



# RFD Training Newsletter

May 2015



## What is JAC? (Joint Apprentice Committee)

Next Meeting – May 27, 2015

JAC is a program offered by the state where fire departments receive money designated for training or training type of activities. The department receives money from eligible department members who are in the JAC program; these members are considered apprentice employees, whereas the department receives funds for these employees. The more training hours sent in by the department the more money we are credited in our JAC account.

The JAC committee invites any personnel to express their ideas or projects using the new JAC Request Form located on the: [G/Ops/Department Forms/Operations Forms or Target Solutions File Center/Forms](#).

## Below is a list of the most recent JAC projects:

- BC's Academy tuition for Museum of Tolerance
- Holmatro extrication mounts for all Truck Companies
- Corona Auto extrication training course
- Big Rig Auto extrication training course
- Tuition for personnel to attend a Strategic Planning session

## The following personnel are on the JAC committee and available for any further questions:

- Captain Muchmore
- Engineer Selk
- Firefighter Milligan
- Chief Stamper
- Chief Hearn
- Chief Bakas

# The Pumpers Local



## Report on Conditions

The ability to give a detailed description of your incident over the radio when you arrive first on scene takes practice. The ability to use proper radio terminology, describe a building, give assignments, designators, and channels can become complex.... especially at 0300. The following examples will give you some basic terminology to assist you with describing certain buildings. Thanks to Engineer Tasker for this information.

## Report on Conditions – Difficult Building Descriptions

### 1. Wide-Rise

- a. **Description:** Typically seen in the City of Riverside as a large concrete tilt-up with similar characteristics to that of a high-rise.
- b. **Report on Conditions:** "Riverside Engine 13 is on scene of a large commercial wide-rise, concrete tilt-up with nothing showing. Engine 13 will be investigating and implementing the High-Rise SOP..."



### 2. High-Rise

- a. **Description:** SOP 3.41 describes a high-rise as five (5) or more stories and/or 75' above the lowest level of fire department access.
- b. **Report on Conditions:** "Riverside Engine 1 is on scene of a multi-story commercial high-rise with smoke showing from the 3<sup>rd</sup> floor. Engine 1 will be in Command Mode and implementing the High-Rise SOP..."
  - i. Can exchange "Commercial" for "Residential, Hotel, Hospital" etc.



### 3. Pre - 1933 Unreinforced Masonry (URM)

- a. **Description:** Look for "in set" windows, arched openings (windows and doors), tie rods, king rows, etc.
- b. **Report on Conditions:** "Riverside Engine 6 is on scene of a 3 story, pre-1933 constructed commercial structure with light smoke showing from the 3<sup>rd</sup> floor..."
  - i. Can exchange "Commercial" for "Residential, Hotel, Hospital" etc.



### 4. Places of Worship

- a. **Description:** Religious facilities. Don't be paralyzed by the type (ex: Church, Synagogue, Temple, Mosque, etc.).
- b. **Report on Conditions:** "Riverside Engine 8 is on scene of a large, 2 story religious facility with nothing showing..."
  - i. May substitute "large" for "small or medium."



5. **Duplex**

- a. **Description:** A dwelling having 2 separate living spaces with separate entrances for two households within a single structure.
  - i. May see a single-story or two-story unit.
  - ii. May see a 4-plex with 4 separate living spaces with separate entrances within a single structure.
- b. **Report on Conditions:** "Riverside Engine 2 is on scene of a two-story, residential duplex with smoke and fire showing from the second floor of the Alpha/Bravo unit..."



# Structure Defense in the WUI



Check and go  
Prep and go  
Prep and defend  
Bump and run  
Anchor and hold  
Fire front following  
Tactical patrol

KEEP BACK



# Working on the Truck

## Next Edition:

Calculating the weight load during a High Point Operation & Ventilation over garages.

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## Attic Fires – What is your Strategy and Tactics as a Truck Company?

**We learned in the first day of the fire academy to never put water into a ventilation opening, because this would steam the firefighters below. Did we ever consider strategy and tactics for confirmed attic fires, and the best way to extinguish these fires as a truck company, as an engine company, and a department as a whole?**

**The majority of every fire department's Mission Statement focuses on saving lives, preserving property, and protecting the environment. When we arrive on scene of an attic fire, this is a perfect opportunity to make a difference relating to salvage operations, and saving the valuables and personal belongings of the family. When arriving on scene of an attic fire, we will commonly find: Moderate to heavy smoke from the gable vent or eaves, smoke or fire from vent pipes on roof, clear conditions to very light smoke on the interior, and no active fire found in the interior during our primary search.**

