

The All Hands

It takes all of us working together, to get the job done!

February 2019

Volume 7, Issue 2



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Special points of interest:

- Leadership has to be Earned Not Demanded
- Award Ceremony
- Dave Burke Retirement Party

Fire Chief's Message—Your are that One Person

By Darrel Donatto, Fire Chief



We had the opportunity to celebrate the great accomplishments of some of our members this February at our annual awards ceremony. Our great employees go about the business of taking care of others each and every day. Sometimes that day-to-day great service gets lost from us. Our annual awards ceremony is that moment in time when we look back to recognize and celebrate that great day-to-day work.

This year, the event was extremely impactful with the personal appearance from a survivor whose life was saved during a water rescue event. In February 2018, a couple visiting the area from St. Louis stopped at the beach before they were scheduled to fly back home. While taking pictures, one of them was swept out into the water by a large rouge wave. Her husband tried to rescue her and he was also swept out into the water and battered against the rocks. Lifeguard Supervisor Craig Pollock swam out and rescued the woman from the water and then reentered the water and then swam to her husband, who was being battered into the rocks and rescued him as well. This couple, Dave and Patty Porter, flew all the way from St. Louis, Missouri to honor Craig and tell him thank you for saving their lives. Mr. Porter said: "We are forever grateful to Craig for saving our lives and without him, my children would no longer have parents." It was an extremely touching moment to hear directly from someone whose life was saved by one of our members. Craig was just one person – doing his job and in the course of his job he made a tremendous difference in the lives of Dave and Patty Porter.

We recognized Telecommunicator Angela Sabatino as the 2018 Telecommunicator of the Year. Angela works in the Police and Fire dispatch center, making sure that people in need of help get the resources they need and making sure the police officers and firefighters who are providing help to the community get the resources they need to do that and that they are safe when doing that. Angela is an exceptional person who truly cares about others. She is known for her ability to empathize with the people who call 911, to keep them calm, and to get the help they need quickly. On Sunday, April 1, 2018, Angela was the dispatcher responsible for a call where a small child was drowning in the ocean. Things got complicated quickly when eight different bystanders entered the water in an attempt to rescue the child. The scene was chaotic with multiple fire and police units responding to help. In the end, a total of six people were transported to the hospital. Throughout the entire call, Angela remained the calm voice on the radio, ensuring that everyone got the resources they needed and everyone was safe. Angela was just one person that day – but she made a huge difference for everyone involved in this serious call.

We also recognized Lieutenant Danny Dunnam as Fire-Rescue's 2018 Firefighter of the Year. Lieutenant Dunnam embodies Fire-Rescue's core values of Integrity, Wow Service, and Grit everyday. He is a true leader that has taken it upon himself to be a mentor and a coach to the many up-and-coming leaders

Continued on page 4

Administrative Update

By Jimmy Duane

Assistant Chief

The most recent Safety Committee meeting was held in February. On hand for the meeting were Risk Manager Karen Temme, Assistant Chief Duane, Division Chief Baker, Lieutenant Matzen, Driver Engineer Lebrun and Driver Engineer Martin. These quarterly meetings are held to discuss any problems and issues relating to safety and the well-being of all Palm Beach Fire Rescue personnel as well as the public. Safety is of the upmost importance within the Town of Palm Beach. Each item discussed is thoroughly vetted, and when deemed necessary, taken care of. In addition to on-going safety, claims that occurred over the last quarter involving the Fire Rescue Department were discussed. These claims are reviewed with the goal of finding the root cause of any preventable accidents or damage and determining how these issues can be avoided in the future. Other items discussed during this meeting include;



