The All Hands

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

June 2018 Volume 6, Issue 6

In This Issue:

Fire Chief	1
Adm. Update	2
EMS Division	3
Training	5
Fire Prevention	6
Battalion Chief	7
Photo Ops	10
Dates and EOM	12

Special points of interest:

- Why Successful People Never Blame Others
- New Hires
- School Supply Drive

Fire Chief's Message

By Darrel Donatto, Fire Chief

Finally

Palm Beach Fire-Rescue is finally up to full staffing. On June 18th, we had the pleasure of welcoming three new members to our Fire-Rescue team: Jacob Krivanek, Robert Richardson, and Leonardo Montoya. With the addition of these three new members, all three of our Fire-Rescue shifts are now at full staffing. We have not been at full staffing since 2011.

We have hired some really great people over the past seven years, the most recent three included. While we have hired great employees, we have had some struggles with employee turnover. We think that the tides have begun to turn and that our turnover problem has improved and will continue to improve. There are a lot of great things happening here at Palm Beach Fire Rescue. We have a great work environment, we have great employees, we have great equipment, we work in a beautiful Town, we serve exceptionally nice and very thankful people, and we get to do all that while doing what we love – being a firefighter.

We will face some certain turnover due to retirements in the upcoming years. Those retirements will bring with them opportunities for others here at Palm Beach Fire Rescue. For those seeking to advance and promote to the next level, now is the time to prepare. Recently, our management team met to discuss what we need to do to prepare the future leaders of Palm Beach Fire Rescue. It is our goal to take the best and the brightest and to help them become even better so they are well positioned for the future opportunities that will be coming. What we are looking for in our future leaders is not a secret. First and foremost we are looking for people who are selfless – who have a passion for serving and helping others. Beyond that, we are looking for people who are technically smart, who work hard and don't stop until the job is done, who bring a positive attitude to work every day, who are humble, and who have the leadership qualities that are necessary to lead others. Almost everyone here at Palm Beach Fire-Rescue could fit that description - if they wanted to and were willing to work for it. The opportunities are great, the path is clear, are you ready to start the journey?

There has been a lot of positive improvements here at Palm Beach Fire-Rescue over the past few years. And while some things have taken longer than we wished, the department is in a great place today and will continue to get better in the future. I look forward to doing my part, I look forward to you doing your part – and together we will continue to make Palm Beach Fire-Rescue better.

Administrative Update

By Jimmy Duane
Assistant Chief

Several months ago the Fire Rescue Department along with all town departments worked on the Comprehensive Review of Town Operations. One of the major changes recommended by Fire Rescue was the implementation of a quint response model at station one, similar to what currently exists at station three.

The process of designing and purchasing fire apparatus represents a significant financial investment to the Town. For this reason, our vehicles must be efficient, economical, and dependable, and remain in service for many years. Palm Beach Fire Rescue on average maintains fire engines for 17 years and ladder trucks for 15 years. Therefore, we must ensure that the final product when delivered and placed into service will meet the operational needs of our department.

The National Fire Protection Association (NFPA) sets the standards related to fire apparatus, therefore having an understanding of the standards is important. There are several steps involved in buying new apparatus. Assessing the fire department's operations and what the vehicle will be used for is the first step. Responding to fires is the primary function of the apparatus, however as a department, we respond to so much more. Our vehicles are equipped for EMS calls, vehicle accidents, hazardous materials spills, and technical rescue calls to name a few.

The vehicle committee researched and evaluated several fire apparatus manufactures and found that Pierce manufacturing best met our needs. The committee met this week with representatives from Pierce to finalize plans for our new ladder truck, which will be housed at station 3 and new fire engine, which will be at station 2. A key feature that will be included in the vehicles is a compressed air foam system (CALFS), which will help to quickly extinguish fires and reduce water damage to buildings. Once received, all front line suppression apparatus will be equipped with this feature.

A major component of the design of the truck is its size. Besides the few main roads, our Town is comprised of small residential streets, some of which have reduced access and tight corners. For this reason, our newer vehicles are purchased with a reduced wheelbase and overall length for greater maneuverability. Several safety features are included in the new cab of the vehicle. The windshield is larger for greater visibility. The doors for accessing and exiting the cab are wider for firefighter's safety while maneuvering with bunker gear and SCBA. The units are equipped with Firecom wired headsets, offering hearing protection and increased crew communications while responding to emergencies. The interior surfaces are designed with the CARE (Carcinogen Awareness & Reduction to Exposure) package, utilizing all vinyl surfaces instead of fabric, giving firefighters the ability to clean all the surfaces of toxic carcinogens, following a fire.

