



THE REVIE



Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – April 19, 2019

This Edition:

The Chief's Desk.....Page 2
 5 Keys to Injury Avoidance Page 3
 Planning for trauma: How to protect firefighter
 mental health.....Page 3
 Things that are happeningPage 4

Quote of the Week

"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing."

Theodore Roosevelt

Fire Ops 101

We are still in need of at least 5 volunteers for Fire Ops 101 on Saturday, May 4th. If you can, please contact Captain Burch to sign up. This is an important event!

A reminder to inform your significant others about the upcoming Partner Academy!



CENTRAL ARIZONA FIRE AND MEDICAL AUTHORITY

PRESENTS OUR SECOND ANNUAL

PARTNER ACADEMY
SATURDAY, APRIL 27, 2019
9 am to 5 pm (Lunch and child care will be provided)

CENTRAL ARIZONA REGIONAL TRAINING ACADEMY
9601 E VALLEY ROAD, PRESCOTT VALLEY

Please join CAFMA staff and outside professionals as we share with you important information on what life is like in the Fire Service for your partner. This program is designed to help you better understand the challenges, benefits and rewards that your partners are involved with every day.

Topics include:

- ❖ PSPRS benefits and additional retirement options
- ❖ PTSD/Critical Incident stress management tools and information
- ❖ CAFMA health insurance overview and open enrollment information
- ❖ EAP (Employee Assistance Program) and cancer insurance information
- ❖ Hands-on equipment demonstrations

ALL PARTNERS OF CAFMA EMPLOYEES AND UNITED YAVAPAI LOCAL 3066 ARE INVITED
SEATING IS LIMITED – YOU MUST RSVP TO ATTEND

RSVP by contacting either:
Patty Brookins at 928-759-6983 or pbrookins@cazfire.org
Karen Viscardi at 928-759-6965 or kviscardi@cazfire.org

DEADLINE FOR REGISTRATION IS APRIL 22 AT 5 P.M.
Questions: Please call Patty or Karen

PANCAKE BREAKFAST

WHERE:
CENTRAL ARIZONA REGIONAL TRAINING ACADEMY
9601 E. VALLEY RD
PRESCOTT VALLEY, AZ

PRESCOTT FIRE DEPARTMENT
STATION 71
333 WHITE SPAR RD.
PRESCOTT, AZ

CENTRAL ARIZONA FIRE & MEDICAL
STATION 61
1133 W. ROAD 3 NORTH
CHINO VALLEY, AZ

\$5 PER PERSON DONATION

FIRE FIGHTER

SUNDAY, APRIL 28, 2019
8:00 AM - NOON

FUN for the KIDS
T-Shirts
MUSIC
PANGAKES to the RESCUE

SUIT UP LIKE A FIRE FIGHTER

FIRE TRUCK TOURS

Event Sponsored by:

The Chief's Desk



Life is all about choices. This means that we are choosing one thing over another or a multitude of others, all day every day from the time we wake up until the time we go to bed. Alarm goes off – do I even want to get up? No, but I have to. Do I want coffee? Ummmm, okay, no

option here. Do I want to hit the gym? No, but I'm going to anyway. If one were to track the number of decisions we make each day, I think we would be surprised at the sheer volume.

We live in a 24 hour world of wonder, or more likely a world of sensory overload. There are simply too many choices. When Henry Ford first introduced the automobile you could order it in any color you wanted as long as it was black. If you go to get touch up paint for your black car today, you have to determine which color black you need.

With so many options necessitating so many decisions how do we decide? Maybe the better question is, how do we handle what sometimes feels like a tidal wave of stuff? Don't worry I'm not getting into decision trees and flow charts, I'm writing from more of a 30,000ft view.

In the past few months we've had two people that have made the difficult decision to step away from their professional fire service career. I cannot imagine the difficulty in making that choice especially given this is one of the best careers in the world (Disclaimer: this statement is made as a paid spokesperson for the fire service, but reflects my true feelings for the job). Their decision to step away has provided others the opportunity to realize their dream – congratulations Leo! Guess I should mention, training is short a training tech again because Leo will be moving to an engine when he graduates the academy next week.

Choosing to be a firefighter means you've made lifetime commitment to training, comradery, community, professional and personal development, and family. With all the other job opportunities available in the world today, you've consciously chosen to follow a path of service to others – congratulations on making a great choice!

We've previously discussed the reality that freedom of speech does not mean freedom from consequence. This concept is no different when it comes to decision making. You as an individual have the freedom to make your own choices, however you are bound by the consequences of those choices. More than anything, it's about pausing before rushing into something and making an informed decision. Continued on page 5

Upcoming Events:

April 22 – Board Meetings
April 23- 26 – Chief in Washington, D.C. for the Congressional Fire Service Institute
April 27 – Partners Academy
April 28 – Pancake Breakfast

Board Meeting:

April 22nd CV Town Hall

CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830



5 Keys to Injury Avoidance

By: AARON ZAMZOW DECEMBER 1, 2018



Injuries are going to occur on (and off) the fireground. If you don't believe me, look at the statistics published by the NFPA every year. The latest report indicates that there were over 60,000 firefighter injuries in 2015. And keep in mind that these are only the "reported" injuries. We all know that many firefighters don't report their injuries for a variety of reasons, sometimes out of fear of being pulled off the line or because they simply don't think the injury warrants a report.

Even the most prepared firefighter will face situations that cause trauma to the body—and the body can only take so much. In most cases, it's not "if" an injury will occur but rather "when."

The good news about injuries is that there are some ways to prevent them from wreaking havoc on your career and life. Twenty-five years of working in the fitness and fire service industries has helped me develop this list of five keys to firefighter injury prevention. Following these suggestions won't guarantee an injury-free shift or career, but it will help minimize your risk.

