



# FULLY INVOLVED

THE NEWSLETTER FOR THE MEN AND WOMEN OF TAMPA FIRE RESCUE

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## Starting fresh in 2015

You say you want a resolution?

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By Chief Tom Forward

**H**appy New Year! Yes, another year has come as another year has passed. Many of you will be thinking about how to make the New Year better than the past year and will probably even make a New Year's resolution or two. Many will consider changing old habits, creating new ones, getting back in shape, working harder, finding "the one," spending more time with family, earning more money, quitting smoking (pre-1990 hires), losing weight, and so many more aims that will probably be forgotten about before January is even over.

Given its limitations—and many of you might recall my thoughts relating to New Year's resolutions from my January 2014 Fully Involved article—New Year's resolutions are exactly the wrong way to change our behavior. Writing in the Wall Street Journal, Author Jonah Lehrer in his

article, Blame It on the Brain states, "It makes no sense to try to quit smoking and lose weight at the same time, or to clean the apartment and give up wine in the same month. Instead, we should respect the feebleness of self-control, and spread our resolutions out over the entire year." Human routines are stubborn things, which helps explain why 88% of all resolutions end in failure, according to a 2007 survey conducted by the British psychologist Richard Wiseman. Dr. Wiseman opined that "bad habits are hard to break, and they're impossible to break if we try to break them all at once."

The new year is a great time to review your past and plan for your future, but for any real change to occur there has to be a long term commitment. It is all well and good to write down a little wish list and get excited over it for a few days or a few weeks, but that's the easy part. It takes maybe 20

# A resolution for a safer, healthier New Year

By District Chief Susan Tamme

In April 2004, I was a paramedic working at the Tampa Convention Center, for an event held by the National Fallen Firefighter Foundation: The Firefighter Life Safety Summit. The summit was convened to discuss ways to reduce firefighter deaths.

Ten years later, in March 2014, I was again at the Tampa Convention Center, but this time I was a participant in the 10-year anniversary of The Firefighter Life Safety Summit. The attendees were gathered as representatives for the future of the fire service. Participants were asked to review each initiative and comment and discuss issues including behavioral health, education, leadership, wildland firefighting, transportation trauma, training, crew boss development and firefighter survivability. In fact, many of the issues raised by the 2014 participants were notably similar to those brought forth during the 2004 summit.

The authors of the report, which came out of the Tampa2 Summit, commented: “For true culture change to happen everyone in the fire service, from firefighter to fire chief, must take accountability to promote safe actions and stop unsafe actions.”

“The company officer has to take the lead. They are the ones on the scene first, and they are responsible for the welfare of their crews,” Chief Ron Siarnicki of the National Fallen Firefighters Foundation said, adding that there’s no time to wait for a command officer to arrive. “Those company officers must enforce safe behavior from the onset.”

As I enter into this new year I’ve had time to think about the message from the Tampa2 summit and reflect on the safe practices and initiatives that will keep my fellow Tampa firefighters and me alive and healthy long into retirement.

The funny thing about a new year and the custom of a resolution is that it means identifying those habits and prac-

## Resolve to do the following:

1. **Wear your seatbelt. On every call.**
2. **Wear your safety protection and SCBA - even on calls that seem insignificant or during overhaul.**
3. **Know what your job is on the fire ground - RIT, Rescue, Ladder, Prevention, etc.**
4. **Clean your bunker gear, Nomex, helmet more often.**
5. **Take time during the shift to learn something new (a street, a technique, an SOG, R&R).**
6. **Take time during the shift to practice on equipment that you don’t use on a regular basis.**
7. **Dress and act like the proud, professional firefighter that you are.**
8. **Eat healthy and exercise regularly.**
9. **Smile more often.**
10. **Make some down time for yourself.**

tices that weren’t working in your life and sometimes it is hard to admit to those faults in ourselves. Yet, I believe New Year’s resolutions are worth making.

I’ve thought of a few that may find their way into a New Year’s resolution in your fire career. See my list above.

Let us all learn from the message of the Tampa 2 initiative and challenge ourselves to put safety and health first in 2015—creating a “culture of safety.” There is no place within Tampa Fire Rescue for situations like these cited from the report: “Everyone knows that [someone’s doing something] dangerous, but they do nothing out of fear of reprisal [at the kitchen table].” “We reward the wrong things. Courage and valor awards are often given for the wrong acts; we need to stop reinforcing unsafe acts and start rewarding safe acts.”

