

# The All Hands

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

September 2018

Volume 6, Issue 9



## In This Issue:

Fire Chief	1
Adm. Update	2
EMS Division	3
Fire Prevention	4
Battalion Chief	5
Training	6
Ocean Rescue	8

## Special points of interest:

- Two Techniques for Turbulent Times
- Mass Casualty Incident Training
- Light up the Night
- Bob Norton Leadership Training
- Colony Hotel BBQ

## Fire Chief's Message

By Darrel Donatto, Fire Chief



The fire service started long ago with a singular focus of putting out fires in buildings to prevent these fires from spreading to other buildings. History is replete with a long list of fires that destroyed entire cities or large portions of cities including those in Rome, London, Moscow, New York, Chicago, Boston, Baltimore, San Francisco, and others. For almost two thousand years, an organized fire service has existed to put out fires before they spread beyond control. It wasn't until the early 1900's that fire prevention became an active responsibility of fire departments. Prior to that, the fire service was purely reactive. Fire prevention has become an important and integral part of the modern fire service, including for Palm Beach Fire Rescue.

While firefighting and fire prevention are longstanding duties of the fire service, today's fire service is really known for its role in providing emergency medical services (EMS). Yet, EMS is a relatively new responsibility of the fire service, with paramedic programs starting in 1967. Following EMS, came vehicle extrication, hazardous materials response, then technical rescue response, and a myriad of disaster response duties. The fire service has been a natural fit for all of these duties and they are all an integral part of what we do today.

In just the last couple of years, the fire service has begun to take on an ever-expanding role in yet another emergency, that being, response to active shooter and hostile events, including acts of terrorism. The frequency and severity of active shooter and hostile events continues to increase. The science has shown that victims of these events need immediate medical care, we can no longer wait for the police department to capture or kill the perpetrators; we must send paramedics immediately into the area where the victims are to begin treatment and to extricate them for transport to a hospital.

Palm Beach Fire Rescue has been working closely with the Palm Beach Police Department, as well as other public safety agencies within the county to equip, train, and prepare our personnel for such an event. Most recently, we conducted a large scale, multi-day exercise in conjunction with the Palm Beach Police Department that tested and honed our ability to respond to hostile event. These events can come in all shapes, sizes, and types and our team is training to do the best when they encounter the worst. This training was a great success in that it showed that our teamwork, both within Fire-Rescue and with the Police Department is outstanding. Our people work well together and with the Police Department. Our team members know exactly what to do, how to do it, and they executed their plans flawlessly.

It is a shame that we must train for these types of events; however, these are the times we live in. On the positive side of such a negative subject, we are working closer than we ever have before with our Police Department to respond to emergency, to take care of people in harm, and to make a difference for those we serve. While I wish the need did not exist, I am proud of how the fire service has stepped up to take on and fulfill this new role and I am proud of the brave men and women of Palm Beach Fire Rescue who willingly accept this new responsibility.



## Administrative Update

By Jimmy Duane

Assistant Chief



During the month of October, the National Fallen Firefighters Foundation sponsors the National Fallen Firefighters Memorial Weekend, the official national tribute to those firefighters who died in the line of duty during the previous year. In addition, there is a “Light the Night” for Fallen Firefighters to recognize the 25th anniversary of the National Fallen Firefighters Foundation and the National Fallen Firefighters Memorial Weekend. From October 1 – 7, landmarks across the country will light up in red and blue in respect to the fallen firefighters and their families. This year, the Light the Night for Fallen Firefighters will also include fire department tributes. Palm Beach Fire Rescue and Fire stations nationwide will light the firehouses in red to honor America’s fallen bravest. To further honor them, the Palm Beach Fire Rescue Honor Guard will join The

CFO/State Fire Marshal Jimmy Patronis, members of the Florida Joint Council of Fire and Emergency Services members, along with honor guards from all over the state at this year’s Florida Fallen Firefighter memorial event at the state fire college in Ocala. Our members have worked very hard to create a team that any fire department would be proud to have. We are extremely proud of all of their accomplishments and look forward to them representing us in future events.

