and expectations of the agency, (which is the type of physical that identified my cardiac depression on my ekg). Individuals may also utilize annual physicals from their personal physicians to detect illness or risk factors, although this type of evaluation does not specifically assess the ability of a person to perform the job duties of a firefighter.

In addition to identifying heart disease and related risk factors, annual physicals can also provide early identification of other illnesses firefighters are at risk for, such as cancer. Early detection of illnesses such as heart disease and cancer can mean the difference between positive and negative outcomes.

The NVFC has many resources to help firefighters and departments proactively focus on their health; find these on the NVFC web site at www.nvfc.org. The International Association of Fire Chiefs (IAFC) also released the *Healthcare Provider's Guide to Firefighter Physicals*. Firefighters can present this document to their personal healthcare providers to help them understand the physiological demands of firefighting and specific health risks posed to firefighters, assisting the healthcare provider in the evaluation, treatment, and ongoing surveillance needs of firefighters.

Most firefighters, emergency medical personnel, and rescue providers pride themselves on being ready for the next call. They participate in many hours of training, build up on-the-job experience in all kinds of emergencies, and work to prepare their department and community for disasters. Firefighters routinely face extreme environments that may include intense heat and exposure to toxins. Add to that the high stress levels

of response, significant exertion, and heavy gear, and you have conditions that are tough even for the healthiest individuals.

Year after year, the number one cause of line-of-duty deaths for firefighters in the United States is heart attack. According to the U.S. Fire Administration, there were 993 on-duty firefighter fatalities in the U.S. between 2006 and 2015. Of these, 530 deaths were classified as being the result of stress/overexertion, with 479 of the deaths in this category specifically attributed to heart attack. That means 48 percent of on-duty firefighter deaths in this 10-year period were due to heart attack – more than any other cause of death.

The key to making sure a firefighter doesn't suffer death or disability due to a heart attack or other heart related illnesses is prevention. Identifying and managing risk factors, early detection of existing problems, and making lifestyle changes to lessen risks are all ways to protect a firefighter from tragic outcomes.

Early detection of potential health problems is a big factor in protecting firefighters and emergency responders. Heart disease risk factors such as high cholesterol, high blood pressure, diabetes, and others can be discovered during routine health evaluations and subsequently managed. Tell your healthcare provider that you are an emergency responder so they can better advise you based on your specific situation.

Reducing line-of-duty injuries and deaths should be a top priority for all emergency response organizations. However, much of the responsibility lies with the individual. I strongly encourage you to make the lifestyle changes that will help strengthen your heart and better prepare you for the job functions you perform as a firefighter. Your family, your crew, and your community depend on you being healthy and ready to respond. Make sure you are there for them when they need you. Being heart strong will make you a better firefighter, and a better you means a better crew. Focusing on our health allows us to be the best we can be for ourselves, our crew, our families, and our communities. I urge all firefighters and emergency responders to make health a priority so we can all serve strong for ourselves and all those who depend on us.

For more information and resources, visit www.nvfc.org/ServeStrong 

Kevin D. Quinn joined the fire service in 1976. He currently serves as Chairman of the National Volunteer Fire Council. He recently retired as a Deputy Chief of the Union Fire District in South Kingstown, RI, and has returned to where he began in the volunteer fire service – actively responding to fires and alarms with his original Station #3 of the Union Fire District. Kevin is a past-President of the Rhode Island State Firemen's League, Rhode Island State Advocate of the National Fallen Firefighters Foundation's Everyone Goes Home-Courage to Be Safe Program, member of the Foundation's Rhode Island Local Assistance State Team, member of the Hope Valley HazMat team, and member of numerous federal, state, and local exercise design management teams. He served on the NVFC Board of Directors for over 30 years as Alternate Director for Rhode Island and now continues as Director and Chairman. Kevin holds a Master of Science in Counseling and Educational Psychology and a Master of Science in Education.



TRAINING

VERSES

Certification

BY CHIEF JOE MARUCA

I get a lot of questions about training and certification. I overhear a lot of incorrect talk about training and certification. I get questions about what training and certification is required or not required.