- Post live fire decontamination. There is a current county-wide policy that has been written and is currently in the approval stage with Fire Chiefs from each department. The new policy is very close to our current policy. The department continues to strive in protecting our personnel during and post fire scenes. The department currently has a hood swap program where firefighters exchange their hoods on scene for a clean one while the existing one is washed. The next step in this process is to develop a glove swap program so that post fires, all of the gear is swapped out and cleaned.
- The brushes currently used to clean the grills are metal bristles. There have been instances where the metal from the brushes have flaked off and stuck to the food during cooking. Wooden BBQ grill grate scrapers were ordered for each station.
- Currently, two of the three front line rescues are equipped with thermal imaging cameras. These cameras are in addition to the cameras kept on the suppression units. Rescue 98 camera was sent to MSA to service the “ghosting” of the screen and to replace the glass of the screen. The Rescue 99 camera and charger are being evaluated as well. Truck 97 is in the process of being stripped of equipment before being traded in. The thermal imaging camera from Truck 97 will be removed from the unit and placed on Rescue 97. Once complete, every front line unit will have a thermal imaging camera.
- The remaining items include, replacing the rusted lid on a washing machine due to the sharp edges, replacing the radio strap pouches to match the straps so that the complete unit could be washed, and continue to search for options for moving the ice machines inside and away from the apparatus bays.



The new Engine 98 was placed in service this month. This unit replaced an existing 2001 Pierce engine. Station two personnel worked diligently placing all of the equipment on the unit. Special thanks to Driver Engineer Scott McCracken who spent numerous hours both on and off duty taking the lead on this project. In addition to mounting the brackets, Scott utilized his off duty skills fabricating several custom brackets that specifically fit this unit and the new truck. The new Truck 99 will be placed in service by March 1st. This unit is being worked on by station 3 personnel with Driver Engineers Frank Mavigliano and Craig Johnson taking the lead. Both personnel have also spent several hours getting the unit ready for service. All of the steps in the process were carefully thought out so that units would run efficiently and last for many years to come. The department is extremely fortunate to have such dedicated personnel who take great pride in the vehicles they are assigned to. Thanks to everyone involved.

EMS Division

By Sean Baker

Division Chief

EMS Community Education Programs

A robust community education program is one of the hallmarks of a successful Public Safety agency, which is why Palm Beach Fire Rescue (PBFR) is doubling down our efforts to spread the word about our public education programs. PBFR has a multitude of public education programs that have been created to teach citizens about fire safety and address their health related concerns. Information about these programs are located on the department's website and also by calling (561) 838-5420.

PBFR offers free blood pressure screenings at any of our 3 fire stations on the island, seven days a week, with no appointment necessary. Feel free to ask for a tour of our beautiful stations while you are there. The department collaborated with the Town of Palm Beach Civic Association to create the Heart Safe Palm Beach initiative. This community wide initiative encourages residents, businesses, restaurants, churches, and other places where the public can assemble to have an automated external defibrillator (AED) and register the device with Palm Beach Fire Rescue. This program has proven itself to be effective with several documented life saves from ordinary citizens performing CPR with an AED. In fact, PBFR just conducted the 2019 Annual Awards Ceremony this past month where the department recognized the heroic efforts of ordinary citizens and the professionalism of our firefighters. The bottom line is AEDs save lives. Let us show you how easy it can be to make a difference and save a life.

Our newest initiative, started in September 2018, addresses patients that injure themselves after falling. Falls are Fire Rescue's number one call for emergency service and we feel that public education in this area will produce the most value for our residents. The ultimate goal of the program is to integrate practical lifestyle adjustments, community partnerships, home safety surveys, and medication assessments to reduce the incidence of falls experienced by our citizens. The program is off to an excellent start and we have educated more than 100 residents in the first four months of the program. Our Public Education Coordinator Cesar Lora, with the help of fire rescue crews, is visiting condominium buildings, private clubs, and private residences with the sole purpose of reducing the incidents of falls in the community.

Award Ceremony

The 2019 Palm Beach Fire Rescue Awards Ceremony was held on February 5, 2019 at Fire Station #3. We conduct this ceremony to celebrate the achievements of our personnel, to recognize meritorious performance, and to identify the 2019 Firefighter of the Year. During this ceremony, we highlight what we call "life saves" where a person's life would have been lost without the direct intervention by Fire Rescue personnel, police officers or private civilians. This year, we recognized four emergency calls where a person would have perished without the help of PBFR Firefighters or in two cases, everyday civilians.