1. Stretch

A great way to prevent injury is to incorporate flexibility training into your daily drills and workout programs. Increased flexibility can improve aerobic fitness training, muscular strength and endurance, and job-specific movements. Flexibility training can decrease soreness and stiffness, improve mobility on and off the fireground, and also be a great form of relaxation, which can positively impact not only physical fitness but also mental fitness. This, in turn, can positively affect performance through increased mental toughness and stress relief. And keep in mind that a proper warm-up before training and workouts can dramatically reduce the number and severity of injuries incurred while training.

Firehouse.com

Planning for trauma: How to protect firefighter mental health

By: Lieutenant Brad Bouchillon, Statesboro (GA) Fire Department



Practice is an important element in success. A football team practices plays over and over again to have their playbook memorized. An actor practices lines until they are memorized. Practicing response as a public safety professional is no different.

Firefighters, police officers and EMTs must train extensively on a myriad of topics to be both effective and remain safe. Law enforcement officers perform active-

shooter drills; firefighters hold live-fire training burns; and EMTs simulate mass casualty incidents to be prepared to respond in any situation. Yet, one of the most damaging experiences for these men and women is one that very few actually prepare for.

Public safety personnel are often exposed to horrific scenes in the line of duty. These professionals respond to tragic events that permeate all senses including sight, sound and smell. Unfortunately, there is little-to-no training offered to adequately prepare public safety professionals to process trauma. This training gap doesn't make sense: firefighters, EMTs and police officers are far more likely to experience trauma, so why is there not more training to prepare them?

[Firerescue1.com](http://firerescue1.com)

Things that are happening

By: Chief Freitag

As you are all probably aware, AMR ran out of ambulances again at 0740 Wednesday morning, and later had a 28 minute response time to a cardiac arrest in Chino Valley. Thankfully, in the case of the cardiac arrest, trained bystanders were performing effective CPR, and our engine crew had timely response followed by aggressive care that resulted in a save. Nice work by the crew of Engine 61 – Acting Captain Ren Douglas, Engineer Justin Postula, and Firefighter Nathan Green.

Not to be out done by C-Shift, A-Shift Station 63 – Captain Roche, Engineer Dibble, and Firefighter Tillich had a code save Thursday morning. Both 61's and 63's patients, at last report, are recovering well at YRMC.

Firefighter Nathan Green tendered his resignation effective Thursday morning to focus on his growing landscape business. We wish him all the best as he continues to build his business into a very successful company.

Nathan's absence created a vacancy that we needed to fill as soon as possible. Fortunately, Leo was willing to do me a favor and forfeit his Training Tech position to take a spot on the engine. I know it's hard leaving the amazing company of Chief Feddema and Captain Parra, but there wasn't any hesitation when Leo said yes..... Congratulations Leo, you certainly have earned this opportunity! It was great to see the response of his fellow recruits – soon to be graduates☺

Don't forget that next week Thursday evening is the recruit graduation and promotional ceremony. Please come out and support those who have worked so hard to achieve great things. Unfortunately, for the first time in over 5 years, I will be unable to attend as I will be representing you in Washington D.C. The trip for the Congressional Fire Service Institute was scheduled months in advance of the graduation date being set. I know Chief Feddema and Captain Parra will serve you all well acting as the MC's for the ceremonies. There will be cake!

Domenic will be in South Dakota next week with a couple members of the truck committee for a preconstruction conference related to the two new engines, and the new utility. Additionally, he will be inspecting our Type 3 that had to go back to the factory because they failed to follow directions. Domenic, please provide them appropriate focus and clarity on behalf of our agency – thanks.

Chief's Desk Continued

I've described the concept of responding v. reacting many times in presentations, and in The Review. Recently I read what I consider to be a better description of the concept in a book called Ethics for the real world. The authors in the book framed the difference between the two as follows:

In the language of decision making, we can make time to respond instead of react. When we react, we act on reflex. Our actions reflect ignorance. When we respond, we act on reasoning. Our actions reveal thought.

In every situation, even one in which we have to make a decision in the moment, we have time to respond wisely, if we have established a sound foundation from which we base our decisions. This refers back to our personal and organizational morals, ethics, and values.

We have to know ourselves and understand our triggers – what really pisses us off. If we know our triggers, then we can develop methods through which we control our actions. This allows us to redirect our emotional reactions toward thoughtful response. Yes, this does mean that you may have to walk away for a few minutes, or days, but if you have the time take it. The outcome of your response will be far better than the outcome of your reaction.

Have you drawn your line? Do you know your personal boundaries when it comes to decision making? Many people do not, which tends to lead them down the wrong path when making decisions. Do you know our organizational boundaries i.e. policies? If your answer is yes, are you following them? If your answer is no – isn't it part of your job to know? Organizational policies help you define boundaries that you may have yet to delineate for yourself. Face it some of you have your names on a policy or two.

What are some tools that can help us in our decision making processes. First, grow up and act like an adult that understands right from wrong. Remember, you are responsible for the poor choices you make in life and your career, not anyone else. Second, understand the six recognized pillars of character as shared by Chief Mark Gaillard:

1. Trustworthiness
2. Respect
3. Responsibility
4. Fairness

5. Caring

6. Citizenship

You can plug the 6 pillars into Google and get full explanations of each. As a CAFMA employee, you have access to The Compass. It serves as both an organizational and individual tool to guide our actions and decisions. If you haven't read it for a while, I'd recommend picking it up and taking a look at it again as a simple reminder of our commitment to each other and our community. Remember, the choices you make do not only impact you, your choices have an impact on everyone around you.

If you are inclined one day, count how many decisions you make in a day and let me know what you come up with. I'll know at that point you are really bored and that I should find a project for you to tackle☺