In 2015, the MCVFA's Training Survey of Call/Volunteer and Combination Fire Departments identified a significant gap between certification and training within the call/volunteer fire service of Massachusetts. The data from the survey showed that 95% of call/volunteer firefighters have Firefighter I training, but only 18% have been certified as Firefighter I. The survey data also showed 34% of call/volunteer firefighters had Firefighter II training, but only 14% were certified to the Firefighter II standard.

So let's dive into the topic of training and certification.

Training and certification is not the same thing. As they are used in the fire service, training is the process of learning a skill or set of skills or practicing a skill or set of skills. Certification means demonstrating a minimum level of competence at a particular skill or set of skills to a third-party.

Training is what we do all the time. It is what we do at a drill at the fire station. It is what we do when we sit through a fire academy class, join a webinar on fire tactics, read a magazine article on firefighting, or take an online class. Training is education and practice. What we do in the fire service first requires us to learn the skill or knowledge. Next we must practice our skill and knowledge over and over again so we don't forget it, so we develop "muscle memory" to perform it without stopping to think, and so we can perform it without warning at the worst possible moment.

Sometimes we are really good at education and initial learning. We go to a class and learn new knowledge or learn a new skill, but then we rarely practice it. That is why I, and the MCVFA,

and the National Volunteer Fire Council (NVFC), urge that you adopt a company evolution training program based upon NFPA 1410 as part of your department's training program. This is why departments need to train more often; once a month isn't enough to stay current and to stay in practice.

Certification is not education, training, or learning. It is something that comes after you've learned and practiced some skill or knowledge. It is simply the process, through testing, of demonstrating that you have the knowledge and/or skill that you claim to have. Certification testing is done by a disinterested third-party with no stake or interest in whether you certify or not. For instance, certification testing should be done by someone who was not your instructor and in the best case from a different agency. This makes for a high degree of integrity in the certification process.

There is no legally required minimum level of training or of certification for firefighters in Massachusetts.¹ The policy of the Commonwealth is that firefighter training and certification is a local government matter. Therefore the minimum level of training and certification of firefighters in Massachusetts is determined by the fire chief. (Some firefighters incorrectly assume that because there is no law requiring training or certification that the fire chief can't require a minimum level of training or certification.)

The most common training and certification we encounter in the call/volunteer fire service revolve around Firefighter I and Firefighter II. The minimum requirements for a Firefighter I and Firefighter II training program are set forth in *NFPA 1001: Standard for Fire Fighter Professional Qualifications*. The standard sets forth a series of skills and knowledge that a structural firefighter should have. The standard does not require certification. The standard does not set forth any requirements for how to conduct certification. How you conduct certification is determined by the certifying agency.

In Massachusetts, the Massachusetts Fire Training Council (a board created by state law) determines what fire service certifications are available, and who does the certifying. Here in Massachusetts, the Massachusetts Firefighting Academy, following the National Board of Fire Service Professional Qualifications (aka “the Pro-Board”), provides for certification.

When you take a Firefighter I/II certification exam in Massachusetts you are taking an exam that meets the standards of the Pro-Board. The Pro-Board is not a testing agency. The fire academy is the testing agency, but their exam is designed and administered per the standards of the Pro-Board and given under the legal authority of the Massachusetts Fire Training Council. The Pro-Board validates the fire academy process and accredits the testing program as being reliable and valid. The written tests you take typically come from a third-party vendor such as Jones & Bartlett or IFSTA, and these tests meet Pro-Board standards.

NFPA 1001 does not require or suggest any minimum hours of training for Firefighter I/II programs. The standard calls for a competency based approach that focuses on learning the skills. It adopts the idea that one person might be able to learn a skill faster or slower than another person, and that the skill of the instructor, the class size, and the structure of the program all may result in varying lengths of the program. The standard also allows for departments to add additional knowledge and skills to the program to suit local needs. However, if you are planning to take a certification exam, your Firefighter I/II program will have to include the knowledge and skills you are going to be tested on.