**The majority of the homeowner's contents and personal belongings are completely free of damage from smoke or water at this time. Too often we overlook the fact that during attic fires, the remainder of the house now becomes an exposure and that we need to protect this exposure from damage caused by the advancing fire, or worse, caused by the fire department. The fact is that during an attic fire we are not going to save the upper portion of the structure, so why would we want to extend the damage into the unburned portion of the structure? Or why do we allow this secondary damage to take place as company officers. If we slow down and take an additional minute or two to complete salvage operations after our primary search, along with disciplined strategy and tactics for attic fires, the end result will be excellent customer service as the owners thank you for saving everything they own. If we did not save any life, or property what did we really do?**

# Roof Operations for Attic Fires

The company officer should be the first one to the roof. The company officer will confirm that the roof is safe by aggressive sounding of the roof, and deciding the best strategy and tactics for current fire conditions. There are a variety of techniques used to extinguish attic fires. Below are some successful tactics that have been used in the past by RFD, and other departments:

**Vertical Ventilation** - Cut a small hole as close to the main fire as possible. The hole shall be as small as possible, but large enough for the nozzle to fit inside. The truck company will then utilize the hose line that was brought to the roof, and a wide fog stream shall be used, applying direct water application into the hole. The goal is to steam the attic, and extinguish the fire.

**Vertical Ventilation** - Cut a standard 4x4 hole as close to the main fire as possible. This method will create a large amount of fire exiting the hole if the attic is well involved in fire. The truck company will then utilize the hose line that was brought to the roof, and apply direct water application into the hole. A wide fog stream shall be used, and water shall be applied with the nozzle wide open. The goal is to steam the attic, and extinguish the fire.

**Gable Attack** – This method has been used successfully by other departments and applies water through the gable vents of the home. This method has proved to be less effective than direct water application into the vertical ventilation hole.



Company Officer - MCD December

Truck Company

Roof Operations



# Mentoring & Promotional Section

## Preparing for Promotion

Next to getting through probation, there is probably nothing more stressful than preparing for a promotional test. But like it or not, if you want to move on to the next level, you've got to be prepared. Here are a few of the tricks that I've learned over the years to make the process a little easier.

**Have a Plan:** Come up with a realistic plan for what you will need to do to succeed in the process. Your plan should include a timeline for what you want to have done by a given time period. The further out the process is, the more broad your timeline can be, but as the process gets closer, you will need to have firm dates for when you need to be completed.

**Set Realistic Goals:** The 1<sup>st</sup> time I tested for Engineer, my goals were terribly unrealistic. I was studying five and six hours a day, but I wasn't retaining the information. I couldn't believe how poorly I scored in the process after all that time I put in! The next time I tested, I limited my study time to no more than three hours a day. Once I hit that three-hour mark, I was done. The result was a promotion!

**Know your Weakness:** We all have a weak link in the process. Be honest with yourself about what your weakness is. If it's public speaking, find someone to work with you to help you get more comfortable. Whatever your weakness, this will be the area that will need extra attention

**Use the Study Methods That Work Best for You:** You wouldn't have made it through probation without knowing how to study. Use those same techniques for promotion. I am a flash card guy! I like to have flash cards so I can study them anywhere. I know it's time consuming, but creating the cards is part of the learning. During my most recent testing, I created a study guide for one of the books. It was very detailed, but I didn't feel like I was retaining the information. So I went back to the flash cards.

**Change it up:** We've all seen the book lists for Engineer and Captain. If you get tired of studying one book, move on to one of the others so you stay fresh.

**Focus on all the Phases of the Process:** It's easy to focus on just one phase of the process, especially the written. But try to spend a little time on the items that will likely be on the orals/practical.

**Reward yourself:** You will know when you've put in a good effort, so when you do, reward yourself. I made it a rule that if I had a good week of studying, I would take the day off and not study at all! This gave me a chance to recharge my batteries.

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# Mentoring & Promotional Section

**Reward your Family:** Your spouse, kids, and significant other have to put up with you during this very stressful process, so make sure you make some time for them.

**Don't forget the Resume:** Start early on your resume so you have time to add in new skills and certifications. Don't limit yourself to just the fire service stuff. We are a customer/community service industry, if you have experience serving others outside the fire service, be sure to include it. Let one or two other people review your resume and provide feedback.

**Schedule Mock Orals:** Ask the crew you are working with to give you mock orals. Take them seriously and try to improve with each oral. You can also practice your opener and closer in front of a mirror.

**Seek out Feedback:** No matter where you end up on the list, it's always a good idea to schedule a follow-up interview with members of the oral/practical panels. This will help you to determine where you may need to focus extra attention to improve

**GOOD LUCK! B2-B**

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# Mentoring & Promotional Section



## The EOC Information & Resources

What should you know about the EOC as a company officer? How can they help you on-scene of a large scale incident?