Palm Beach Ocean Rescue handled one of the Lifesave calls where a person was saved from a dangerous rip current. He made it a point to come to the ceremony with his family to express his gratitude for the team. It truly was a heartwarming experience for both him, his family and the responders. The next three calls were cardiac arrest related where early CPR and the early deployment of an AED saved the patients' lives. Palm Beach Fire Rescue crews, and Palm Beach Police Officers are trained to deal with cardiac arrest patients and their preparedness was apparent, as these patients are still alive to tell their story. The amazing part of this year's award ceremony was the recognition of two groups of civilians that received Lifesave Awards for having the bravery to perform CPR on a patient in cardiac arrest and initiating a shock to the patient after following the instructions from an AED. Their performance on these calls proved that private citizens, trained in CPR and AED use, can be part of making the community safer. We are deeply encouraged by the willingness of citizens to be involved in the preservation of life and health in their community. Palm Beach Fire Rescue will continue to offer these classes with the goal of making Palm Beach one of the safest communities in the world.

Fire Prevention

By Martin DeLoach
Fire Marshal

There are a lot of variables that play into why certain places are prone to cancer or why a certain profession has a higher propensity for cancer. Oncologists work to cure or minimize the impacts of cancer on the human body. Many believe heredity and life choices are a large determining factor for getting a cancer.

Our department has been working closely with the multi-city research effort established in July 2016 as a three year FEMA funded research to study carcinogenic exposures and health effects. Thirty years ago firefighters were most often diagnosed with asbestos-related cancers, today the cancers are more often leukemia, lymphoma or myeloma. The International Association of Firefighters say cancer is the leading cause of death among firefighters.

The exposures are different across the country. The incident types are different across the country. The work demands are different across the country. In 2010 The National Institute for Occupational Safety and Health began a multi-year study of nearly 30,000 firefighters from the Chicago, Philadelphia and San Francisco Fire Departments. This study found certain cancers were higher than the general population and as expected found flaws in the research because of many factors. Some of the limitations include, few women and minorities were in the study, measurements of the actual exposure was not available, information on non-firefighting exposures was not available and life style choices that are linked to cancer was not available.

The science is catching up with the profession and providing all firefighters with better practices to minimize their exposure. The two studies mentioned have provided better methods to decontaminate our equipment as well as ways to mitigate incidents reducing our member's exposure. Items that once were a badge of honor such as a soot covered helmet are now seen as a viable source for cancer exposure.

Unfortunately, anyone with years in this business has seen fellow firefighters succumb to cancer far too early in their lives.

Charles Colson who had worked in the Hollywood Fire Dept. before retiring and working here as an inspector has had a relapse of his cancer. Please keep him in your thoughts and stay diligent in adjusting in the new ways to decontaminate your gear and minimize exposures.

The Fire Prevention Division along with the Fire Suppression Crews completed 106 fire inspections in the month of February.

Fire Chief's (con't)

From page 1

within our organization. Lt. Dunnam had grown tremendously during his time here at Palm Beach Fire Rescue. And, if you ask him, he will tell you that it was his experience in an officer development course and the mentorship of Larry Dolling and Ric George that help shape him and lead him to where he is today. Danny is now doing what Dolling and George did for him and he is coaching and mentoring others to be all they can be here at Palm Beach Fire-Rescue. Danny led the effort to develop and deliver a new Company Officer Development Academy. This two-week course is designed to grow and develop our future leaders. The academy assembled a collection of nationally recognized Fire Service leaders, well known as the experts in the areas of Leadership, Strategy and Tactics, Human Resources, and personal development. Fourteen of our members completed the program. Danny was just one person, but he saw a need to help develop others and he stepped up to the plate. In my eyes, his effort was a home run.

It is amazing what one person can do to impact the lives of others. We are so fortunate to have so many "one persons" here at Palm Beach Fire Rescue. Every day they are out there doing their jobs, and in the course of their jobs they are making a tremendous difference in the lives of others. My thanks go out to all the men and women of Palm Beach Fire Rescue for all that they do.

Battalion Chief

By Marc Bortot
Acting Battalion Chief

Firefighters are expected to deal with high temperatures and heat while firefighting. However, in Florida the heat and humidity of just being outside can be challenging to firefighting and crews operating on medical scenes. With the temperatures, starting to rise along with the humidity I thought now would be a great time to bring up the need for remaining well hydrated. Of all the risks faced by firefighters during operations the risk of dehydration is the most common, and can be life threatening in certain situations. It is not something we spend a lot of time thinking about but it is a risk we face every day.