Both vehicles are expected to be completed in early January. Once finished, they will be delivered to Palm Beach County Fire Rescue Fleet Maintenance, where they will receive their initial preventative maintenance and be logged in the system. We anxiously await for their arrival and will continue to keep the current apparatus ready to respond.

EMS Division

By Sean Baker
Division Chief

The term Emergency Medical Services (EMS) is a term that is often thrown about and it is often associated with paramedics and Emergency Medical Technicians (EMT) working on an ambulance. While it is correct to think of EMTs and Paramedics working on a rescue, a South Florida term for ambulance, there are many more moving parts to an EMS system. The industry magazine EMS1 describes EMS as the following, "This term refers to the treatment and transport of people in crisis situation health situations that may be life-threatening." An EMS call can vary from a minor slip and fall to a major response to an active assailant, a new term for an active shooter, at a sporting arena.

Our local EMS system is made up of Palm Beach Fire Rescue's Paramedics/EMTs, The Healthcare District's Traumahawk Helicopter, and all of the personnel that operate in the Emergency Department of a hospital such as Good Samaritan Hospital. Palm Beach's Firefighter Paramedics and EMTs operate under the direction of our Medical Director Kenneth Scheppke, who is responsible for creating the department's medical standing orders. These standing orders are the basis of our medical treatment here on the island and they dictate what the department can and cannot do when it comes to medical treatment of our patient's.

Palm Beach Fire is fortunate to have Dr. Scheppke as our medical director, as he is one of the most progressive doctors in the area. Dr. Scheppke's approach to emergency medicine utilizes the latest scientific studies to guide our medical treatment. He is committed to improving patient outcomes after they experience a medical emergency by utilizing a regionalized approach that ensure EMS units transport patients to the most appropriate medical facility. One such example, is the policy that ALL patients in the Town of Palm Beach that experience stroke like symptoms will be transported to a comprehensive stroke center that is both capable and experienced to handle this type of emergency. The science has proven that this saves lives.

Dr. Scheppke's approach to improving medicine is born from a group of like-minded medical professionals that are looking to change the way medicine is delivered to the citizens of the United States. This group of doctors meet annually at a conference called the Gathering of Eagles and has done so for the past 19 years. The mission of the Eagles is to introduce new patient care strategies and techniques in cardiac care, stroke management, and pre-hospital trauma care. The Eagles Conference has literally changed the face of emergency medicine, as we know it, and there are many more exciting developments that are soon to be introduced to South Florida.

South Florida, specifically Palm Beach County, is developing our own version of the Eagles conference and the first meeting was held on June 21 at Palm Beach Atlantic University. Palm Beach County's Association of EMS Providers, which is made up of representatives from local hospitals, fire departments, and the Palm Beach County Health Care District was responsible for this effort. It was an overwhelming success as participants were able to listen to specialists in the fields of stroke care, cardiac care, the opioid epidemic, and a special presentation from Palm Beach Resident Doctor Chauncey Crandall about matters Beyond Advanced Cardiac Life Support (ACLS). Over 20 experts made a presentation at this year's conference and plans are already underway to continue the conference next year.

Palm Beach Fire Rescue is already looking at ways to improve our patient care as a result of both the 2018 Eagle Conference and the 2018 Palm Beach County EMS Symposium. We are scheduled to meet with Dr. Kenneth Scheppke in the month of July to make changes to our EMS protocols with the goal of continually delivering the best patient care possible from our organization. Stay tuned….

Why Successful People Never Blame Others

Excerpt from an article written by **LaRae Quy** on **February 28th, 2016.**

5 reasons why successful people never blame others:

REASON #1: When You Don't Blame Others You Become Resilient

To be resilient is to recognize that if you are dissatisfied with certain aspects of your life, then it is your responsibility to take the initiative and do something about it.

TIP: Take responsibility for your actions—stop whining, blaming others, and pointing fingers if you don't get what you want.