Every call/volunteer firefighter should be trained to meet the minimum standards of Firefighter I/II (NFPA 1001). I think this is an achievable goal. However, not every call/volunteer firefighter is going to be certified as Firefighter I/II. Time, funding, test taking skills, community risk factors, and other local considerations make it reasonable for departments to determine that their members don't have to be certified. (In the interest of full disclosure, I require Firefighter I/II Certification for all structural firefighters (5 career/35 call/volunteer) at the West Barnstable FD.)

Another way to look at it is that training to a standard means you've had training on, and you've learned, 100% of the tasks and knowledge called for by the standard. Certification means that you've attained a minimum competency by demonstrating a sample of the skills and knowledge required.

Many in the fire service feel that certification is the gold standard because you've proven that you met the minimum national standard and your community doesn't have to just take your word for it.


If you are new to the fire service and you are taking a Firefighter I/II class, and you are offered to take the certification exam but told it is optional, I strongly advise you to take and pass the certification exam. First, it is proof of your knowledge and skill. It means you didn't just take up space in the class for the requisite number of days or hours. You have demonstrated that you learned. Second, certification at the Firefighter I/II level is becoming a gatekeeper for access to advanced training, promotion and other opportunities for your career advancement.

Finally, I've encountered chiefs and firefighters who are under the mistaken belief that they or their members are not Firefighter I or II trained because they lack a certification or because they've never attended a formal Firefighter I or II program. It is very possible, and likely in the case of long-term fire service veterans, that they've completed all of the training requirements of Firefighter I/II even though they've never taken a class. NFPA 1001 doesn't set a time limit on how long it takes you to complete Firefighter I and II training. You can meet the requirements through weekly department training over the course of a few years.

And, you should keep in mind that you can take the Firefighter I/II certification exam without having to take a Firefighter I/II class. Any Massachusetts firefighter can take the test and become certified. This option is referred to as “challenging the exam”. Many firefighters, me included, have studied, practiced and learned on their own, and then successfully passed a certification exam.

Understanding that you can meet the requirements of NFPA 1001 through diligent training over a lengthy period of time is important when it comes to applying for a grant under the Assistance to Firefighters Grant Program (AFG). I've encountered chiefs who think that having a group of older, experienced firefighters who came on-board before their department started using a formal Firefighter I/II program means they can't say everyone in their department isn't trained to the Firefighter I standard. While these firefighters aren't certified and never took a formal Firefighter I/II class, they probably have all of the required training. This is why keeping accurate and comprehensive training files are important.

If you've never read NFPA 1001, you should, especially if you are a chief or a training officer. I think you'll be surprised at what is and isn't required. I think you'll find a useful tool for training new and veteran firefighters. I think you'll find it more flexible than you are lead to believe.

So go forth, train, and certify. 

¹ Yes, state law does require first responder training, NIMS training, and federal law does require hazmat training. However, there is no required level of fire training for firefighters in Massachusetts.

First Responder Training



BY
CHRISTOPHER W.
NORRIS

The Department of Public Health is responsible for establishing all emergency medical service (EMS) training requirements for First Responders in Massachusetts. These requirements can be found in the 105 Code of the Massachusetts Regulation (CMR) 171.000. The criteria in this regulation outlines that First Responders initially have up to one year to complete these training requirements and must also complete a refresher training program at least once every three years.

Last year, it was identified that many students going through the Call/Volunteer Recruit Training Program had no medical training. This occurred because many students attending this class actually started the fire service on training day number one in this program. One of the challenges this created was many of these students were initially ineligible to become certified Firefighter I/II as First Responder training is a prerequisite for this certification.

Although 105 Code of Massachusetts Regulation (CMR) 171.000 allows First Responders to complete this training within the first year of employment, many were not taking their certification exams until months after completion of their recruit firefighter training program. In addition, many Departments struggled to find First Responder training that was only needed for one or two new employees.


