



CHIEF'S CORNER

Firefighting 101 - Back to the Basics?

Hello everyone and welcome to the July edition of the Chief's Corner. It seems as though the heat is here and it looks like it's going to stay hot for some time. Let's hope we don't have a bunch of structure fires in this type of weather. So, find a place in the air conditioning and try to stay cool.

This month I want to discuss a topic that has been at the forefront of a lot of fire instructors' minds recently. The topic is interior firefighting vs. a quick, measured exterior attack before entering a structure. This subject is generating some good discussions and is worthy of our review to ensure the department is doing everything we can to protect our employees.

Over the last number of years, the Lynchburg Fire Department has been at the forefront of emergency medical services and we have really been pushing the envelope in that area. We have also made great strides in our TRT and Haz-Mat programs. However, I think it's important that we make sure we are staying current with the latest developments in fire suppression. One of the basic services we provide is fire protection and we need to be good at it.

Years ago, most departments did not do aggressive interior fire attack. The technology of the time did not allow it. When I first joined the Fire Department we didn't have air packs and good turn-out gear to protect you from the heat and smoke you are exposed to with interior attacks. You were forced to try to "hit" the fire from the outside and cool it down some before you entered. When you did enter you crawled in, put some water on the fire, and then quickly tried to find a window so you could get a couple of breaths of fresh air.

As firefighting equipment and technology changed, so did the techniques used by firefighters. Better thermal protection and advances in air packs allowed us to enter an IDLH (Immediately Dangerous to Life and Health) atmosphere and stay there while we put the fire out. As a result of this change, we seem to have "forgotten" the benefits of cooling the fire from outside before we enter. Some of the new research has shown that cooling the fire from outside has a positive effect. The interior temperature can be reduced by several hundred degrees simply by putting water on the fire and controlling the flow of air to the seat of the fire. If doing this makes it safer when we enter a structure fire, then we should certainly take a close look at it.

We also need to remember the old "fire triangle" and how we can extinguish a blaze by removing any one of the "legs". The research shows that by doing something as simple as closing a door, to stop the flow of oxygen to the fire, we can greatly reduce the amount of fire. These techniques are simple to perform and can increase the safety and efficiency of our firefighting efforts. We are not going back to the old ways of doing things; we are using research to help drive the decisions we make. When the evidence shows that something works, then it is incumbent upon us to explore the issue and adopt some of the techniques. (In EMS we call this "evidence based medicine." In suppression I guess we can call it "evidence based firefighting".)

In response to this new thinking, the Battalion Chiefs and several Captains are working on a program to introduce these techniques to everyone. We are going to use the "SLICERS" acronym to help remember this information. In case you are not familiar with this, here are the basic steps:

- S - size up
- L - locate the fire
- I - identify and control the flow path
- C - cool the fire from a safe area
- E - extinguish the fire
- R - rescue if necessary
- S - salvage

This is easy to remember and simple to do in most cases. I think everyone will be impressed by the research and the results should speak for themselves. Let's work hard to implement this and make our suppression efforts as safe as possible. We are not going back to the old ways; we are forging ahead and doing what is best for all involved.

That about wraps it up for this month's Chief's Corner. I hope everyone gets a chance to enjoy the summer with friends and family and get outside. It's a great time of the year to be active and shed those winter pounds. Have a great time but never forget the most important rule: "Everyone goes home safe at the end of the shift".

Chief

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JULY ANNIVERSARIES

Congratulations to the following members who celebrate anniversaries with the department in July:

30 Years

Ninette Heath

24 Years

Ben Barber
Robert Lipscomb

17 Years

Nathan Chapman

16 Years

Lincoln Barnes

14 Years

John Ripley
David Jackson
Ed Fletcher
Danny Williams
Adam Davis

12 Years

Jimmy Seay

11 Years

Brandon Barney
Matt Smith

10 Years

Kenneth Bunch
Kent Hancock
Abbey Johnston
Matt Millner
Kevin Snead

8 Years

Joy Boteler
Alan Briceland

7 Years

Adam Morton
Neil Patterson
David Kidd
Chris Spencer

4 Years

Roger Irvin

1 Year

Eric Smith
Tyler Harrison
Brian Stinnette
Chad Hogan

CERTIFICATIONS

Confined Space — Level I
Vehicle Rescue — Level I & II
Rope Rescue — Level II
Fire Instructor I
NFPA 1403 Awareness
Adam Wagner

Haz Mat Technician
Heather Bowen
Travis Guthrie

BREMS AWARDS CEREMONY

By: Acting Battalion Chief Heather Childress
BREMS held its annual awards ceremony on June 13, 2014 at the James River Conference Center. Providers from across the BREMS region attended the ceremony, which also included dinner and live music after the awards. State Senator Steve Newman attended the dinner and spoke about the wonderful EMS service that is provided across the Commonwealth. Dr. Marilyn McLeod expressed her appreciation for the hard work that everyone puts forth every day.