Firefighters operate under extreme radiant heat conditions from fires and the gear that we wear is designed to keep us safe but also causes heat to build up that cannot escape. This and the body's increased core body temperature from the high work rate that is required can quickly lead to issues in firefighters who have not stayed hydrated. The initial signs of dehydration can easily be missed so it very important to pay attention to your urinary output and its color.

Signs of mild or moderate dehydration include:

- Thirst
- Dry or sticky mouth
- Not urinating very much
- Dark yellow urine
- Dry, cool skin
- Headache
- Muscle cramps

Signs of severe dehydration include:

- Not urinating or having very dark yellow urine
- Very dry skin
- Feeling dizzy
- Rapid heartbeat
- Rapid breathing

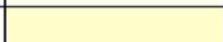
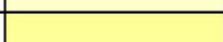
- Sunken eyes
- Sleepiness, lack of energy, confusion or irritability
- Fainting

According to a study performed by a hydration website using athletes, "Typical athletic activity leads to an 8-16 oz. loss of water per hour, whereas, firefighters, should anticipate losing 50 -70 oz. of sweat in 30-45 minutes." By the studies calculations this means a firefighter working under extreme conditions loses five times the water an athlete does. The effects of this extreme water loss can lead to obvious serious consequences for the firefighter. The first result of dehydration is a decrease in the level of performance of an individual. It has been shown that even mild dehydration can start to cause a decrease in expected performance. Other effect that can be seen include a drop in alertness, concentration and fatigue. The effects of dehydration along with heat exhaustion can be contributing factors that could end in sudden cardiac arrest.

Most firefighter sites recommend firefighters start hydrating the night before they come on shift. In addition, especially before, during or after a drill. The high humidity conditions we face in South Florida make us even more at risk of dehydration because even during vehicle inspections or maintenance most people will be sweating more since our bodies are trying to cool down. Drinking caffeinated drinks can contribute to the risks of dehydration and should be avoided or kept to a minimum. The loss of electrolytes can be a big issue but watered down sports drinks can help replenish these. So as our 85-degree spring weather turns to our 96 degree summer temperatures make sure you carrying your water bottle with you and keep filling it up!

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

Training—Confined Space Awareness

By Keith Golden

Division Chief

During this month's training module Palm Beach Fire Rescue personnel conducted Confined Space Awareness training. What are confined spaces and where are confined spaces located? Many workplaces contain areas that are considered "confined spaces" because while they are not necessarily designed for people, they are large enough for workers to enter and perform certain jobs. A confined space also has limited or restricted means for entry or exit and is not designed for continuous occupancy. Confined spaces include, but are not limited

to, trenches, sewers, tanks, vessels, silos, storage bins, hoppers, vaults, pits, manholes, attics, tunnels, equipment housings, crawl spaces, ductwork, pipelines, etc. This was a great opportunity for all personnel to review equipment and techniques because in every confined-space rescue, some common denominators should be established. Air monitoring, fall protection for rescuers, retrieval methods, traffic and any other hazards of the space that could be present should be identified and addressed prior to any entry. We must size-up the situation and identify hazards at confined spaces just as we do at vehicle accidents, structure fires or any other emergency.

Most common atmospheric hazards in confined-space operations can be attributed to oxygen deficiency — carbon monoxide, hydrogen sulfide, and flammable atmospheres such as methane or natural gas.

Oxygen deficiency can occur for many reasons and is a colorless, tasteless and odorless hazard. Depending on the level, the effects of oxygen deficiency can be instant and incapacitate a person. The atmosphere of every confined space must be monitored before an entry is made, even if the trapped person is conscious and talking. Monitoring must be performed prior to and during entry for all rescues to ensure the confined space is not only safe to enter, but also safe to work in. A simple air blower can provide a fresh air supply into the confined space to assist in the control of the hazards. Ventilation hoses provide air and exhaust toxic vapors during confined space entry. Atmospheric monitoring of confined spaces should never be dismissed, as the conditions can change instantly. This month's training focus was on Confined Space Awareness and prior to entering:

- Evaluating the Space
- Isolating the Space
- Monitoring the Space
- Ventilating the Space
- Conducting a pre-entry briefing
- And entering the space



Leadership Has to be Earned Not Demanded

By Lolly Daskal

Posted at: <https://www.lollydaskal.com/leadership/leadership-has-to-be-earned-not-demanded/>

Everyone has the potential to be a leader, regardless of title or position.