A survey was sent out to all Call/Volunteer Fire Chief's last spring looking to get direct feedback from these organizations about the need for this type of training. Overwhelmingly, it was reported back that this was a training topic that many Departments had identified as a need. This information and feedback helped to formulate and develop the initial First Responder training program ever offered by the Massachusetts Fire Academy.

The first class was delivered at the Massachusetts Firefighting Academy in Stow on September 23, 2017. This program is eighteen-hours in duration and includes topics such as medical & trauma assessments, cardiac & respiratory emergencies, childbirth, splinting, pediatric emergencies, epi-pen and narcan

administration. The program is taught by experienced fire and emergency medical service Academy Instructors utilizing classroom lecture, video presentation and practical based training. There is no cost for the training and at the end of the program students receive a certificate of completion that is valid for 3 years. The program meets the requirements in CMR 171.000 (excluding CPR & AED) and the Office of Emergency Medical Services (OEMS) Administrative Requirement 2-100 dated December 15, 2016.

A prerequisite to be enrolled in the training program is all students must submit a current and valid Healthcare Provider CPR/AED card that is good at least through the end of the training program. A copy demonstrating proof of completion will be requested with the application in order to be considered for the class. The target audience for this training program is Call/Volunteer Firefighters who either need the initial training or for those who need the refresher training.

Although this specific training is a requirement through State regulation, EMS training is a significant component of the fire service mission. Fire service personnel are an integral part of any EMS delivery model and the goal of this First Responder training program is to help complement these services. The Department of Fire Services, through the Massachusetts Fire Academy, will continue to work with all partners in an effort to provide the highest quality of programs and classes to all fire service personnel. We are extremely excited and proud of this current initiative and hope it supports many departments across the state.

We encourage everyone to look at the online course catalog on the Department of Fire Services website to request this training program. 

Christopher W. Norris has been a member of the Westhampton Fire Department since April 1994. He has served in numerous capacities in the organization up until his appointment to Fire Chief in January 2007. Chief Norris is also currently serving as the Coordinator for the Call/Volunteer Recruit Training Program.

Call/Volunteer Firefighter/EMT Disability and Town Meeting



If you are a call/volunteer firefighter in town (or fire district) with no career firefighters, then you should check to make sure that your town meeting has voted to accept the provisions of Massachusetts General Law Chapter (MGL) 32, Section 85H ½. Your town clerk should be able to look this up for you.

MGL Chapter 32, Section 85H ½ is a local option law that says if a call/volunteer firefighter is permanently disabled in the line-of-duty, through no fault of his/her own, that the firefighter can get a disability pension based upon the first year salary of a career firefighter in the local area. The career salary is determined by averaging the career firefighter starting salary in three nearby departments.

If your town has not adopted Section 85H ½ then your permanent disability pension is limited to \$3000 per year in accordance with MGL Chapter 32, Section 85H.

MGL Chapter 32, Section 85H says that call/volunteer firefighters in combination departments can receive a disability pension for line-of-duty injuries that is based upon the first year salary of a career firefighter in your department. For departments without any career staff this law sets the call firefighter disability pension at \$3000 per year.

If your town hasn't adopted Section 85H ½ get in on the warrant for your Spring Town Meeting. Otherwise, your protection in the even to a permanent disability is limited to \$3000 per year.

Short-term disabilities are covered under GL Chapter 41, Section 111F, and the coverage is poor. Call/volunteer firefighters are only entitled to a short-term disability payment that equals their average pay and stipends in the past. So, if you earned \$2500 as a call firefighter last year, and you are disabled for three months, you'll only get a disability pension of \$208.33 per month for a total of \$625. (Unless your department carries additional insurance for you.)

The MCVFA in collaboration with Representative Shawn Dooley of Norfolk, Massachusetts, has filed legislation to improve the short-term disability for call/

volunteer firefighters and EMTs. The bill has been filed with the House as HD4305, An Act relative to call and volunteer firefighters and EMTs. As it has not been assigned a bill number, it is a House Docket – HD. This bill is a “late file,” meaning it is filed outside of the first three weeks of the session (January 2017), so the House is not required to do anything with it. The next steps would be to get the bill into committee and into a hearing, which we are working on now.