The start of a new calendar year provides an opportunity to look back at the decisions and actions that have been in our lives during the past year and let them give rise to an extra push to make adjustments for the next one. Let’s incorporate these better behaviors to build positive, long-lasting change.

And as always, stay safe!

### Fully Involved

|                                    |                     |
|------------------------------------|---------------------|
| <b>Tampa Fire Rescue Chief:</b>    | Chief Tom Forward   |
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|                                    | Chief Sue Tamme     |
|                                    | Capt. Sean Buboltz  |

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# On the Air

It's a brand new year so this month we asked:

**What are you looking forward to in 2015?**



*Taking classes to increase my fireground tactics knowledge. Pretty much focusing on my professional development.*

- D/E Matt Russell  
Engine 7A



*I'm looking forward to some new and exciting opportunities at training including more hands-on and practical applications.*

- Chief Jason Dougherty  
Training Chief



*I'm hoping 2015 will be a relatively quiet year. But mainly I would like to see Ray Alcover continue his fight and beat the cancer!*

- Investigator Mike Zurla  
Prevention



*Being in a better condition mentally, physically and financially. We'll see how it goes.*

- Oliver Greene  
Emergency Planner

## Recognizing the impact of stress on your fire service career

By Captain Sean Buboltz, Engine 4C

**A**s firefighters we respond to the most tragic and stressful emergency scenes imaginable. Fire service personnel are at high risk for developing various stress disorders and stress-induced medical problems. We are exposed to many stress-producing events such as suicides, pediatric trauma, violent accidents, large structure fires; all resulting in inadequate sleep and eating habits that can **put a strain on our personal lives and health. This cumulative stress may put a damper** on our personal relationships and body that we may not notice or even think about until it's too late. We may develop signs and symptoms of a stress reaction in what could be considered an uneventful incident.

Research shows that firefighters are at a higher risk for cardiovascular disease. The stress associated with each emergency response takes a significant toll on emergency service personnel. The fire service continues to take on more specialty training and

responsibilities such as technical rescue, EMS, natural disasters, terrorism, and hazardous materials mitigation. Budget cuts have forced departments to downsize and to do more with fewer personnel, causing greater pressures on emergency responders.

Recognition of various signs and symptoms of stress should be focused on by co-workers and supervisors with the goal of dealing with stress early on in the process. Utilization of the CISM (critical incident stress management) program, Chaplaincy program, peer counseling, and EAP (employee assistance program) are all tools that are there for our benefit, and can help mitigate and prevent later health problems for our brothers and sisters. We should develop a plan of action to mitigate or manage the critical impacts of stress in order to affect positive change for our future Tampa Fire Rescue personnel. Let's build a better future together!

## Fresh Start

Continued from Page 1

minutes of commitment to come up with a list of goals and ambitions for the next year. It takes a lot longer to achieve them, particularly if it is a lifelong habit you plan to change or improve.

Although twenty minutes is probably longer than many people spend reviewing their life and thinking about the future, it is not enough if you really want to become all that you can be. I took that last piece from the Army's old slogan, Be All You Can Be! Unless you are a highly motivated and ambitious person that naturally jumps from success to success, you will have to continually review your position throughout the year. One big exciting change usually isn't enough to change our behaviors that we have taught ourselves over a period of many years. Just as we developed our current way of thinking over a long period of time, we have to develop our new way of thinking over a long period of time also.

If we are truly committed to achieving our New Year's resolu-

tion we have to forget about calling it a New Year's resolution. It needs to be a constant living resolution to which we are committed. This living resolution does not fade after January finishes, because it is alive and takes much more than a yearly review to survive.

Our living resolutions must be reviewed, tested, and measured at least monthly or preferably weekly. Without continual adjustment and maintenance we just slip into the habits that we know and are comfortable with. Creating something new in our life will take effort and positive action on our part. Most people will fall off the horse along the way as it seems to be human nature to fall off the horse. We have to continually get back on the horse and continue on our way towards achieving what we set out to achieve.

Let us all be unusual this year and make our New Year's resolution a living resolution that remains a part of our lives for longer than January. Stay safe out there and I'll see you soon...

## Emergency Response to Ethanol and Gasoline Fuel Mixture Incidents

The U.S. Department of Transportation has issued an alert to emergency responders handling incidents involving fuel mixtures composed of gasoline and ethanol (ethyl alcohol) in various concentrations.

Fires involving E85 (85% ethanol and 15% gasoline) and other gasoline/ethanol mixtures containing **greater than 10% ethanol** should be treated differently than standard gasoline fires. These blends are water-miscible/polar flammable liquids and will readily mix with water, which will degrade the effectiveness of the foam solution which is not alcohol-resistant. It is recommended to use alcohol-resistant foam to fight fires with these fuel mixtures.