The fire rescue department experiences changes every day. Keeping Firefighters up to date with the most current information is vital to the efficiency and effectiveness of the organization. In October, the department will be installing a new communications platform. PSIN, or Public Safety Information Network. This system is designed to visualize internal communication content on television monitors, which will be located in each of the fire station day rooms. All of the stations will receive the same information simultaneously throughout the day. There are endless opportunities for displaying information. Daily staffing assignments through Telestaff update automatically every few minutes. Apparatus maintenance schedules, fire inspection and pre incident profile schedules and town and department current events will be displayed. Employee recognitions such as; employee of the month, commendations from the public and display of new employees can be displayed. The Training and EMS Divisions will post EMS updates, training schedule updates, and locations and times when training will occur. A weather radar of our area comes standard with PSIN. In addition to the radar, the current temperature and precipitation with a 3-day outlook will display. Our internal communication content will scroll through the screens and be updated every 120 seconds, except for radar, which updates every 15 minutes.

It is the responsibility of the Assistant Chief to assign members to their shifts and stations. There are many variables that dictate shift assignments. Station Commanders, Field Training Officers, EMT personnel, organizational and interpersonal dynamics, as well as training and experience weigh heavily into balancing the shifts and station assignments. Although personnel are assigned to a particular station, they will regularly have to work at other stations to supplement staffing due to training, vacation, sick leave, and other variables. New probationary personnel will rotate every six months. This gives them an opportunity for a broader experience during their first year. The months of September and October is when we address the major staffing changes in the department. During this time, interviews for Station Commanders and Field Training Officers occur. Shift and station assignments will be announced in the beginning of October.



## EMS Division

By Sean Baker  
Division Chief



Falls are not part of the normal aging process, but they can be attributed to the deterioration of an individual's health status (physical, mental, or spiritual), and are generally associated with medication or environmental hazards. A bad fall can mean a lengthy hospital stay, painful rehabilitation, a loss of independent life, or worse. In fact, 1 in 3 Americans aged 65 and older will experience a fall every year. Combine this statistic with the fact that falls are Palm Beach Fire Rescue's number 1 call for patient care, an opportunity to improve presents itself. The department has come up with a plan that will teach participants that fall risks can be minimized with the proper training and education, thereby decreasing injuries and mortality.

Palm Beach Fire Rescue would like to introduce the Town of Palm Beach Fall Prevention Program with the help of the Palm Beach Recreation Department. The 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.

Cesar Lora, our Public Education Coordinator, has put together a program that will offer a home safety survey that will identify and eliminate fall hazards in the home utilizing a Fall Check List. This survey will identify safety issues, risks, and offer solutions to make the home environment safer.

A medication assessment will also be offered as part of the Fall Prevention Program. The medication assessment will help the participant to identify medications with side effects that may make them dizzy and offer suggestions to avoid those medications. The department will review participant's medications annually and ensure that the medication labels are easily understood. All of this will be possible through a partnership with Palm Beach Atlantic (PBA) University's Pharmacy School and the Kappa Epsilon Fraternity.

The future of the Fall Prevention program will also include participation from the Town of Palm Beach Recreation Department as they work to strengthen the participant's body and minds with the Matter of Balance Program. This award-winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The Matter of Balance Program will be fully implemented upon completion of the Palm Beach Recreation Center construction project.



### Did You Know?

Flu is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The Center for Disease Control (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications. The CDC also states that everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting the flu vaccine by the end of October.

Flu can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- |          |        |             |                                 |            |
|----------|--------|-------------|---------------------------------|------------|
| fever*   | cough  | sore throat | runny or stuffy nose            | body aches |
| Headache | Chills | fatigue     | sometimes diarrhea and vomiting |            |

\*It is important to note that not everyone with flu will have a fever.

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

## Fire Prevention

By Martin DeLoach  
Fire Marshal



Why do we have school fire drills? This practice originated after a tragic event that occurred in Chicago on December 1, 1958.

