

ON SCENE

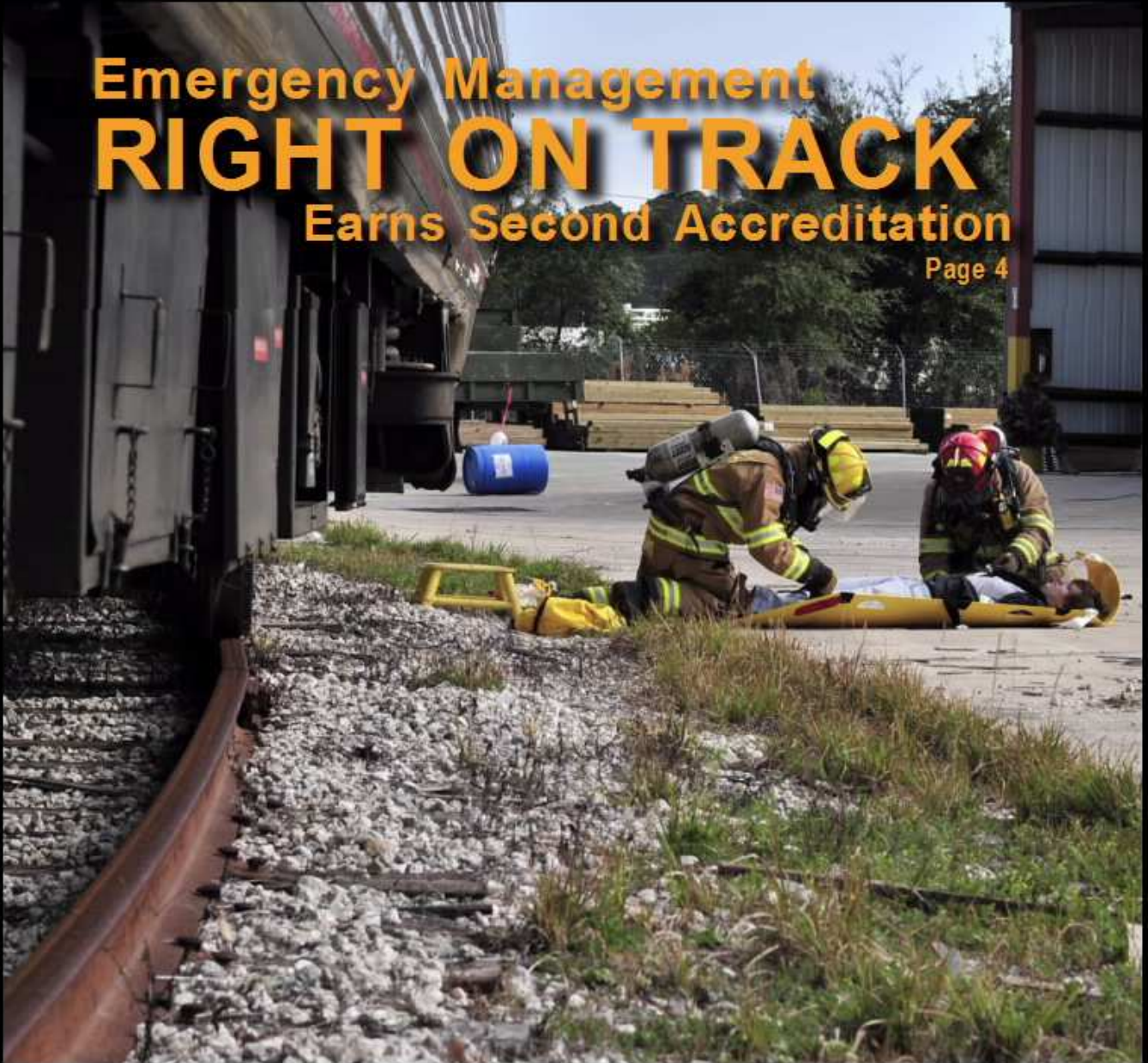


FOR AND ABOUT THE EMPLOYEES OF THE JACKSONVILLE FIRE AND RESCUE DEPARTMENT

June 2011

Emergency Management **RIGHT ON TRACK** Earns Second Accreditation

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INSIDE: How'd you sleep? • Timeless advice • Promotions



DEAR FELLOW FIREFIGHTERS

Fire and rescue departments often look to a variety of national standards when evaluating their capacity or strategizing some organizational improvement. Sometimes, fire chiefs and public safety administrators will model certain procedures after other departments' practices because they like the results.

No matter the profession or industry, when your peers consider your methods as superior, as the ones to follow, and when you're meeting or exceeding national standards, then I believe you're on the right track. You're becoming one of the best at what you do.

One of my priorities is for JFRD to become one of the best fire and rescue departments in the country. Achieving that goal involves following best practices. That means pursuing excellence in leadership, customer service and training. Becoming the best includes implementing our Fire Study Report, while also paying close attention to other details of long-term planning. Becoming the best also involves fire service accreditation.