REASON #2: When You Don't Blame Others You Become More Confident

Lack of confidence in ourselves and our abilities is a major reason we blame others when something goes wrong.

Instead of being open or curious about learning more, a part of us shuts down. Sometimes we blame ourselves as much as blaming others. Focusing on why we failed at something does nothing more than chip away at our confidence; instead, dig down and uncover what we can learn from the experience.

TIP: Consciously and deliberately move into an exploratory frame of mind that is more curious about learning than shameful of making mistakes.

REASON #3: When You Don't Blame Others You Stop Making Excuses For Yourself

Blaming others for our own actions is nothing more than making excuses for ourselves. In the process, we will have learned nothing from what has transpired and so the lesson inevitably will have to be learned again…and on it goes.

Stop blaming others for what you have or don't have, or for what you feel or don't feel. When you blame others for what you're going through, you deny responsibility and perpetuate the problem. Blaming is just another sorry excuse, and making excuses is the first step towards failure; you and only you are responsible for your life choices and decisions.

When we blame others, we give away our power.

Often, our thinking is caught up in blame and dealing with the pain of our thoughts and what it all means rather than simply and quickly doing what we need to do.

TIP: Start to question your thoughts and probe deeper into why you default to "blaming others." Ask yourself, "Is this really true?" Often you will find the basis of those thoughts are just plain silly! The key is to question your thinking because once you do, you often discover that what you think you believe really isn't true at all.

REASON #4: When You Don't Blame Others You Allow Space For Personal Growth

Too many of us spend so much of our time on going through the motions of living—getting married, buying homes, climbing the corporate ladder—that we don't focus on personal growth. We do not allocate enough time just for ourselves.

Instead of concentrating on what others did wrong, focus on what you want to go right in your life. And then do it.

Grit up. Be. Fiercely. Awesome!

If you don't, you will wake up some day and realize that you are no closer to being the person you want to be than you were years ago. You will find that you've aged, but never grown into your potential.

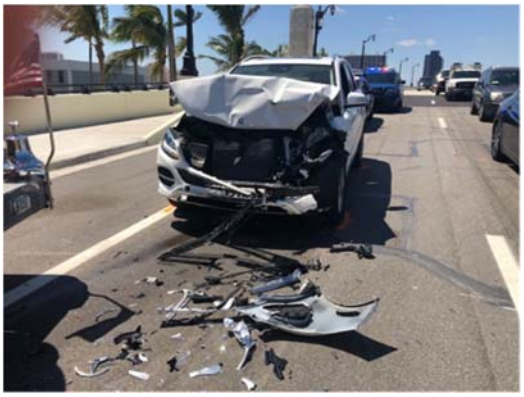
TIP: Realize that the next step in living a life full of value and meaning for you will not reveal itself in the future—it is to be taken now.

Continued on page 8

Training

By Michael Marx
Division Chief

This months focused training was on Vehicle Extrication Basics. The fact that vehicle extrication encounters are low frequency/high risk and not to common within Palm Beach's Town borders creates an even greater necessity for fire operations personnel to hone and polish their extrication technical skills. Occasionally, Palm Beach Fire Rescue crews do encounter extensive vehicle accidents including rollovers which require practiced mitigation techniques.



Removal of automobile accident victims is a critical function of fire and rescue departments. Like structure fires, automobile extrication can be quite simple or extremely complicated. As a critical function, it requires individual proficiency in conjunction with teamwork. Frequent training is key to good performance during an auto extrication and is necessary to ensure safe, proper, and rapid removal of an entrapped patient or patients from a vehicle. Being properly prepared for an extrication event ensures that the operation will be performed smoothly, in turn affording the best quality of care for our patients.