The EOC Operates similar to Area Command, but the EOC technically functions as a MACS (Multi-Agency Coordination System). A MACS is a combination of facilities, equipment, personnel, procedures, and communications integrated into a common system with responsibility for coordination of assisting agency resources and support to agency emergency operations.

The City of Riverside Emergency Operations Center serves as the centralized point of coordination for the City during times of crisis or extraordinary emergencies. These emergencies include a wide range of natural, technological, and manmade hazards. The EOC will also support planned events such as large public gatherings, high profile events and civic activities. County, State and Federal agencies can also function from the EOC during times of disasters.

EOC primary responsibilities during activations include setting city-wide response and recovery priorities, managing response resources and serving as the central point for emergency incident information.

The EOC is staffed and equipped to support any field event or major emergency utilizing the Management, Operations, Planning, Logistics, and Finance functions of the Standardized Emergency Management System EOC organization.

# EMS



## Miscarriages (Spontaneous Abortions) and Stillbirths

Its 1730 hours and you're just about to sit down for chow and the tones go off: "Engine 7 respond to a report of a 30 year old with possible pregnancy complications." Additional update enroute, you learn that she is having vaginal bleeding and she is 14 weeks pregnant. Upon arrival you find a female sitting on the edge of the bed, in moderate distress and you notice a good amount of blood saturating her pants. Where do you start and how would you assess and treat this patient?

Today I would like to go over one of those higher risk low frequency types of calls: miscarriages (spontaneous abortions) and stillbirths. A healthy pregnancy is 40 weeks from conception to birth. A fetus is considered full term at 37 weeks of gestation. The term "spontaneous abortion" is a loss of pregnancy prior to 20 weeks. The loss of a developing baby any time after gestational week 20 is referred to as a stillbirth. Most miscarriages occur in the first 13 weeks of pregnancy. Many factors increase women's chances of miscarriage, including:

- Hormonal/ health problems
- Increased maternal age
- Lifestyle choices
- Improper implantation of the egg
- Previous miscarriages

An understanding of miscarriages begins with a basic understanding of fetal development. Fetal gestation is measured in weeks, with 40 weeks considered the average human gestation. Some women may deliver before or after the 40th-week mark, although developing babies are considered "full term" at 37 weeks gestational age. If delivery occurs early, a fetus is generally considered viable at 24 weeks. By the 13th week of development, when chances for miscarriage significantly decrease, the fetus weighs about one ounce and measures approximately three inches. By 24 weeks gestational age, the age of viability, a fetus weighs approximately 1 ¼ to 1 ½ pounds and is approximately 12 ½ inches long. Miscarriages that occur early in pregnancy, before 13 weeks, may include the expulsion of little recognizable fetal tissue, while later miscarriages may result in the loss of obvious fetal tissue.

**Continued on next page...**

# EMS



When it comes to your initial assessment and treatment of these patients you have lots to consider. Because this is a high risk, low frequency type of call, it's always good to break out some table talk with your crewmembers on protocols and jobs each person may have. Like a cardiac arrest everyone will have a task. Has the baby been delivered prior to arrival? Assess the condition, location and age of the baby and mother? Will you need to request another RFD or AMR unit due to having possibly two patients needing ALS care and transport?

Having a few calls of delivering fetuses that are born non-viable and less than 20 weeks gestation, the question arises do we transport the fetus or leave it with RPD for a Coroner Case? In the instance that you know that the baby is non-viable and under 20 weeks this is not a coroner's case and you will be transporting the recognizable fetal tissue with the mother for further tests. Anything over 20 weeks you will need to contact Riverside Coroner's office for a report. If you or the mother is unsure, which is usually the case; make contact with the Coroner to error on the side of caution. And of course, early Base Contact! Continue treatment as you normally do for the mother.

Always take into consideration the emotional needs of the family during this difficult and stressful time. Having the Captain or Engineer assist grieving family members will allow the Paramedic to focus on appropriate ALS tasks. With early Base and Coroner contact, and working closely with RPD units on the scene, discuss what you all agree upon with the care/transport of the fetus and treatment of the mother. Also, get approval to cover the infant if non-viable with RPD if needed prior to leaving the scene for privacy.

Don't forget to review REMS Policies and Procedures covering Labor and Delivery, Pre-Eclampsia/ Eclampsia, Neonatal Resuscitation along with drug dosages for all pediatric medical aids. As we know these can be chaotic calls and just a few minutes of training can make these run much smoother.

Go Hard or Go Home

FF/PM Kaessner

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# Specialty Stations



**Mini-Tech Rescue Academy. November 2015. Dates TBD.  
Riverside City Fire Training Tower**

## Technical Rope Rescue Course



**High Angle Pick – Offs (Window Washer Rescue)**

**Palm Tree Rescue**

**Mono Pod Operations for High & Low Angle Rescue**