The Lynchburg Fire Department received two awards at the ceremony; EMS Agency of the Year and the Health and Safety Award for our Carbon Monoxide Provider Protection Program. The department is now eligible for the state awards, to be announced at the EMS Symposium in November.

Congratulations to everyone for the good work that happens every single day. We are truly "First in Safety. First in Service. First in Community."

MEMBERS RECEIVE RALPH FRANK AWARD

Captain Matt Millner and Firefighter Travis Guthrie were selected by the Lynchburg Exchange Club as recipients of the Ralph Frank Memorial Award.

This award is presented annually by the Lynchburg Exchange Club to recognize an outstanding firefighter, law enforcement officer, or emergency medical technician in the Lynchburg community who has distinguished themselves through an act of bravery, sacrifice, or superior performance in the discharge of their job duties.

Captain Millner was recognized for his actions rescuing a neighbor from a fire in December 2013. Firefighter Guthrie was recognized for his actions saving a family on his way to work in February 2014. Millner and Guthrie received their awards at the Exchange Club President's Dinner on June 19, 2014.



L-R: Travis Guthrie and Matt Millner

TICKETS AVAILABLE FOR GUNS & HOSES

By: Battalion Chief Greg Wormser



Tickets are now on sale for the annual Guns 'N Hoses Charity Softball game that will be held at City Stadium on August 10th. Tickets are \$10 and include a FREE t-shirt. Your ticket also admits you into the Hillcats game immediately following the Fire and Police showdown, which will begin at 4:00 p.m.

Proceeds will benefit the Special Olympics (on behalf of the Police Department) and the Muscular Dystrophy Association (on behalf of the Fire Department). Remember, \$7.50 of every \$10 donation goes to these local charities; however, only tickets purchased PRIOR to game day go towards the fundraising efforts. So, be sure to purchase your tickets IN ADVANCE!

Tickets are now on sale and can be purchased from Fire Administration or from Greg Wormser (Station 1/A Shift).

GRANT UPDATES

By: Acting Battalion Chief Heather Childress
The Lynchburg Fire Department applied for and was successful in obtaining a grant for the purchase of two cardiac monitors and EMS tactical gear from the Rescue Squad Assistance Fund. The monitors will replace aging monitors currently in use and will have all the capabilities of our current monitors. The department is in the planning stages of an active shooter program and protocol, so the tactical gear will be helpful when the plan comes to fruition. The department also applied for funds to purchase a new medic unit. We are grateful for the grant awards that total approximately \$37,000. The equipment will be purchased as soon as the funds are appropriated.



Acting Battalion Chief Heather Childress accepts awards on behalf of LFD

RELAY FOR LIFE

This Is How We Turn Out

By: Firefighter Ricky Davis

The Relay For Life event for Lynchburg has ended and we have sold the last of the team t-shirts. The Relay For Life Event at Heritage High School was a huge success overall and there was a strong showing for the department.

After many weeks of fundraising, including individual team contributions, candy sales, opportunity drawings, a bowling tournament, team t-shirts, barbecue sandwiches, and after bailing one Fire Chief out of jail, the totals are in! Remember, our original team goal was to raise \$1,000...that figure was blown away thanks to everyone's efforts. Our grand total for all fundraising was \$4,533. This amount placed the Lynchburg Fire Department 11th out of 114 teams!

This was an amazing turn out and would not have been possible without a combined team effort! Thank you for answering the call and helping contribute to a cause that certainly makes a difference in the lives of those affected... "THIS IS HOW WE TURN OUT!!"



Fire Chief Brad Ferguson trying to make bail!

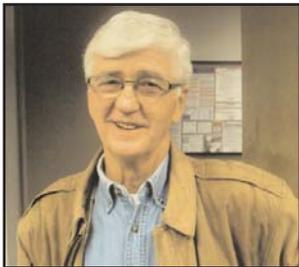
RETIREE RECONNECT

The purpose of this segment is to allow department members to "reconnect" with our retired members and find out what they've been up to! It will also introduce new department members to our retirees who served for many years and share some of their valuable knowledge.

Commander David Wingfield

26 1/2 Years of Service

(November 20, 1970 to May 20, 1997)



Share a fond memory or experience that you were a part of during your service with the department.