In order to get this done, we will need a significant push of support to make the leaders realize the importance of the bill. And, if you are a call/volunteer EMT, but not a firefighter, you should investigate General Law Chapter 41, Sections 111M and 111N. These are also local option laws that need to be adopted at Town Meeting in order to qualify call/volunteer EMTs for disability benefits.

Don't wait until someone gets hurt to check on the status of these laws in your community. It is better to adopt them before someone gets hurt. Adopting them after someone gets hurt will require special legislation. 🚫



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Home Fire Sprinkler Myths

by Ira Hoffman, FSP Books and Videos



The goal of my article *Surviving a Fire: Seconds Count* published in the summer 2017 issue of *Smoke Showin'* was to offer suggestions in providing information to the general public about fire survival.

The article discussed the three keys to survival: smoke alarms, the family escape plan and home fire sprinklers. It mentioned the myths associated with home fire sprinklers. In this issue I'd like to discuss these myths in detail.

MYTH

Smoke alarms are good enough. Smoke alarms only sound the alarm when smoke is present. Some might suggest that occupants pick up an extinguisher and put the fire out. We want to tell the public that the only thing to do if there is a fire is to get the family to safety by putting their family escape plan into operation and call 911.

MYTH

Sprinklers are activated by smoke, cooking vapors, steam, or smoke alarms. Nope – only when the temperature reaches 150°

MYTH

When one sprinkler activates they all activate. We've all seen it, in the movies: *Die Hard*, *Changing Lanes*, *The Matrix*, *Accepted*, *The Incredibles* and *The SpongeBob SquarePants Movie*. The public must understand that when one interconnected smoke alarm sounds, they all sound, but only the home fire sprinkler closest to a fire activates.

MYTH

Sprinklers are unattractive and will ruin the aesthetics of the home.

Yes, commercial sprinklers are unattractive:



But home fire sprinklers look like this, with only the bottom in view. They are available in virtually any color or design.



MYTH

Sprinklers are not practical in colder climates, as the pipes will freeze and cause water damage. If installed correctly all pipes should not freeze. And, there are products available today that send low temperature alerts, or alerts when there is a water flow, but shouldn't be (I have one installed in my home).

MYTH

Newer homes are safer homes, along with the statement that new houses don't need home fire sprinklers because they don't have fires. We know that fires do occur. We go to them and put them out. There are many causes – cooking, heating, smoking. But what's worse is that fires kill. So far this year in Massachusetts there have been 41 civilian fatalities.

This approximates previous years (51 in 2015 and 47 in 2016). Fatalities this year have been attributed to smoking, cooking, a wood stove, an air conditioner, a lawn mower. The age of the house is irrelevant. But even if it was true that new houses don't have fires, what constitutes "new"? What is the grace period before a fire can occur? Is it 1 year, 5 years, 10 years? How long should a brand new house last? 25 years, 50 years, 100 years? The point is that at any time in the life of that house the occupants have a better chance of surviving a fire if the house has home fire sprinklers, and they're cheaper to install when the house is built rather than a retrofit later on.

MYTH

Sprinklers are expensive, and will discourage people from buying a home, or building one. Carpeting, paving stone driveways, granite countertops, a whirlpool bath, can be added on at a later time, and without a higher cost. Whether done when the house is being built, or a retrofit later on, the marketplace, supply and demand, determines the cost, which is a one-time expense. The cost for home fire sprinklers can be anywhere between \$1.00/square foot to \$6.00/square foot. For our calculations we'll use the higher number - \$6.00/square foot. Since home fire sprinklers are part of the plumbing, the plumbing should last the life of the house. I have used a very low number for this - 50 years. In 2015 the average size of a house was 2,687 square feet. Crunching the numbers, this works out to \$16,122. Adding 50% for miscellaneous additional costs, this brings the total to \$25,000. Including \$200 for yearly maintenance, this works out to about \$2.00/day – less than the cost of a cup of coffee!

