

ON SCENE

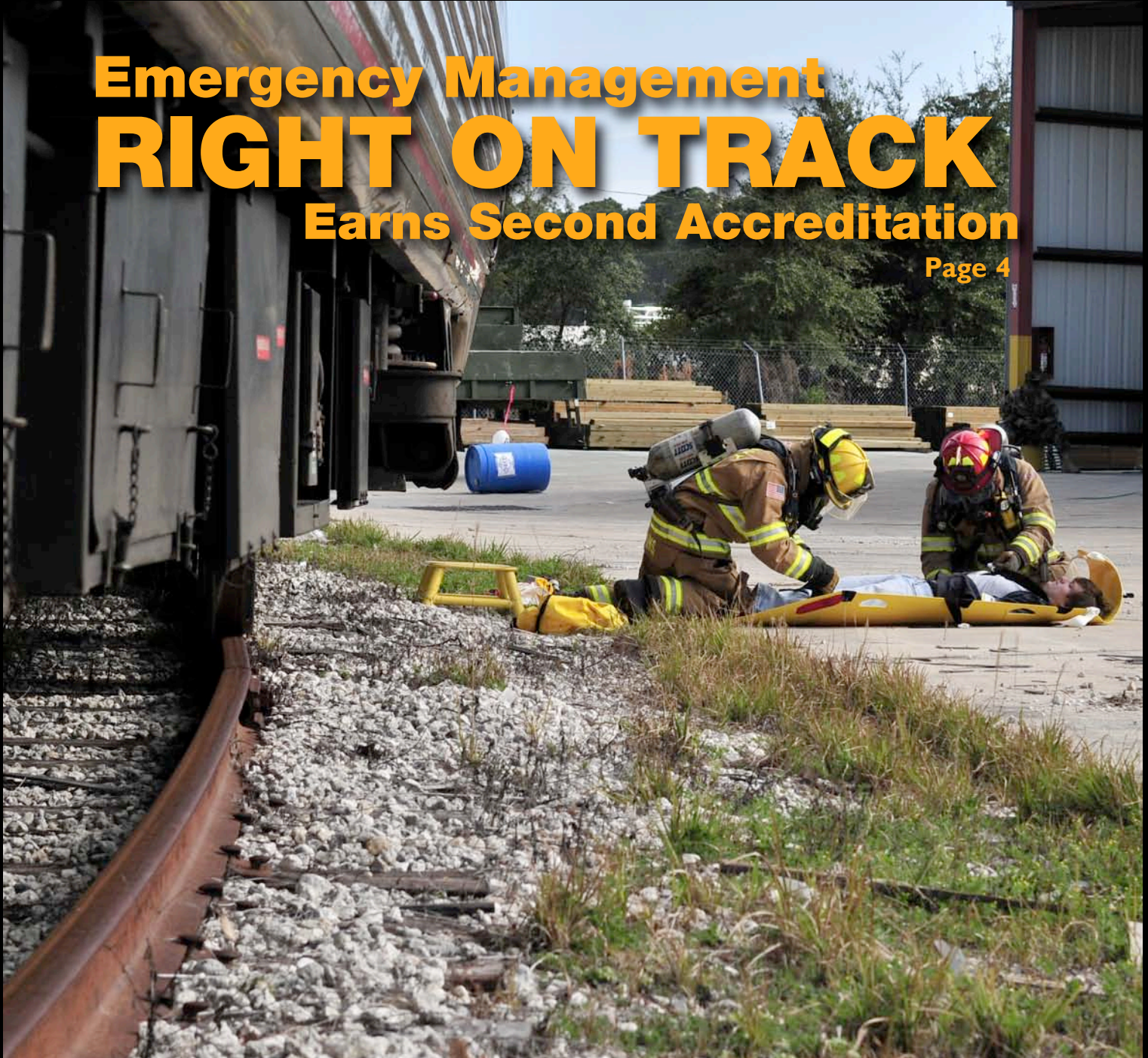


FOR AND ABOUT THE EMPLOYEES OF THE JACKSONVILLE FIRE AND RESCUE DEPARTMENT

June 2011

Emergency Management **RIGHT ON TRACK** Earns Second Accreditation

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INSIDE: How'd you sleep? • Timeless advice • Promotions



DEAR FELLOW FIREFIGHTERS

Fire and rescue departments often look to a variety of national standards when evaluating their capacity or strategizing some organizational improvement. Sometimes, fire chiefs and public safety administrators will model certain procedures after other departments' practices because they like the results.