It was Monday, just after the Thanksgiving extended weekend and almost the end of the day for the school children who would be on their way home in thirty minutes. A small fire was started in a trashcan near the stairway of the basement. Reports indicated that the smoldering fire started around 2:00 p.m. The smoldering blaze went undetected for almost a half an hour, when three young girls encountered smoke on the second floor of their school. The three children immediately told Sister Mary Helaine O'Neill, a teacher in room 211. The children in her class were prepared to exit the building in an orderly fashion, but Sister O'Neill decided it had become too dangerous for the children to exit so she told the class to sit in their seats and wait to be rescued. Twenty-four students were found still at their desks after the fire, all had perished.

James Raymond, the school janitor, reported the fire to the office staff at the around 2:30 p.m. He then returned to the area of the fire and was able to save forty children and one teacher. Unfortunately, the office staff did not call the fire department until 2:42 p.m., twelve minutes after Mr. Raymond had reported the fire.

In the short time that had elapsed, three hundred and ninety two students and five nuns were trapped on the second floor with only one avenue of escape, to jump twenty five feet to the concrete below, hoping the firemen and by-standers would catch them.

Meanwhile, smoke inhalation was taking a toll and the temperature in the north wing of the school was increasing. At 2:55 p.m., a flashover occurred and parts of the second floor exploded. Moments later, the school's roof collapsed onto trapped students and teachers in the north wing.

In the end, ninety two children, (fifty six girls and thirty six boys) died along with three nuns. They had a young boy admit to starting the fire four years later but it was determined there was insufficient evidence to charge the thirteen year old boy with the murderous blaze.

At the time of the fire, Our Lady of Angels School had one fire escape, no enclosed stairwells and only the first floor had a protective fire door. The tragedy resulted in new fire regulations for schools nationwide. Within a year, more than 68% of older schools in the U.S. had made fire safety improvements and were being brought up to code. Sprinkler systems were installed, more fire escapes were added, alarm boxes were located for easier access and schools began holding regular fire drills to practice safely exiting a burning building.

Today we have increased dangers for our children and grandchildren attending school. The fire safety measures that were implemented after this heart-breaking incident have certainly saved countless lives.

The Fire Prevention Division along with the Shift Fire Crews completed a total of 62 inspections in the month of September.



## Battalion Chief Article—How Long Should My SCBA Bottle Last?

By Joe Sekula  
Battalion Chief

The answer is not as easy as you would think. Our SCOTT SCBA (Self Contained Breathing Apparatus) bottles are rated for 45 minutes, however as we all know, they don't normally don't come close to lasting that long. There are many reasons for this. As you remember from your time in EMT or paramedic school, your physiological trigger to breathe is a buildup of CO<sub>2</sub>, not a depletion of O<sub>2</sub>. Several factors will increase your breathing rate while on an SCBA such as:

How strenuous an assignment. An assignment to walk around the building to do a 360, or to control utilities, will obviously use less air than the assignment to ventilate a roof, or to conduct a zero-visibility search for victims.

Personal Fitness level. Something simple, the better your cardiovascular system is, the better able your body is to get rid of that waste CO<sub>2</sub>.

Age. Generally, younger people have more efficient cardio vascular systems than older people.

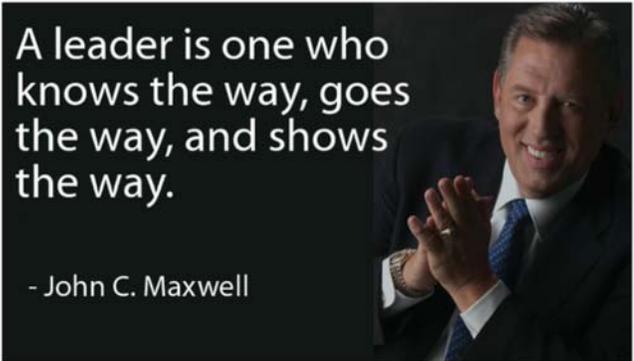
Personal comfort in an SCBA. Your comfort in PPE (Personal Protective Equipment) will also dictate your level of breathing. Firefighters that routinely train in and are used to wearing heavy, hot gear will be better able to tolerate it better than firefighters who only wear their PPE when necessary.