In order to perform vehicle extrications in a rapid methodical fashion, operations personnel must be familiar and proficient with the multitude of different extrication tools that are available. Palm Beach Fire Rescue utilizes many different tools for extrication to include the Genesis Extrication System. This Genesis Extrication System includes tools such as spreaders, cutters, rams and power units designed to efficiently run this equipment. The following is a brief description of the functionality for a few of the tools mentioned above. Hydraulic Spreaders are designed as one-man devices used for the opening of doors, the lifting of vehicles or other moveable loads. In addition, they are also used for the pushing away and moving of vehicle parts and for the crushing of tubes and pillars. Hydraulic cutters are designed as one-man devices and serve exclusively for the cutting of doors and roof pillars, posts and sills, also including rims and spokes of steering wheels. Hydraulic Rams are also intended as a one man use tool. They are designed exclusively to push steering columns, vehicle roofs and other obstacles upwards and to push vehicle parts out of the way. By performing frequent training evolutions, this enables firefighters to better understand the uses and limitations of that specific tool's function. The proper place to discover the correct functionality of a tool is not at the time of a major extrication incident, it is during a controlled instructional training evolution. Operations personnel must make the effort to practice skills so that operation of tools and equipment is second nature. Accident scenes rarely offer ideal conditions in which to learn.

Vehicle Extrication always starts with repeatable processes. These processes entail the gathering of all pertinent information with respect to an incident. Assessments such as vehicle location, hazards, number of patients and additional resources that may be needed for the rapid but safe extrication of the patient must be gathered.

Continued on page 8

Fire Prevention

By Martin DeLoach
Fire Marshal

The afternoon thunder storms have become a normal part of our days again here in sunny South Florida. The storms have brought much needed rain to our area, but along with the rain they also bring with them an often ignored danger. Florida leads the nation in deaths by lightning strikes. The national weather service in Washington DC has been tracking the statistics since 2006 and have found that 60 percent of the people struck by lightning are engaged in leisurely activities. We are particularly vulnerable because of the humid climate and the number of outdoor activities that many of us participate in. Florida has more lighting strikes per square mile than any other state in the country. On average 73 people are killed each year by lighting in the United States and about 9 are killed in Florida each year. Florida tops the national list for lighting strike deaths with 468 deaths between 1959 and 2013. Texas came in a distant second with 216 for the same time period.

Leading the list of leisure activities where people have been struck by lighting is fishing, followed by beach activities, camping and boating. Even when lighting doesn't kill, it can cause serious, permanent injuries, including neurological problems such as distraction, irritability, changes in personality, headaches, balance problems and difficulty sleeping.

Please move indoors when the lighting starts and remember these safety tips.

Safety Tips and Guidelines

There is no safe place outside during a lightning storm. The best you can do is avoid standing around trees, in open areas or lying flat on the ground.

The 30-30 rule: When you see lightning flash, count the number of seconds until you hear its thunder. If the thunder roars in 30 seconds or less, the storm is already close enough to be dangerous and it's time to find shelter.

Get inside a fully-enclosed building not a gazebo, hut or cabana.

Stay away from electronics, windows and plumbing that can conduct electricity. Stay indoors for at least 30 minutes after hearing the last clap of thunder. Unplug appliances before the storm.

If there is no building nearby, the next best thing is to get inside a car or bus with a solid metal roof.

If a car or building is not an option, seek lower elevation, get as low to the ground as you possible can without lying down and get away from bodies of water.

Do not raise umbrellas or golf clubs above you.

Lake Worth Pier lightning strike.

Battalion Chief Article

By Dave Burke
Battalion Chief

Summer is here, and in South Florida it comes with large amounts rain and possible flooding. High water can suddenly come from violent afternoon thunderstorms and multiple day rains, and sometimes hurricanes that come with several days of advance notice. Regardless of how flooding happens, when it does, as men and women of Palm Beach Fire Rescue we will continue to be ready to respond to any emergency.

Here in the Town of Palm Beach we are much more susceptible to coastal flooding than flash floods. Whatever the type of flooding, Palm Beach Fire Rescue personnel should remind all residents and visitors to follow these simple tips to keep safe:

- Do not step into a flooded area of your home or business. Water conducts electricity and can pose deadly hazards. Avoid these areas and secure the electricity from a remote location if possible.
- Do not drive your vehicle through large puddles of unknown depth, water of 6 inches or more, or any moving water.
- If your vehicle has become stranded in flood water, get out immediately and go to higher ground. If you are unable, obtain help immediately. Call 911 or signal passing motorists.
- Be extra cautious at night when flooded areas are sometimes impossible to see.
- Common areas of flooding in the Town of Palm Beach are along the Intra-coastal Waterway, parking garages and below grade areas, and all areas near storm drainage.