No matter the profession or industry, when your peers consider your methods as superior, as the ones to follow, and when you're meeting or exceeding national standards, then I believe you're on the right track. You're becoming one of the best at what you do.

One of my priorities is for JFRD to become one of the best fire and rescue departments in the country. Achieving that goal involves following best practices. That means pursuing excellence in leadership, customer service and training. Becoming the best includes implementing our Fire Study Report, while also paying close attention to other details of long-term planning. Becoming the best also involves fire service accreditation.

For years, we've heard about schools being accredited, hospitals, too. The idea of undergoing independent, objective analysis isn't new, but it is relatively new to the fire service. Our Emergency Management program, led by Emergency Preparedness Division Chief **Marty Senterfitt**, recently earned national accreditation for the second time since 2005. A team of assessors who are experts in the field came to Jacksonville, evaluated Chief Senterfitt's program for five days, and determined that it's meeting and exceeding national standards. In other words, it's one of the best. I congratulate Chief Senterfitt and his staff for their efforts. You can read more about Emergency Management's re-accreditation on page 4 of this month's *ON SCENE*.

If one division within JFRD can earn accreditation, then I believe the entire department can, too. Our department recently researched fire service accreditation. After studying all the parameters, it's clear that accreditation is about identifying strengths and weaknesses, improving performance, defining risk and enhancing safety for the community and our members – the elements of becoming the best.

Sincerely,

Dr. Charles E. Moreland
Director/Fire Chief

Cover Photo: Successfully conducting drills like a railcar mass casualty incident earlier this year is one of dozens of reasons why Duval County's Emergency Management continues to be recognized as one of 32 nationally accredited programs. It was the first local program to receive accreditation in 2005 and then re-accreditation this year through the Emergency Management Accreditation Program.

May's edition of *ON SCENE* was not published.



A Bedtime Story

When you're on duty, sleep is never guaranteed, but studies show that getting adequate shuteye when possible is beneficial to your fitness level and overall health.

The National Sleep Foundation says that one-third of Americans regularly sleep less than 6½ hours per night. Research has discovered that waking up short of the recommended 7½ to 8 hours of nightly sleep has consequences that go beyond simple drowsiness.

Losing that one hour of recommended sleep per night in one week is equal to staying up for 24 hours straight. Combine that effect with a busy shift, and you're bound to be tired. Lack of sleep results in fatigue, decreased alertness, slowed reaction times, impaired thinking and impaired judgment. Recent studies found that being awake for 18 hours produces an impairment level equal to a blood alcohol concentration (BAC) of 0.05 and can reach a BAC equivalent of 0.10 after 24 hours of remaining awake. Sleep deprivation also presents some more chronic issues: high blood pressure, obesity, digestive problems, diabetes, heart disease, and cancer. The psychosocial health problems include increased stress, breakdown of family relationships, as well as behavioral changes in diet, smoking, and alcohol.

As you could imagine, firefighters may have a higher prevalence of sleep disorders, and if left untreated, those problems could increase morbidity/mortality. Focused screenings with your doctor can define the prevalence and severity of these problems and determine how to manage your sleep disorders.