Proper fit of the mask. Proper donning and fit of your mask can make a huge difference. A mask that is improperly donned, with the upper straps tightened more than the bottom straps actually pulls the bottom of the mask off your face. A loose fit or something that prevents a tight seal such as facial hair can allow the positive pressure mask to leak.

Mastery of your craft. If you are forcing entry into a structure and your technique is poor, it will force you to expend significantly more energy and breath more air to achieve the same thing when done with a proper technique.

In a recent study, Fire Engineering ran a test. In this drill, two firefighters wearing blacked-out masks worked their way through obstacles and snag points. They then performed a reduced-profile maneuver between two wall studs to locate a dummy. The dummy was then extricated along the same course in reverse. The average time it took to deplete a 30-minute, 4,500-psi SCBA bottle was between 12 and 16 minutes. The least amount of time it took to deplete the 30-minute cylinder was 6 minutes. The best consumption time was 21 minutes. These times were taken while negotiating a physically demanding obstacle course that was free of the life-and-death stress associated with being in a real IDLH (Immediate Danger to Life and Health) environment. If you were to do the math and extrapolate those numbers out to a 45-minute bottle, they would last anywhere between 18-24 minutes on average.

We cannot control all of the factors that affect how quickly we breath down an SCBA bottle, but we can control many of them. Since we are in a physically demanding profession it is important that we exercise regularly and stay in peak cardiovascular shape. We also need to make sure that we are all comfortable working in full PPE and on air. This is something that you get used to with training and with experience. A firefighter in full PPE including an SCBA is carrying an extra 45 pounds. Add a thermal imaging camera, radio, box light and a set of irons, and it shoots up to an extra 75 pounds. Lastly, we need to concentrate on our breathing by exhaling deeply getting all that CO<sub>2</sub> out, staying hydrated, and making sure that our masks fit properly.



A leader is one who  
knows the way, goes  
the way, and shows  
the way.

- John C. Maxwell

## Training

By Michael Marx

Division Chief

This month's focused training was on honing awareness and skills during a MCI (Mass Casualty Incident). A mass casualty incident (MCI) (sometimes called a multiple-casualty incident or multiple-casualty situation) is any incident in which emergency medical services personnel and equipment at the scene are overwhelmed by the number and severity of casualties at that incident. Since the World Trade Center in 2001, MCIs have become more and more prevalent. Our view at Palm Beach Fire Rescue is that prior planning prevents poor performance. Mass casualty events such as mass shootings, bombings, or other events with multiple fatalities continue to increase in both number and scope. In the United States, mass shootings are the most common and most closely tracked type of mass casualty event. Mass Casualty Incidents can also take the form of non-hostile or hostile events such as a bus crash or a construction site event involving several workers opposed to an active shooter event. The Town of Palm Beach has dynamics which call for an increased awareness to possible Mass Casualty Incident events. Therefore, Palm Beach Fire Rescue operations personnel along with Palm Beach Police Department have been training diligently on the proper mitigation of simulated MCI events.



There are many different components to resolving a Mass Casualty Event. The proper coordination and management is of utmost importance at any and all events. The common language for this management is depicted within the scope of the Incident Command System. When events escalate into multi-jurisdictional events the management system migrates into what's known as a Unified Command System. This elevated management system for example may incorporate, Palm Beach Police, Fire and combine them with the management efforts of West Palm Police, Fire, Secret Service and Coastguard in efforts to better mitigate a large Mass Casualty Event. From the perspective of Palm Beach Fire Rescue, operations personnel first and foremost make sure that the scene area has been deemed safe or the direct threat, such as in an active shooter event or hostile attack has been neutralized. The second function for operations personnel when involved in an MCI event is to conduct the primary and secondary triage of patients. In mass casualty situations, triage is used to decide who is most urgently in need of transportation to a hospital for care (generally, those who have a chance of survival but who would die without immediate treatment) and whose injuries are less severe must wait for medical care. Triage is expedited in a rapid fashion and uses an advanced triage system involving a color-coding scheme using red, yellow, green, white, and black tags:

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- **Red tags** are used to label those who cannot survive without immediate treatment but who have a chance of survival.
- **Yellow tags** for those who require observation (and possible later re-triage). Their condition is stable for the moment and, they are not in immediate danger of death. These victims will still need hospital care and would be treated immediately under normal circumstances.
- **Green tags** are reserved for the walking wounded who will need medical care at some point, after more critical injuries have been treated.
- **Black tags** are used for the deceased and for those whose injuries are so extensive that they will not be able to survive given the care that is available.

*Continued on the next page*

## Training (con't)

From page 6

Palm Beach Fire Rescue's current protocols involve a rapid primary triage with intentions of moving multiple patients to the proper secondary triage and treatment zone, or moving the most critical patients off scene if transport units are available. This month's training allowed the combined efforts of our Fire, Police and Mutual Aid departments to practice and perfect skills necessary to have the most positive outcome in the event of a Mass Casualty Incident occurrence. Palm Beach Fire Rescue would like to extend our special thanks to the management of the Palm Beach Bath & Tennis Club for allowing our departments to utilize the premises for training.



## Ocean Rescue

**By Craig Pollock**  
Supervisor

After the Labor Day, weekend beach attendance started to subside on the weekdays, with weekends staying fairly busy. This summer has not been the greatest for swim conditions, as much of the Palm Beach coastline has been inundated with Sargassum (brown seaweed). It is not known to be harmful to humans but have made swimming and beaches unpleasant. As we move into Fall and winter the threat of rip currents will increase along the Palm Beach Coast. As the wind and waves increase, so do rip currents. Rip currents account for more than 80% of rescues performed by ocean lifeguards. Rip Currents are powerful, channeled currents of water flowing away from the shore out to sea. They typically extend from the shoreline, through the surf zone, and past the line of breaking waves. The best way to stay safe is to recognize the danger of rip currents and always swim at beaches with lifeguards. When caught in a rip current it is imperative that you stay calm and don't try to swim directly towards shore. Instead swim parallel to the shoreline until the current begins to lose strength and then swim back to shore.



Each of the fire stations are lit up in red for the “Light the Night for Fallen Firefighters”, recognizing firefighters lost in the line of duty this year.

## Two Techniques For Turbulent Times

By Brian Tracey, Posted at: <https://www.briantracy.com/blog/leadership-success/two-techniques-for-turbulent-times/>

There are two techniques that can be useful in developing the foresight that is a hallmark of effective leaders.

### Practice Crisis Anticipation

The first is called “crisis anticipation” and it involves looking ahead as far as you can and asking, “What could possibly change or go wrong that would threaten our survival?”

### Think About The Worst Possible Event

For example, what would you do if interest rates doubled, as they have done in the past? What if your best-selling product, or service, suddenly stopped selling, as often happens in high-tech industries in times of rapid change. What if a key executive died unexpectedly or your offices with all your records were destroyed by fire? What if you lost your key customer or major source of revenues?

These and other questions can only be asked and considered by the leader, the person ultimately charged with the overall responsibility for results. The failure to think through possible crises in advance can open you and others to fear, panic and confusion if something goes wrong.

### Plan For A Crisis

The Greek philosopher Epictetus said, “Circumstances do not make the man; they merely reveal him to himself.” A crisis is the genuine test of courage and effectiveness in a leader. You can greatly improve your abilities to function in a crisis situation by thinking it through in advance and by developing contingency plans – just in case.