When I came to work for the department, I replaced Captain Arthur Evans (who was the Fire Chief's older brother). Under the promotion policy, you moved up within the firehouse based on

seniority. There were two men who both had about the same seniority (Bob Wooldridge and Watt Gilliam). Bob was the first driver and it was assumed that he would be the next Captain. However, Watt was promoted the day I arrived. Bob Wooldridge went to see Chief Evans to inquire and was told "everything being equal, the situation came down to education." Bob had completed the second grade and Watt had completed the third grade, therefore, Watt got the promotion.

What advice would you give to someone just starting their career with the department ?

In every situation do the right thing!

Feel free to contact Dave at deugeningfield@hotmail.com



FIREWORKS SAFETY

By: Jennifer Mayberry, Education Specialist

It's that time of year for cookouts, music, gathering with friends and family, relaxation and fun. When the stars start coming out....so do the fireworks!

The beautiful array of color and sparkle lighting up the night sky can also be very dangerous. The National Council on Fireworks Safety strongly urges people to use common sense and follow these simple safety rules for a safe summer:

- Parents and guardians should closely supervise teens using fireworks.
- Young children should not be allowed to use or handle fireworks.
- Fireworks should only be set off outside.
- Always have water ready if you are setting off fireworks.
- Know the fireworks and how they work, reading labels and cautions prior to set off.
- Obey the local laws and do not set off fireworks illegally for the area you are in.
- Do not drink! Alcohol and fireworks do not mix! Save the party for after the show.
- Wear safety glasses while setting off your fireworks.
- NEVER relight a "dud" firework. Wait 20 minutes and soak it in a bucket of water.
- Thoroughly soak down spent fireworks prior to placing them in the garbage.
- Avoid using homemade or illegal fireworks; they CAN KILL YOU!

For more information and safety tips visit www.FireworksSafety.org

REMINDERS

City Observes Independence Day Holiday

All City offices will be closed on July 4, 2014 in observance of Independence Day.

Recruit Graduation

Date: July 24, 2014
Time: 6:30 p.m.
Place: Information Technology Building

Communications Meeting

Date: August 7, 2014
Time: 8:30 a.m.
Place: Fire Administration Training Room

Guns 'N Hoses

Date: August 10, 2014
Time: 4:00 p.m.
Place: Lynchburg Hillcats Stadium
Cost: \$10 per ticket
Contact: Greg Wormser (Station 1/A Shift)

60 SECOND SAFETY

By: Battalion Chief Ricky Bomar

Heat related emergencies concern all firefighters. The California Professional Firefighters (2007) recommends the following guidelines for preventing such emergencies.

Tips on guarding against heat stress

- Maintain a high level of aerobic fitness.
- Acclimate yourself to the increased heat by gradually increasing work time in the heat, taking care to replace fluids, and resting.
- Before work, drink 1 to 2 cups of water, juice, or a sport drink. Avoid excess coffee or other caffeine drinks.
- While working, take several fluid breaks every hour, drinking at least one quart of fluid. Drink as much as you can during the lunch break.
- After work, continue drinking to replace fluid losses. Always drink more than you think you need.
- When on the job, wear loose-fitting garments to enhance air movement. Wear cotton T-shirts and underwear to help sweat evaporate.
- Always train and work with a partner. Remind each other to drink lots of fluids and keep an eye on each other. If your partner suffers a heat disorder, start treatment immediately.

Please take a moment to review NFPA 1584 addressing firefighter heat stress and rehabilitation. This document offers identification of specific hydration guidelines including rehabilitation while on scene.

RETIREE SOCIAL

On June 6, 2014, the Lynchburg Fire Department Retirees' Social was held. The department recognized the following recently retired members and presented them each with their framed memorabilia.

Bryan Barber

Barney Roakes

Tom Swisher

Retirees, as well as department members, also enjoyed displays of the restored Gamewell Fire Box and the M.M. Hart Cellar Nozzle. The Gamewell Fire Alarm Box (circa late 1800s/early 1900s) mounted on telephone poles or pedestals. On this particular one, you broke the small glass door, turned the key to open the front, and pulled the lever down to send the alarm to the stations. Each box had a number and each station knew the number of the box pulled and what street to respond to! The M.M. Hart Cellar Nozzle (circa 1902) was used through an opening in the floor and into the space below, typically a basement or cellar, to extinguish or control the fire enough to allow a direct attack to be safely made by firefighters. Special thanks to retired firefighter Rod Smith for all of his work to restore these relics.



Fire Chief Brad Ferguson presents memorabilia to retiree Bryan Barber



James Bomar, no doubt telling a "tall tale" to Steve Walthall and Dave Mason



Gamewell Fire Alarm Box



Retirees Will McChesney and Wayne Ring



M.M. Hart Cellar Nozzle



Retirees Bob Gardner and Steve Holt

2014
Retirees' Social