PERSONNEL FITNESS

Here are a few strategies to reduce the effects of fatigue:

- Maintain a regular sleep schedule, even on days off.
- Naps longer than 45 minutes on days off are fine.
- Plan ahead and set aside an adequate amount of time for sleep.
- Establish relaxing bedtime habits (light snack, warm shower, or some light stretching).
- Distract your mind if necessary and try to sleep only when drowsy (listen to quiet music, read, use relaxation techniques etc.).
- Having a bedside notebook to record ideas can help curtail anxious thought patterns.
- Your bed should be comfortable and located in a cool dark quiet room. Use an eye mask and ear plugs if necessary.
- Caffeine use can have a major impact on sleep. Avoid within 6 hours of bedtime if not required for alertness (e.g., driving etc.).
- Avoid alcohol within 4-6 hours of bedtime.
- Avoid large meals before bedtime.
- Participate in exercise regularly but avoid vigorous exercise within 6 hours of sleep.

Looking to lose weight, improve endurance, flexibility, and increase strength this summer? Don't wait! Now is the time to get started on a good program. The first step is to get a fitness assessment to set a baseline for your plan. If your last fitness assessment has expired or you have not had an assessment, contact Tom Fonger at 997-4926 or tfonger@coj.net to schedule an appointment.

EMAP Spells Excellence For Emergency Management

Duval's Repeat Accreditation is a First Nationwide



Numerous local and regional agencies participated in a railcar mass casualty drill earlier this year. Duval County's Emergency Management program, part of JFRD's Emergency Preparedness Division, organized the exercise.

Make no doubt, we are prepared.

Dozens of three-ring binders and the plans, procedures and standards they contain prove it. So does the recent re-accreditation of Duval County's Emergency Management program, which is housed within JFRD's Emergency Preparedness Division.

Duval County earned its first accreditation in 2005 under the national Emergency Management Accreditation Program or EMAP. That marked the first time a local jurisdiction became EMAP accredited, a des-

ignation which lasts five years. Several statewide programs, including Florida's, are also accredited. EMAP is a voluntary process and the only one for emergency management programs.

Last year, as Duval County's accreditation term was nearing its end, Emergency Preparedness Division Chief **Marty Senterfitt** assembled his staff to begin the methodical re-accreditation process. Senterfitt and his team routinely self-assess their program and update their plans, but they had to ensure that everything was

compliant with EMAP's latest standards. Six months later, the team applied for accreditation. EMAP then assessed Duval County and announced its re-accreditation in April.

"We were the first county five years ago, and now we're the first one to be re-accredited," Senterfitt said. "I am extremely proud of my staff, the department and all of the local agencies that are part of our program. Duval County has demonstrated its preparedness and expertise numerous times, and the EMAP accreditation proves that we are meeting and exceeding national standards. It is also a valid assessment because the process involves peer review."

Bryan Koon, director of Florida's Division of Emergency Management, said Jacksonville is a model to follow.

"This second accreditation confirms that Jacksonville's emergency management agency is a first class organization and is ready to serve their residents during a disaster. As one of the first city organizations in the nation to achieve this milestone, we are very proud to have them as a part of Florida's emergency management team."

EMAP assessment involves a week of on-site evaluation by a team of emergency management experts that determine a program's compliance with requirements in planning; resource management; training; exercises, evaluations, and corrective actions; as well as communications and warning. Accredited programs demonstrate the clear ability of a state or local government to bring together personnel, resources, and communications from a variety of agencies and organizations in preparation for and in response to an emergency.

Nationally, 32 emergency management programs hold EMAP accreditation. In addition to the State of Florida and Duval County, Orange County is accredited. Miami-Dade is conditionally accredited at this time.

"Our department has the objective of becoming one of the best, and the EMAP accreditation is certainly a step toward meeting that objective," said Director/Fire Chief Dr. **Charles E. Moreland**. "When a highly-detailed evaluation conducted by our peers verifies that we're meeting national standards, then other departments can look to us as a model. That's a big part of being recognized as one of the best."



Duval County's Emergency Management program has a variety of resources to deploy during large-scale events, including JFRD's Urban Search and Rescue Team. Ladder 18's Lt. Robert Hickson is not only a member of the team, so is his specially-trained search dog, Kenai.