Firefighter safety for flooding includes:

- Respond with the appropriate PPE. If responding to flooding in a building or outside, detecting the presence of electricity is a must. Have your AC Hotstick.
- Be careful with bunker gear. While pushing cars out of knee deep flood water wearing bunker pants may be appropriate, falling into a storm drain, construction site or swimming pool wearing bunker gear can have disastrous consequences. Be smart and dress appropriate to the emergency. Wearing a PFD in the presence of flooding is always smart.
- Vehicles can leak fuel when flooded. This poses an elevated risk when in a confined space such as a common garage or below grade large parking garage.

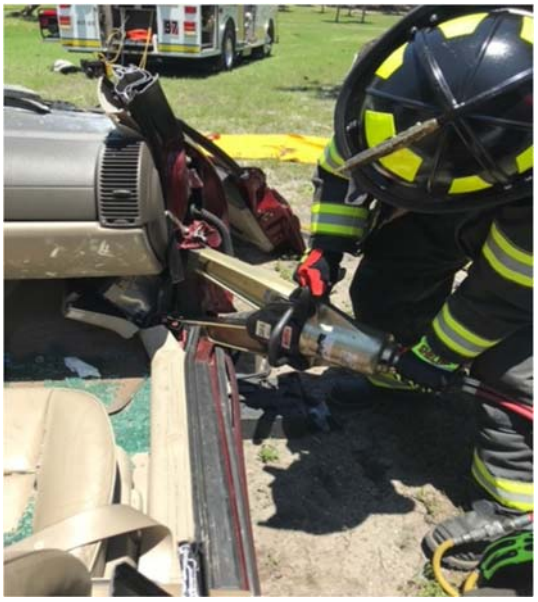
Palm Beach Fire Rescue outfitted a vehicle designed for high water rescue. The Humvee was purchased by the Town for nearly no cost from military surplus and allows rescuers to respond and help those in need in high water situations, including transport to the hospital. The vehicle is equipped to handle 3-4 foot water situations, and is equipped with a stretcher for patient care and transport. Several of our own personnel worked to retrofit this vehicle, Fire Officers are reminded to call for this vehicle when needed and train their personnel in it's use.

Training (Con't)

From page 5

The safety of crews operating at the scene of an extrication is always of utmost importance. The specific type vehicle involved, such as hybrid vehicles and their unique hazard exposures etc… must be determined. At every event, the vehicle must always be stabilized either by applying shoring blocks, wheel chocks, winches or other heavy equipment as needed. Extrication scenes can change, and circumstances may warrant adjustments in the strategy. Information must constantly be gathered and processed. Therefore, extrication must be accomplished with logical, well planned out steps that ensure the patient will receive proper treatment and be removed as quickly as possible.

As one can see, the task of mitigating a vehicle accident or performing vehicle extrication can be a very technical event. Continual training on these type events, better prepares our personnel for the most positive outcome to the customers we serve.



From page 4

REASON #5: When You Blame Others You Become The Victor, Not the Victim

When you feel the victim, you gain power over the situation by blaming other people for your situation.

Loss of control over one's life is always associated with feelings of helplessness. There is a very clear link between mental toughness and the way we approach our helplessness.

If we believe a situation is permanent, we'll remain helpless—we think about our lack of talent, ability, etc—and believe nothing we can do will change it.

But if we believe the cause is temporary, we can act to change it. We feel more in control if we believe we have a possible solution at hand.

TIP: With each problem you face, you can learn a new skill or new fact.

New Hires

Jacob Krivanek is very excited to be a new employee of Palm Beach Fire Rescue. He is 20 years old and is from Stuart Florida. During high school, Jacob was an Honor Roll student, and while attending Indian River College, he was awarded the High Academic Award of all recruits in Fire Academy. Jacob was proudly involved in Boy Scouts for several years and obtained the highest rank in scouting, Eagle Scout. He started his quest for the fire service by becoming a part of the Fire Explorer Program, which eventually led him to the beginning of his dream career within the fire service. Jacob takes pride in his work and looks forward to giving his best efforts with his new position. Jacob's goal is to continue with his education and to promote within the fire service.