Tampa Fire Rescue  
Training Division  
Chief Jason L. Dougherty  
1-2015



# Operations Division Update

By Chief Nick LoCicero, Assistant Chief— Operations



*“Officium Paratus”*

As we begin the New Year, as an organization we can't help but reflect on 2014. Yes, there were challenges this past year but collectively we were very successful in making the lives of the citizens of Tampa better and safer. In 2014 we came to terms with the many and very impactful retirements that occurred across all ranks, while we hated to see our friends go we were happy for them and the retirement opportunity after their long career. As we all know, these retirements also ushered in for many an opportunity for promotion and we saw that as well. We had the opportunity to open two new replacement stations for Station 11 and Station 19 as well as the continued opportunity to replace and upgrade apparatus and support vehicles for Tampa Fire Rescue. As the economy turned around we also saw increased service delivery demands. Calls were up from 72,144 in 2013 to more than 77,000 in 2014; an increase of just over five percent in a single year. As 2014 concluded, the firefighting profession continued to sustain Line of Duty Deaths (LODD). The U.S. Fire Administration officially listed the LODD at 87. While that number is lower than in previous years it is still too many. Reducing this number takes commitment and resolve. We must all lead by example, ensuring proper safety practices are in place and maintained.

The transition to 2015 will prove challenging as well. We must maintain our focus on outstanding service delivery for both fire and EMS, in addition to interacting with our communities and neighborhoods to educate them about safety and fire prevention. You will continue to see upgrades and replacements for the TFR fleet. The road ahead also brings an evaluation at some point from the

Insurance Service Organization (ISO). For those of you that don't know about the ISO or what it does, in short the organization is a leading source of information about property/casualty insurance risk. The role of ISO is to provide services



*Photo courtesy Hillsborough County Fire Rescue*

to insurance companies to allow them to assess the risk of potential fire savings and loss from public fire protection provided by fire protection districts in cities, towns and rural areas. We will be heavily involved in Tampa Fire Rescue's accreditation process through the Center of Public Safety Excellence (CPSE).

Finally, I would like to extend my deepest appreciation to the crew of Truck 14A for participating in the December 27 funeral of Tarpon Springs Police Officer Charles Kondek who was killed in the line of duty December 21. Their efforts and professionalism does not go unnoticed or unappreciated, my thanks to all involved.

Until next time- Stay safe.

## Chief Forward presents check to TRFFA

Chief Forward and Training Chief Dougherty attended the recent retirement luncheon of the Tampa Retired Fire Fighters Association to present a \$2,000 check from the Friends of Tampa Fire Rescue.

Retired Captain and TRFFA Board member Vince Sinardi accepted the generous contribution designated for the First Annual TRFFA/Joe Billek Foundation/Friends of Tampa Firefighters Golf Tournament with great appreciation.

Chief Forward noted the significant contribution the retirees have made to position Tampa Fire Rescue as a preeminent department in the United States.



## Running with a purpose

Firefighters have a reputation of service both on and off duty. Most take time to lend their money and support for various charities. Support comes in many forms from filling up boots with money at major intersections to climbing dozens of flights of stairs in a downtown high-rise. Engine 7A Driver Engineer T. Matthew Russell, Jr. set out on a 25-mile run shortly after 5 a.m. on the cold morning of December 13 to benefit a 9-year-old autistic boy named Aidric Hunt. Aidric was left without a mother when Matt's good friend Larsen was killed in a tragic case of domestic violence. Aidric was only four at the time, and every year since Russell has provided a fundraising opportunity by traveling 25 miles on a kayak up and down the Hillsborough River.

In 2014 he moved the fundraiser on land. His goal was to raise money during a 25-mile run around Lake Roberta in Seminole Heights. The lake isn't 25 miles around so Russell ran 100 laps around the lake and raised money which added to the total of \$5,000 that has been raised to benefit the Aidric Hunt Assistance Fund over the last four years.

Russell said he is thankful to all those who provided money and support for the event and offered special thanks to the IAFF Local 754 for a large donation last year. Special thanks also go to Paramedic Ryan Burkett from Rescue 9A who has participated in all three previous kayaking trips as well as Firefighter David Bindshedler from Engine 1A who ran and kayaked many miles in 2013 and 2014. Russell said that the effort wasn't his alone, "Thank you to all those who joined me for part of the run and encouraged me to keep going," he said.