### Determine What Can Go Wrong

The second technique is called the “master method” of decision making. It involves asking, “What is the worst possible thing that can go wrong in this situation?” Once you’ve asked the questions, you must decide whether or not you can live with those consequences. For example, in an investment, or new product introduction, or new promotion, the worst possible outcome may be that you will lose every penny. Can you live with that? Can the company survive? There are many different types of decisions and one of them is the decision you cannot afford to make. Most big failures result because someone made a commitment of resources without carefully considering the worst possible outcome.

### Do What Billionaire's Do

John Paul Getty, the great oil billionaire said that one of his secrets of success was to always determine the worst thing that could happen in any investment – and then make sure it didn’t happen.

### Action Exercises

Here are two ways to apply these techniques to your own situation:

First, make a list of the three worst things that could happen to your business or your department. Then develop a strategy to deal with these situations if they occur.

Second, practice “crisis anticipation” in each key area of your life. Look into the future and imagine a major setback. What would you do if they happened?

### Mass Causality Incident Training



### Bob Norton Leadership Training



### Photo Ops



FF Montoya Bravo caught an Iguana on the loose at Fire Rescue Station #3.



B Shift structure Fire on Pelican Lane.

### Colony Hotel BBQ

Thank You  
for your Kindness



## AUGUST DEPARTMENT STATISTICS

### Training Hours

A Shift	458
B Shift	735
C Shift	569
Total	1762

### Fire Prevention Inspections

62

### Ocean Rescue

Visitors	10,332
Town Ordinance Enforcements	64
Preventative Actions	75
Jellyfish stings	21

### FIRE and EMS

FIRE Calls	79
EMS Calls	78
Transports to Hospital	46

## OCTOBER BIRTHDAYS:

Chase Angelocci	10/04
Jody Sronce	10/14
Danny Dunnam	10/22
Stephen Montoya	10/22
Stuart Grimes	10/29

## OCTOBER ANNIVERSARY CELEBRATIONS

Sean Baker	10/99	19 years
Brian Matzen	10/08	10 years
Alejandro Mahy	10/12	06 years
Scott McCracken	10/12	06 years
Brendon Andrews	10/13	5 years
Gabriel Cadet	10/13	5 years
Kyle Vander Platt	10/15	3 years
Lauren Guizik-Molyneaux	10/16	2 years
Jakob Hadad	10/16	2 years

## EMPLOYEE OF THE MONTH 2018:

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

## Employee of the Month— Christopher McKay



Lieutenant Christopher McKay has been a member of Palm Beach Fire Rescue for almost 2 1/2 years and has already made himself an invaluable member of the department with his passion for the fire service. McKay is currently assigned to Engine 98 at Station #2. He resides on C-Shift, where he uses every opportunity to teach and mentor the future leaders of our department. Lt. McKay currently serves in the capacity of Station Commander at Station #2 and has been a multi-recipient of the Employee of the month award for April and November of 2016.

Chris's passion for training is apparent in all that he does on and off duty. He actively participates in state-wide training initiatives teaching Hazardous Materials classes to other departments. He is a highly credentialed company officer holding certificates as a State Certified Fire Instructor II, State Certified Fire Officer II and many more, but his credentials only tell part of the story for McKay. Chris's gift is developing those around him, and helping them perform at the next level.

Lieutenant McKay has participated in updating and developing Palm Beach Fire Rescue's Hazardous Materials Standard Operating Guideline. In addition, Chris has used the Fire Simulation Software to mentor Lieutenants with their Incident Command skills. This month, Lieutenant McKay is being recognized for his efforts for designing and implementing Palm Beach Fire Rescue's Mass Casualty Incident training. The MCI training allowed our members the opportunity to hone their skills for possible future events while working with the Town's Police Department, Dispatch and mutual aid partners. The event was a great success divulging learning opportunities for all.

Lieutenant McKay is commended for his passion of the fire service, his dedication to the safety and survival of Town residents and their visitors. His character is a great example to the newer personnel in our organization, making him a great asset to the Town of Palm Beach and the deserving recipient for the August 2018 Employee of the Month Award.