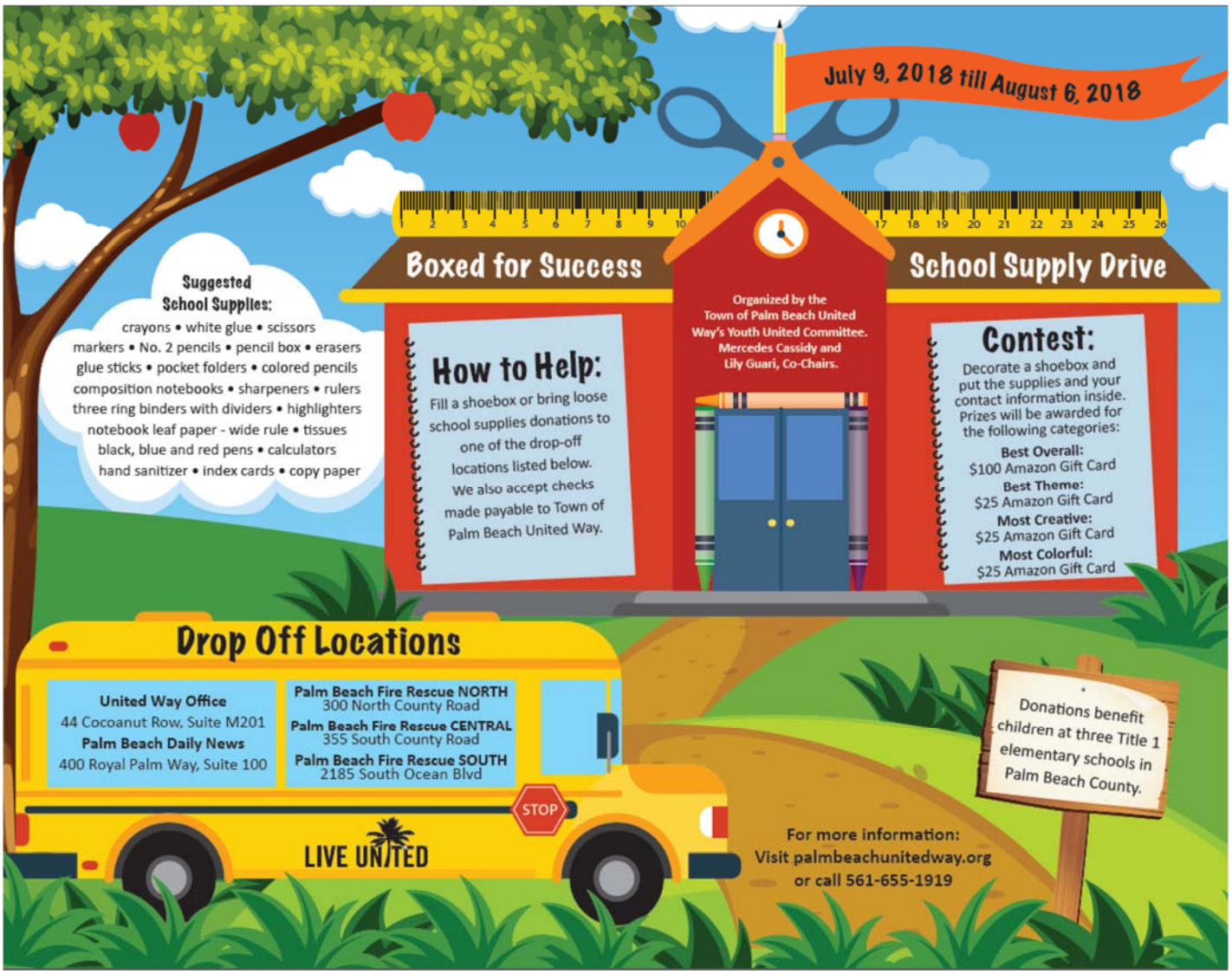
Leonardo Montoya is a Firefighter/EMT who grew up in Palm Springs, Florida. He attended John I Leonard High School, and while in attendance he became a member of the Broward Firefighter Explorer Program where his interests in firefighting deepened. From this point Leonardo knew he wanted to work in the fire service where he could become part of a second family dedicated to helping others. After graduating high school, Leonardo moved to Fort Myers to attend Florida Gulf Coast University where he received his Bachelor's degree in Health Science. Growing up in Florida allowed him the opportunity to get into hobbies such as fishing, surfing, and diving. Palm Beach Fire Rescue is excited to have Leonardo Montoya as a new member of our team.