For years, we've heard about schools being accredited, hospitals, too. The idea of undergoing independent, objective analysis isn't new, but it is relatively new to the fire service. Our Emergency Management program, led by Emergency Preparedness Division Chief **Marty Senterfitt**, recently earned national accreditation for the second time since 2005. A team of assessors who are experts in the field came to Jacksonville, evaluated Chief Senterfitt's program for five days, and determined that it's meeting and exceeding national standards. In other words, it's one of the best. I congratulate Chief Senterfitt and his staff for their efforts. You can read more about Emergency Management's re-accreditation on page 4 of this month's *ON SCENE*.

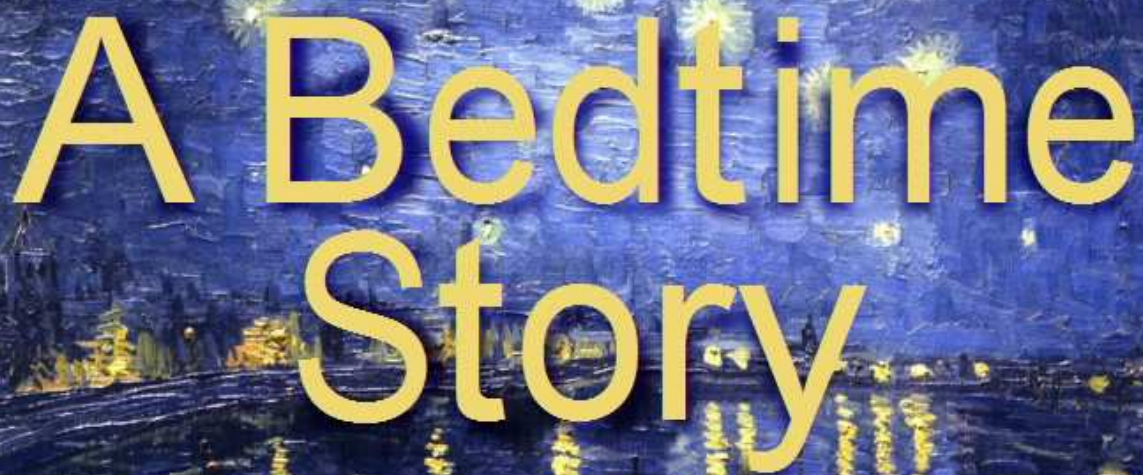
If one division within JFRD can earn accreditation, then I believe the entire department can, too. Our department recently researched fire service accreditation. After studying all the parameters, it's clear that accreditation is about identifying strengths and weaknesses, improving performance, defining risk and enhancing safety for the community and our members – the elements of becoming the best.

Sincerely,

Dr. Charles E. Moreland
Director/Fire Chief

Cover Photo: Successfully conducting drills like a railcar mass casualty incident earlier this year is one of dozens of reasons why Duval County's Emergency Management continues to be recognized as one of 32 nationally accredited programs. It was the first local program to receive accreditation in 2005 and then re-accreditation this year through the Emergency Management Accreditation Program.

May's edition of *ON SCENE* was not published.



A Bedtime Story

When you're on duty, sleep is never guaranteed, but studies show that getting adequate shut-eye when possible is beneficial to your fitness level and overall health.

The National Sleep Foundation says that one-third of Americans regularly sleep less than 6½ hours per night. Research has discovered that waking up short of the recommended 7½ to 8 hours of nightly sleep has consequences that go beyond simple drowsiness.

Losing that one hour of recommended sleep per night in one week is equal to staying up for 24 hours straight. Combine that effect with a busy shift, and you're bound to be tired. Lack of sleep results in fatigue, decreased alertness, slowed reaction times, impaired thinking and impaired judgment. Recent studies found that being awake for 18 hours produces an impairment level equal to a blood alcohol concentration (BAC) of 0.05 and can reach a BAC equivalent of 0.10 after 24 hours of remaining awake. Sleep deprivation also presents some more chronic issues: high blood pressure, obesity, digestive problems, diabetes, heart disease, and cancer. The psychosocial health problems include increased stress, breakdown of family relationships, as well as behavioral changes in diet, smoking, and alcohol.

As you could imagine, firefighters may have a higher prevalence of sleep disorders, and if left untreated, those problems could increase morbidity/mortality. Focused screenings with your doctor can define the prevalence and severity of these problems and determine how to manage your sleep disorders.