Timeless Advice

for New and Seasoned Officers



JFRD Retirees (L-R) **Bob Garmon**, **Miles Bowers** and **Nick Tison** offer advice and fond memories during a recent Company Officer class.

Miles Bowers has visited the Jacksonville Fire Museum plenty of times. In fact, during his 57-year JFRD career, the retired Director/Fire Chief even worked in the building, when it was the predecessor to TAC Support.

Recently, he did more than visit. Bowers participated in a special Company Officer class where he and two more retirees gave advice to new officers. Here's some of what they shared.

"Know your job," Bowers said, when asked for the best counsel he could offer a newly promoted officer. "Treat everybody the same, and don't form opinions based on what others say."

Retired District Chief **Bob Garmon** said he always wanted "to be respected for who I am, not how many bugles I have." Garmon also offered his thoughts on using the radio, and managing your emotions, especially when you arrive on scene at a significant event.

"When you call it in, be calm and concise. Then get off the radio," he said.

Retired Capt. **Nick Tison** also shared how important your on scene demeanor is: "You're the officer, so people will take the cue based on how you're acting."

The Training Academy's Lt. **Jill McElwee** had wanted to add JFRD history to Company Officer training for some time, so she thought of using the museum instead of a classroom. Two officers who have ties to the Training Academy, Capt. **Bruce Scott** and Fire 3's Chief **Chip Drysdale**, thought of adding the retirees' perspective. The training occurred over three consecutive shifts in early May and was videotaped to show to future classes.

In addition to advice, the retirees also discussed some of their most significant calls and some of their light-hearted times on the job. Some of the best advice, which applies to all ranks, came from Bowers.

"Wear your safety equipment," he said. "Don't wind up like me. I've fought cancer twice."

MAY'S PROMOTIONS



- **Capt. Rolen Sauls, R-5**
- **Lt. Teresa Kinstle, R-103**
- **Lt. Richard McManus, R-103**
- **Lt. Latorrence Norris, R-15**
- **Lt. Derek Nowell, R-103**

Congratulations!



JFRD Tugs on JSO



Now this was a different kind of Stand By. Engine 2, Rescue 2 and Tower Ladder 9 were doing some community outreach at an American Cancer Society fundraiser in Springfield last month. Rescue 50's Capt. Terrance Jones was off duty and also participating in the event by organizing a tug of war competition against the Jacksonville Sheriff's Office. Jones chose the right team as JFRD pulled JSO over the line and to the ground in less than 30 seconds.

CALL VOLUMES May 2011

ENGINES

E30345
E31342
E21331
E28330
E1326
E19319
E51319
E22318
E152300
E9290
E25281
E10278
E18277
E32269
E42264
E24263
E36259
E27252
E20251
E34249
E44243
E13230
E17224
E2220
E4219
E150211
E135203

E7202
E58197
E55189
E59186
E12176
E37176
E154170
E5169
E29164
E14145
E41141
E33134
E57133
E23114
E26108
E4994
E1682
E5382
E1177
E14365
E4655
E4845
E5643
E4031
E4510
RESCUES	
R1358
R21358

R36356
R31348
R30344
R2333
R28333
R4332
R22324
R19323
R17313
R15310
R20303
R34297
R7289
R24288
R32288
R25271
R5266
R13263
R52257
R51253
R27249
R35246
R55242
R54238
R58224
R42223
R50218
R23207

R57190
R71187
R59184
R49134

LADDERS

L28189
TL21152
L30146
L31133
L32120
L44120
L10117
L4115
L1114
L1898
L3495
TL981

TANKERS (Top 5)

T2883
T5259
T4255
T2947
T3147

BRUSH TRUCKS (Top 5)

BR5086
BR3279
BR3577

BR4273
BR3166

MARINE UNITS

M317
M114

FIRE PREVENTION

Investigations	...42
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FIELD CHIEFS

F3122
R10496
F483
F683
F777
F976
R10576
R10363
F157
F256
F553
F846

MONTHLY TOTALS

EMS8,059
FIRE1,660
NON EMR	...341
Total:10,060