But many people give themselves the title of leader, and expect others to think of them as a leader without actually understanding the meaning of leadership.

There are also those who have been positioned as a leader by others. They may be ranked at the top of a hierarchy and hold an important position, but who fail us when we need them.

Whether we are granted the title of leader by others or take it upon ourselves, we must remember that leadership is an honor and a privilege and something that must be earned—because others are counting on us and they are placing their trust in us.

Leadership, regardless of labels, must be earned. In short, you earn leadership by knowing what matters.

Behavior matters. It doesn't matter what your rank or role may be, where you come from, or if your title sounds impressive, you are not a leader if your behaviors don't demonstrate the integrity of doing the right thing.

Trust matters. Leaders must earn trust. You must set the example, know that you are setting the example, and have a deep understanding that trustworthiness takes character. To be trusting requires values, to be trusted requires earning the privilege.

Service matters. True leaders understand: Leadership is not about you but about those you serve. It is not about ennobling yourself but bringing others up. The best way to earn your leadership is to lose yourself in the service of elevating others.

Influence matters. Leadership is neither a title nor a position, it is a demonstration of character that is worthy of imitation, emulation and inspiration.

“Why” matters. When you dig deep into an organization and employees can tell you the deeper purpose and the mission of their organization, you will discover strong leadership there. Leadership means knowing how to manage and empower every level of your organization.

Earning the title of leader does not depend on how many diplomas we have received, or how much money we make, or what title we decide to give ourselves or if we demand others to follow us.

Leaders in all realms of life and leadership know that the power they have come to hold exists because they have earned the responsibility of serving the many. Leadership is ultimately a position of service, trust, and character not authority.

Lead From Within: Leadership is not patronage, power and position. It is about the service you give to show you care, the trust you bestow to show your integrity, the character you embody. It's more about reaching out instead of climbing up.



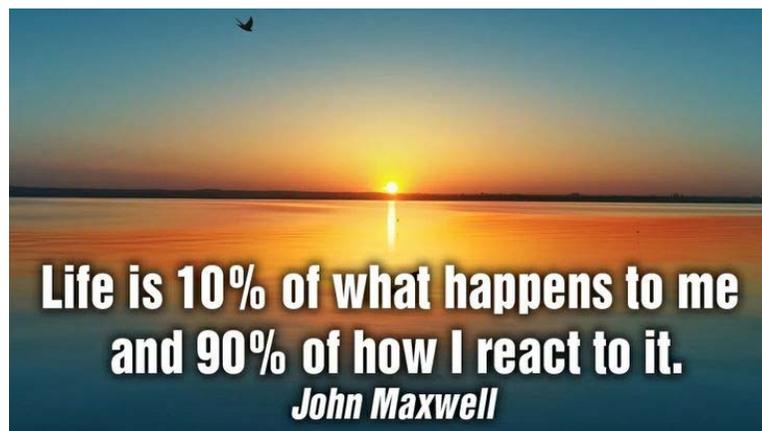
Ocean Rescue

By Craig Pollock
Supervisor

Over the month of February Mid-Town Municipal and Phipps Ocean Park had an increase in attendance after a slow January. The warm weather of February have had the beaches packed with visitors, however swimming conditions have not been the greatest, numerous days of strong onshore winds have produced a daily occurrence of Man-O-War along the shoreline. The Portuguese Man o' War, which is a beautiful and interesting-looking animal that may also be a painful nuisance to swimmers. Despite its jelly-looking appearance, this organism is not a jellyfish, but instead is a siphonophore in the class Hydrozoa (rather than the class Scyphozoa, where 'true' jellyfish belong). The Portuguese man o' war is known as a blue bottle. The Portuguese man o' war can deliver a painful (but not generally deadly) sting, even after death. So Portuguese man o' wars on beaches should not be handled. Beach patrons should stay well away from them in the water, keeping in mind that tentacles can be over 50 feet long.