MYTH

We can't have home fire sprinklers because we don't have municipal water. Pump and tank systems are available where water pressure and/or flow is insufficient to meet the requirements of the home fire sprinkler system. If you live in a remote area it may take a bit longer for your local fire department to get to your house - home fire sprinklers can make all the difference in the world.

MYTH

We don't need sprinklers, there is plenty of time to escape a fire.

Contrary to the 1964 Rolling Stones song, time is NOT on your side. You may have had 15 minutes to escape a fire 20 years ago. Today, because of open floor plans and synthetic materials you may have as little as 3 minutes to get to safety.

Time also isn't on the firefighter's side. They must get to the scene, and then get water on the fire as quickly as possible to be able to search for trapped occupants. Those fortunate enough to live in a town that has firefighters at the station have a better chance of surviving a fire.

In conclusion, the general public, and those opposed to home fire sprinklers, have to understand the purpose of home fire sprinklers - spray a little water on a small fire to keep it from spreading and becoming a big fire, to give occupants time to get to safety.

I have a program, geared to the general public that discusses the keys to survival "Surviving a Fire: Seconds Count". There is no charge for this program. For details contact me: ira@fire-police-ems.com.

For more about home fire sprinklers and fire survival visit www.fire-police-ems.com, then click on "Home Sprinklers" on the bottom of the page. ❌

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.

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NVFC holds Fall Meeting in Kearney, NE

The National Volunteer Fire Council (NVFC) held its fall board meeting on September 27-29 in Kearney, NE. The board meets twice a year to conduct Council business, hold committee meetings, and guide the direction of the Council.

Highlights of the meeting included the following.

- A response roundtable featuring Chris Barron (TX), Tim Diamond (FL), and Ron Roy (WA) was held regarding recent natural disasters including Hurricanes Harvey and Irma and wildfires. Discussion focused on preparation before and response during the disasters as well as the current situation and needs in the impacted areas.
- A series of guest speakers addressed the board on a variety of topics.
 - Sebastian Elbaum, professor from the University of Nebraska Lincoln, spoke to the Wildland Committee about his research on using drones to set and monitor controlled burns.
 - Jim Pauley, president and CEO of the National Fire Protection Association (NFPA) discussed the NFPA's commitment to the volunteer fire service and support of the NVFC's initiatives. He also talked about the NFPA's National Center for Fire & Life Safety that is under construction in Alabama and encouraged everyone to download NFPA's first responder app.
 - Ed Mills, FirstNet Colorado outreach and education manager, gave an update on FirstNet and demonstrated technology including a thermal imaging device that plugs into a smartphone.
 - Mark Terry, senior director of operations for the National Registry of Emergency Medical Technicians, provided an update on National EMS Certification.
 - Robert Soto, lead trainer for Paradigm, gave a presentation regarding Paradigm's training capabilities and methodologies, including the creation of Coordinated Response Exercise (CoRE), a discussion-based exercise meant to increase the interaction between emergency responders and pipeline operators.
- The Nebraska State Volunteer Firefighters Association hosted a welcome reception at the Nebraska Firefighters Museum and Education Center and a dinner at the Axtell Fire Department. In addition, the NVFC's annual auction to benefit the NVFC Foundation took place following the dinner. The auction, which raised over \$8,000 for the Foundation's health and safety efforts, was sponsored by McNeil & Co./ESIP, with Chief Dave Denniston serving as auctioneer.
- The NVFC debuted its new *Firefighter Strong* newsletter, which features articles, tips, and resources to help responders and departments take proactive steps towards a safer, healthier department. The newsletter is being mailed to all U.S. fire departments, and a digital version is available on the NVFC web site at www.nvfc.org. Copies of the NVFC textbook *Volunteer Fire Service Culture: Essential Strategies for Success* were also distributed, as were new challenge coins promoting the NVFC's 'Serve Strong: Better You, Better Crew' message.
- The board approved the Council's budget for 2018 and made changes to its committee structure. In addition, an election was held for two vacant leadership positions. Jeff Cash (NC) was elected secretary/treasurer, and Reid Vaughn (AL) was elected to the Executive Committee.
- Board member Norm Hoeft (NE) received the 2017 E. James Monihan Director Award. Hoeft helped facilitate NSVFA joining the NVFC in 1977, and he has served as the state's director since 1999. During his time in the Council, he has held several leadership positions, including first vice chair, second vice chair, and a member of the Executive Committee. Hoeft is retiring from the NVFC board after the fall meeting.