Robert Richardson is a Firefighter/EMT, excited and eager to begin a long and rewarding career serving the citizens of Palm Beach. His professional background includes Firefighting, EMS, Construction and Emergency Disaster Relief. Robert is 29 years old, born and raised here in Palm Beach County, Florida.

Hobbies and interest include family time with wife, son and expected daughter, fishing and DIY's.

Robert attended Indian River State College to obtain the credentials necessary to become a Firefighter/EMT, and is currently attending Palm Beach State College to further his education in the fire service.

School Supply Drive



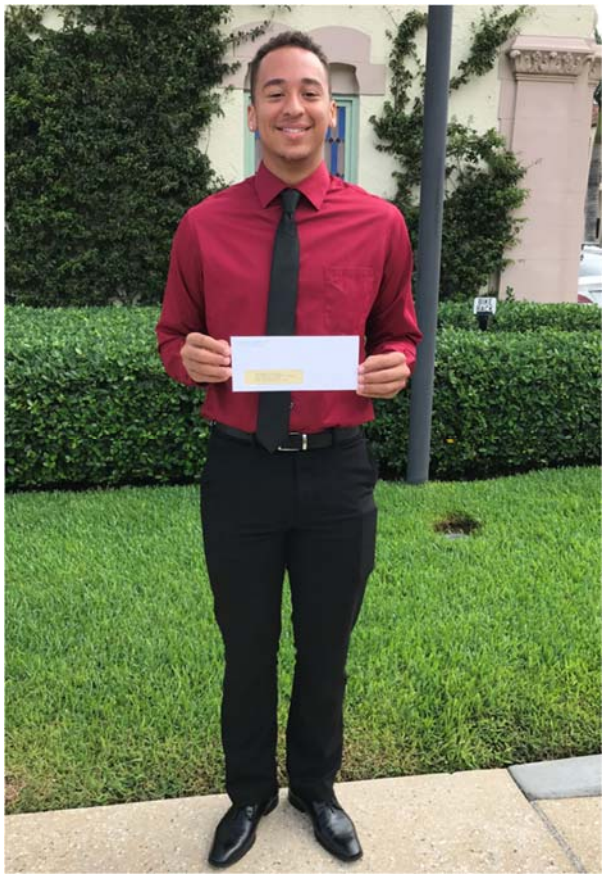
Ocean Rescue

By Craig Pollock
Ocean Rescue Supervisor

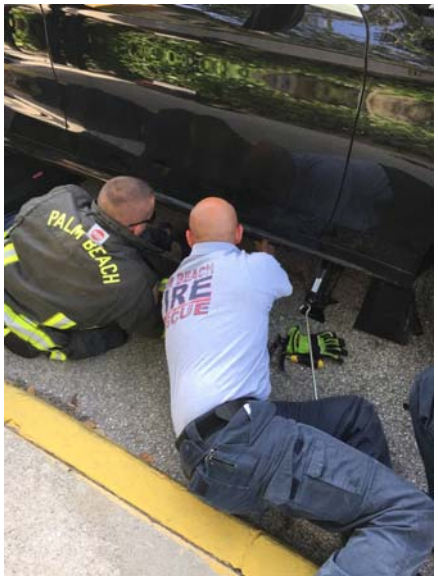
Mid-Town Municipal has had a steady attendance of summer beach goers; unfortunately, the ocean has had a large amount of seaweed in the water throughout South Florida in June making swimming conditions less than ideal. In addition, the heat and humidity have really pumped up recently so if you are going to the beach remember to stay hydrated. The sand has also began to heat up so wear shoes across the dry sand if you go to the beach, the sand will burn your feet. Lifeguards have been had to close the beach to the public, several times due to lightning in the area, from daytime thunderstorms. The state of Florida leads the nation in lightning strikes and unfortunately, this means that Florida also leads the nation in deaths and injuries caused by lightning. Beach patrons should be prepared to exit the beach and seek safe shelter when thunderstorms move in, lifeguards will clear the water and beaches when lightning is present.