How to Treat a Portuguese Man O War Sting, if you think you been stung

- ◆ Leave the water.
- ◆ Do not rub the area or treat it with alcohol, as this can aggravate the symptoms (there is conflicting advice on whether or not it is acceptable to treat with vinegar).
- ◆ Remove any tentacles from the skin using a gloved hand or tweezers
- ◆ Thoroughly wash the area with salt water.
- ◆ Following removal of the tentacles, placing an ice pack on the area can help with pain relief.
- ◆ Obviously, seek medical assistance for a severe sting



Annual Awards Ceremony



Dave Burke's Retirement Party



Photo Ops



B-shift training with new L-99, Pierce Ascendant 110



Station #2, Engine 98 extinguished a small electrical fire at Palm Beach Country Club Golf Cart Storage.

JANUARY DEPARTMENT STATISTICS

Training Hours

A Shift	394
B Shift	682
C Shift	747
Total	1823

Fire Prevention Inspections

106

Ocean Rescue

Visitors	10,222
Jellyfish stings	10

FIRE and EMS

FIRE Calls	86
EMS Calls	177
Transports to Hospital	106

MARCH BIRTHDAYS:

Scott McCracken	03/03
Brad Fabben	03/04
Edward Sabol	03/11
Hector Ayala	03/15
Bradley Caudell	03/17
Eric Legore	03/18
Kelsey Mazzola	03/26
Leo Bravo Montoya	03/28

MARCH ANNIVERSARY CELEBRATIONS

Stephanie Mavigliano	03/94	25 years
Richard Ward	03/96	23 years
Jeremy Stanley	03/11	8 years

EMPLOYEE OF THE MONTH 2019:

January	Kristen Ruest	July
February		August
March		September
April		October
May		November
June		December

Employee of the Month—Kristen Ruest



Firefighter Kristen Ruest joined the Palm Beach Fire Rescue organization September 12, 2016. She has been an integral part of the department upon her arrival; and have previously received the Employee of the Month recognition in April 2018. Kristen goes above and beyond her required scope of duty on a regular basis. Kristen is an incredible employee who is loyal, helpful and eager to do the best job possible at all times. She has consistently demonstrated the ability to be positive, proactive and move with purpose. She has also demonstrated an outstanding ability to communicate with the public, all Fire Rescue Personnel and to handle any issues that may arise. Kristen is a Firefighter Paramedic but also a confident and competent coordinator/ facilitator willing to assist in all matters.

Her attitude and work ethic have led to her success and have brought positive results to the Fire Rescue department. She has a passion for the fire service and in her short tenure with the department, has displayed great leadership qualities.



Kristen shows great compassion for patients and provides the highest level of customer service to the Town's residents and visitors. Kristen always steps up whenever a new project arises. She has assisted Division Chief Baker and Division Chief Golden with project management and has become an integral part of completing many projects.

She never complains and always asks how she can contribute more to lighten the load of others. She played an integral role in preparing for the County Inspection and assisted in filling orders.

Kristen attended the Antevy pediatric course and spent an enormous amount of time coordinating and facilitating the S.W.O.T analysis exercise with favorable results. Kristen's day is seldom routine as she is asked to do a multitude of tasks by various members of Fire Rescue staff. She is truly counted upon to complete tasks correctly and above expectations. Kristen is very busy; she serves on the apparatus committee for the future acquisition of department EMS Rescue Unit's and assists in EMS Training during the new hire process. She also assisted in creating a Pt follow up procedure and a Medical supply policy. Kristen is a member of the Honor Guard that currently serves at PBF Station 2 on Engine 98, where she is making a difference with her leadership and initiative. She currently is a step up Acting Driver and is completing the necessary requirements to become an Acting Lieutenant.

Firefighter Kristen Ruest is being recognized for employee of the month for her efforts in assisting Division Chief Baker in the customizing and vetting the Medical Protocols for the 2019 roll out, which required multiple meetings with Charlie Coyle from Palm Beach County Fire Rescue and Medical Director Dr. Kenneth Schepcke to include but not limited to hospital meetings. Kristen's Leadership efforts make our personnel more proficient, in turn making the Town of Palm Beach a safer place.

Firefighter Kristen Ruest is commended for her passion of the fire service, her dedication to the safety and survival of Town residents and their visitors. Her integrity is a great example to the newer personnel in our organization, making her a great asset to the Town of Palm Beach and the deserving recipient for the January 2019 Employee of the Month Award.