The NVFC thanks meeting host Nebraska State Volunteer Firefighters Association and meeting sponsors California Casualty, Columbia Southern University, McNeil & Co./ESIP, Josh Cellars, National Fire Protection Association, Paradigm, The Pennsylvania Fireman, PennWell Fire Group, and Provident. The next NVFC meeting will take place April 19-21 in Alexandria, VA. 🌸

REGION 2

Covering the counties of Essex, Middlesex
Vice President Chris Bosch, Groveland

by Lisa Evans, Regional Coordinator

A retirement party to celebrate the career of Scott Berkenbush was held on October 27, in West Newbury. MCVFA President Kevin Connolly presented Scott with a Length of Service Certificate. Congratulations to Scott Berkenbush for 46 years of service to the West Newbury Fire Department. Best Wishes on your Retirement.

The MCVFA awards certificates to call/volunteer firefighters and EMT's who have achieved 20, 25 and 50 or more years in the call and volunteer fire and EMS service. The 75 plus-year certificates commemorate call and volunteer fire departments with 75 or more years of service to their communities. The certificates are issued by the MCVFA and can be presented by an MCVFA official if requested. See the MCVFA website for more information.

The Merrimac Fire Department is pleased to announce the successful award of an Assistance to Firefighter Grant (AFG) from FEMA. The award amount is \$124,000 in the category of Operations and Safety. This grant will be used to purchase new self-contained breathing apparatus. The SCBA's will assist firefighters to mitigate many emergency situations while protecting the citizens they serve.

The department also recently put into service a new Lucas 3 chest compression system, used during CPR. The Lucas 3 was purchased with donations received from the community, Salter Bus Co., Rick and Eric Fournier of 1st Payroll, and Haverhill Bank. Will Howard, Shane Seigny, Nicole Richard, Kris Smith, Brandon Cox, and Jay Fournier were all instrumental in assisting with raising the funds needed to purchase the Lucas 3.

"During my 30 years in the fire service, I've always been impressed with how members of the fire service see a need and get things done," said Deputy Chief Greg Habgood during the Lucas 3 department training.

Chief Ralph Spencer also had praise for the fundraising effort, adding, "I'm very proud of the job the committee did."

References used to write this article: The Newburyport Daily News, July 27, 2017, and Merrimac Fire Department Facebook page

Two students from Pentucket Regional High School, Korey Scheffin and Ethan Houllahan, have received honors from the WNFD, WNPd, and State Representative Lenny Mirra, and were awarded the Young Heroes at Work Award, issued by the Department of Fire Service. The students were the first to arrive on the scene of an accident and performed life saving techniques prior to EMS arrival.

The Department of Fire Services, Public Education Unit instituted the Young Heroes at Work program in 1995. During the last nineteen years, over 300 children have been recognized as Young Heroes at Work for their actions. For more information on the Young Heroes at Work Award go to the mass.gov DFS website and search Young-Hero-Program. 🚒



Front Row: MFA Director, David Evans, Korey Schenffin, WNPd Chief Arthur Reed, Officer Justin Lindahl, Sargent Jeffrey Durant, PRHS Principal Jonathan Seymour, Back Row: WNFD, FF Joshua Kemper, and Asst. Chief Benjamin Jennell

continues on page 22

REGION 5

Covering the counties of Berkshire

Vice President Paul Vallone, Clarksburg

The National Volunteer Fire Council, in conjunction with other agencies, sponsors a one-day Junior Firefighter Academy each year. The Lanesborough Volunteer Fire Department collaborated with the Berkshire County Fire Chief's Association and the Massachusetts Call/Volunteer Firefighters Association to host the academy for area junior firefighters and fire explorers. These youths are the future of the fire service and deserve our support to encourage them to remain on fire departments. This academy was designed to motivate these youth to reach their ultimate potential and keep them motivated to remain in the fire service.