D/E Matt Russell runs around Lake Roberta with the encouragement of Ashley Rumsey and F/F David Bindshedler.



D/E Matt Russell, right, talks with Aidric Hunt following the 25-mile run.

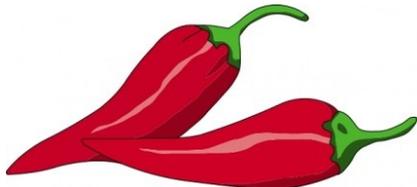
## ARFF Team wins in Chili Cook-Off

Firefighters from Station 2's ARFF team competed in a chili cook-off to raise money for the Toys for Tots charity December 9. The event was a big success with more than \$1,500 raised to purchase toys, exceeding the goal for the year.

This was the first annual Chili Cook-Off event with a total of 21 participants vying for awards in six categories. Driver Engineer Anthony Bibiloni and Firefighter George Nelson's Red Alert Chili took two of the prizes for "The Most Spicy" and "The People's Choice."

The Employee Events Committee wishes to thank everyone who participated in the competition.

Teams wishing to unseat Bibiloni and Nelson during the next competition should start preparing now.



Driver Engineer Anthony Bibiloni, center left, and Firefighter George Nelson, center right, display their award citations for "The Most Spicy" and "The People's Choice" along with members of the ARFF crew.

# FRIENDS OF TAMPA FIREFIGHTERS

## COURSE OFFERINGS - 2015

### January - June

| Course # | CLASS TITLE                               | FEE   | COURSE DATES          | COURSE TIMES |
|----------|---|-------|-----------------------|--------------|
| FFP 2521 | Construction Documents & Plans Review     | \$185 | Jan 12 - 15           | 0800 – 1830  |
| FFP 1301 | Fire Service Hydraulics                   | \$185 | Jan 20 - 23           | 0800 – 1830  |
| FFP 1302 | Apparatus Operations                      | \$200 | Feb 1 - 4             | 0800 – 1830  |
| FSFC 703 | Aerial Operations                         | \$225 | Feb 6 - 9             | 0800 – 1830  |
| FFP 1510 | Codes and Standards                       | \$185 | Feb 16 - 19           | 0800 – 1830  |
| FFP 2541 | Private Fire Protection Systems II        | \$185 | Feb 23 - 26           | 0800 – 1830  |
| FOTFF    | RIT                                       | \$200 | Mar 4 – 6             | 0800 – 1700  |
| FFP 1540 | Private Fire Protection Systems I         | \$185 | Mar 16 – 19           | 0800 – 1830  |
| RN9572   | SERP                                      | \$50  | Mar 27                | 0800 – 1430  |
| FFP 1505 | Fire Prevention Practices                 | \$185 | Mar 27, Apr 3, 10, 17 | 0800 – 1830  |
| FSFC 508 | Hazardous Materials Technician – Part I   | \$200 | Mar 30 – Apr 2        | 0800 – 1830  |
| FOTFF    | Safety and Survival                       | \$150 | Apr 8 - 9             | 0800 – 1700  |
| FSFC 508 | Hazardous Materials Technician – Part II  | \$200 | Apr 13 – 16           | 0800 – 1830  |
| FFP 1740 | Fire Service Course Delivery              | \$185 | Apr 20, 21, 23, 24    | 0800 – 1830  |
| FSFC 508 | Hazardous Materials Technician – Part III | \$200 | Apr 27 - 30           | 0800 – 1830  |
| FFP 1810 | Firefighting Tactics and Strategies I     | \$185 | May 1 - 4             | 0800 – 1830  |
| FSFC 508 | Hazardous Materials Technician – Part IV  | \$200 | May 11 – 14           | 0800 – 1830  |
| FFP 2111 | Fire Chemistry                            | \$185 | May 18 – 21           | 0800 – 1830  |
| FFP 2741 | Fire Service Course Design                | \$185 | May 26 – 29           | 0800 – 1830  |
| FFP 2811 | Firefighting Tactics and Strategies II    | \$185 | Jun 1, 2, 4, 5        | 0800 – 1830  |
| FFP 2610 | Fire Investigation: Origin and Cause      | \$185 | Jun 8 - 11            | 0800 – 1830  |

All courses are instructed by state certified instructors and receive credit toward applicable state of Florida certification

All courses are conducted at:

Tampa Fire Academy, 116 S. 34th St., Tampa, FL 33605

Register at [www.friendsoftampafirefighters.com](http://www.friendsoftampafirefighters.com)

For more information contact Jason Dougherty at 863.473.1228