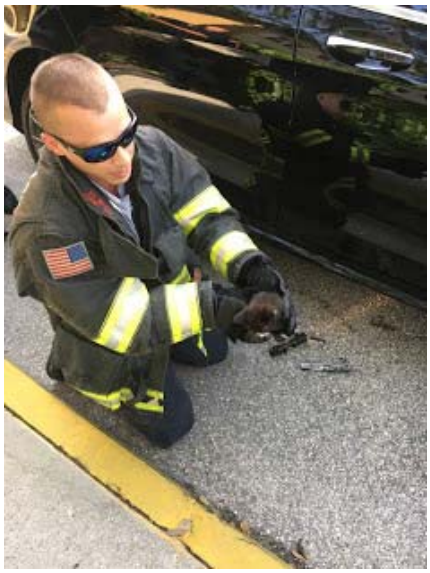
Lifeguard Jeromy Stanley sounding the horn due to an incoming storm

Photo Ops (con't)



Danny and Connor Dunnam (top left) and Tyler Baker (top right) receiving the Palm Beach Country Club college scholarship. The picture on the bottom left is all the Town employee's children receiving the PBCC scholarship at the Town Council Meeting in June.





Rescue of a kitten stuck in an engine compartment

MAY DEPARTMENT STATISTICS

Training Hours

A Shift	817
B Shift	678
C Shift	1054
Total	2549

Fire Prevention

Inspections	121

Ocean Rescue

Visitors	12,321
Town Ordinance Enforcements	76
Preventative Actions	43

FIRE and EMS

FIRE Calls	201
EMS Calls	128
Transports to Hospital	79

JULY BIRTHDAYS:

Jacob Brandjes	07/07
Jacob Krivanik	07/09
Dylan Devesty	07/18
David Giuseffi-Crum	07/19
Lawrence Katz	07/21
Gabriel Cadet	07/22
Willie Bonfante	07/25

JULY ANNIVERSARY CELEBRATIONS

Michael Marx	07/04	14 years
Marc Bortot	07/05	13 years
Cesar Lora	07/15	3 years
Abigail Farrell	07/15	3 years
Laura Deckers	07/15	3 years
Michael Bennett	07/15	3 years

EMPLOYEE OF THE MONTH 2018:

January	Stephanie Mavigliano	July
February	Craig Pollock	August
March	Charles Shinn	September
April	Kristen Ruest	October
May	Anthony Curtis	November
June		December

Employee of the Month—Anthony Curtis

Lieutenant Curtis has served in the Town of Palm Beach Fire Rescue organization for 2 years, starting his career on June 27, 2016. He is currently assigned to Truck 97 on "C" shift. Anthony has earned the respect of his peers and his supervisors with his exceptional work ethic and passion for training. He is the consummate professional that is constantly striving to improve himself and the department through hard work and dedication. His exceptional work ethic and leadership ability has made him a multi recipient of the Employee of the Month Award for December of 2016, and April of 2017. He was also awarded the department's most prestigious award, Firefighter of the Year for 2017.

Lieutenant Curtis currently works as an adjunct Fire Academy instructor at Palm Beach State College, is currently a Field Training Officer (FTO), and also an instructor for Wellington High School's Fire Science Academy.

Lieutenant Curtis consistently goes above and beyond his normal work duties. During this past month, Lt. Curtis assumed the duties of liaison to the Division Chief of Training and Safety. He is the lead FTO, assisting in organizing and scheduling the training of all new hire recruits. He has expended an enormous effort in coordinating different instructors for specific training evolutions necessary to meet minimum fire department standards. He plays a significant role in the hands on development of the organizations operational personnel, and is responsible for the scheduling, managing and instructing of live fire training evolutions conducted through Palm Beach State College. Lt. Curtis consistently projects a positive attitude, is enthusiastic, and possesses the necessary qualities to portray the wow factor necessary to achieve our organization's vision and values.

Lt. Curtis consistently earns trust and respect through honesty and professionalism in all interactions. He consistently influences others to be excited and committed to furthering the organization's objectives. His passion for the fire service is far reaching as he is now mentoring new step up officers that are the future leaders of the department. We highly commend Lieutenant Curtis for his dedicated service and devotion to the department, and to the citizens of the Town of Palm Beach. Anthony demonstrates an attitude of service through compassion and excellence. His consistent positivity makes him a great asset to the Town of Palm Beach and the community, therefore, making Lieutenant Anthony Curtis an outstanding recipient of the May 2018 Employee of the Month Award.