The date was Saturday September 16, 2017.

At 8:00 we began by rotating four groups of juniors through stations, each session was 45 minutes long with a 15-minute intermission/travel time. The stations consisted of:

- Vehicle stabilization and extrication
- A modified Junior Firefighter Challenge
- Ladder truck and ground ladder evolutions
- A simulated technical rescue.

A working lunch was provided for attendees and instructors involving static and active displays. Displays were provided by Berkshire Mountain Search and Rescue, Williamstown Fire, Williamsburg Fire, Adams Forest Wardens, Massachusetts Department of Fire



Photo Courtesy of Alford Fire Department



Photo Courtesy of Alford Fire Department

Services, Hinsdale Fire, IDEAL Health, Cheshire Fire, Lanesborough Fire, Windsor Fire, Richmond Fire, Massachusetts Department and Conservation Bureau of Forest Fire Control, Hancock Fire, Savoy Fire UTV, Life Net of New York, Lanesborough Fire, Alford Fire and Pittsfield Fire.

We reconvened the program Station 5 Rural Water Evolution, flowing water, pumping evolutions. Cheshire Fire Department will be managing the fill site at Berkshire pond. Richmond Tanker, Adams wardens,



Photos Courtesy of Alford Fire Department



Hancock Tanker, Lanesborough Tanker. Station 6 was ATV/UTV operations. Station 7 participants were provided GPS coordinates and had to use ATVs and UTVs to locate and rescue the simulated injured party. Station 8 involved a DCR Demonstration of wildfire extinguishment techniques and equipment.

At 17:00 stations concluded at the Lanesborough Fire Station for debrief and graduation ceremony. The president of the Berkshire Fire Chiefs Association and the president of the MCVFA, Charlie Burger and Kevin Connolly respectively, handed out certificates. Junior firefighters from Lanesborough Fire, Colrain Fire, Northfield Fire, Palmer Fire, Goshen Fire, Alford Fire, Ashfield Fire attended the program.

Regional Training Library

There are approximately 118 titles to choose from, either as individual topics or as part of a series. You can see the entire list of topics on the Region 5 Facebook page.

Please remember if you want to request a DVD for your drill night, you can email the Regional VP at vpregion5@gmail.com. Please remember to let us know which program you are requesting and when you want it.

I like to say thank you to my Region 5 Coordinator Frank M. Speth III for all of his hard work with helping out with the regional meetings and also helping out with membership. Frank has been working on getting new departments and individual memberships on the MCVFA bandwagon. 🚒

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Fire Extinguisher Recall

From the United States Consumer Product Safety Commission (www.cpsc.gov): Kidde Recalls Fire Extinguishers with Plastic Handles Due to Failure to Discharge and Nozzle Detachment: One Death Reported.

Name of Product

Kidde fire extinguishers with plastic handles

Hazard

The fire extinguishers can become clogged or require excessive force to discharge and can fail to activate during a fire emergency. In addition, the nozzle can detach with enough force to pose an impact hazard.

Remedy:

Replace

Recall Date:

November 2, 2017

Recall Number:

18-022

Consumer Contact:

Kidde toll-free at 855-271-0773 from 8:30 a.m. to 5 p.m. ET Monday through Friday, 9 a.m. to 3 p.m. ET Saturday and Sunday, or online at www.kidde.com and click on "Product Safety Recall" for more information.

The recall involves 134 models of Kidde fire extinguishers manufactured between January 1, 1973 and August 15, 2017, including models that were previously recalled in March 2009 and February 2015.

For complete information about this recall visit the CPSC website: <https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge>



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