PERSONNEL FITNESS

Here are a few strategies to reduce the effects of fatigue:

- Maintain a regular sleep schedule, even on days off.
- Naps longer than 45 minutes on days off are fine.
- Plan ahead and set aside an adequate amount of time for sleep.
- Establish relaxing bedtime habits (light snack, warm shower, or some light stretching).
- Distract your mind if necessary and try to sleep only when drowsy (listen to quiet music, read, use relaxation techniques etc.).
- Having a bedside notebook to record ideas can help curtail anxious thought patterns.
- Your bed should be comfortable and located in a cool dark quiet room. Use an eye mask and ear plugs if necessary.
- Caffeine use can have a major impact on sleep. Avoid within 6 hours of bedtime if not required for alertness (e.g., driving etc.).
- Avoid alcohol within 4-6 hours of bedtime.
- Avoid large meals before bedtime.
- Participate in exercise regularly but avoid vigorous exercise within 6 hours of sleep.

Looking to lose weight, improve endurance, flexibility, and increase strength this summer? Don't wait! Now is the time to get started on a good program. The first step is to get a fitness assessment to set a baseline for your plan. If your last fitness assessment has expired or you have not had an assessment, contact Tom Fonger at 997-4926 or tfonger@cojnet to schedule an appointment.

EMAP Spells Excellence For Emergency Management

Duval's Repeat Accreditation is a First Nationwide



Numerous local and regional agencies participated in a railcar mass casualty drill earlier this year. Duval County's Emergency Management program, part of JFRD's Emergency Preparedness Division, organized the exercise.

Make no doubt, we are prepared.

Dozens of three-ring binders and the plans, procedures and standards they contain prove it. So does the recent re-accreditation of Duval County's Emergency Management program, which is housed within JFRD's Emergency Preparedness Division.

Duval County earned its first accreditation in 2005 under the national Emergency Management Accreditation Program or EMAP. That marked the first time a local jurisdiction became EMAP accredited, a des-

ignation which lasts five years. Several statewide programs, including Florida's, are also accredited. EMAP is a voluntary process and the only one for emergency management programs.

Last year, as Duval County's accreditation term was nearing its end, Emergency Preparedness Division Chief **Marty Senterfitt** assembled his staff to begin the methodical re-accreditation process. Senterfitt and his team routinely self-assess their program and update their plans, but they had to ensure that everything was

compliant with EMAP's latest standards. Six months later, the team applied for accreditation. EMAP then assessed Duval County and announced its re-accreditation in April.

"We were the first county five years ago, and now we're the first one to be re-accredited," Senterfitt said. "I am extremely proud of my staff, the department and all of the local agencies that are part of our program. Duval County has demonstrated its preparedness and expertise numerous times, and the EMAP accreditation proves that we are meeting and exceeding national standards. It is also a valid assessment because the process involves peer review."

Bryan Koon, director of Florida's Division of Emergency Management, said Jacksonville is a model to follow.

"This second accreditation confirms that Jacksonville's emergency management agency is a first class organization and is ready to serve their residents during a disaster. As one of the first city organizations in the nation to achieve this milestone, we are very proud to have them as a part of Florida's emergency management team."

EMAP assessment involves a week of on-site evaluation by a team of emergency management experts that determine a program's compliance with requirements in planning; resource management; training; exercises, evaluations, and corrective actions; as well as communications and warning. Accredited programs demonstrate the clear ability of a state or local government to bring together personnel, resources, and communications from a variety of agencies and organizations in preparation for and in response to an emergency.

Nationally, 32 emergency management programs hold EMAP accreditation. In addition to the State of Florida and Duval County, Orange County is accredited. Miami-Dade is conditionally accredited at this time.

"Our department has the objective of becoming one of the best, and the EMAP accreditation is certainly a step toward meeting that objective," said Director/Fire Chief Dr. **Charles E. Moreland**. "When a highly-detailed evaluation conducted by our peers verifies that we're meeting national standards, then other departments can look to us as a model. That's a big part of being recognized as one of the best."



Duval County's Emergency Management program has a variety of resources to deploy during large-scale events, including JFRD's Urban Search and Rescue Team. Ladder 18's Lt. Robert Hickson is not only a member of the team, so is his specially-trained search dog, Kenai.

Timeless Advice

for New and Seasoned Officers



JFRD Retirees (L-R) Bob Garmon, Miles Bowers and Nick Tison offer advice and fond memories during a recent Company Officer class.

Miles Bowers has visited the Jacksonville Fire Museum plenty of times. In fact, during his 57-year JFRD career, the retired Director/Fire Chief even worked in the building, when it was the predecessor to TAC Support.

Recently, he did more than visit. Bowers participated in a special Company Officer class where he and two more retirees gave advice to new officers. Here's some of what they shared.

"Know your job," Bowers said, when asked for the best counsel he could offer a newly promoted officer. "Treat everybody the same, and don't form opinions based on what others say."

Retired District Chief **Bob Garmon** said he always wanted "to be respected for who I am, not how many bugles I have." Garmon also offered his thoughts on using the radio, and managing your emotions, especially when you arrive on scene at a significant event.

"When you call it in, be calm and concise. Then get off the radio," he said.

Retired Capt. **Nick Tison** also shared how important your on scene demeanor is: "You're the officer, so people will take the cue based on how you're acting."

The Training Academy's Lt. **Jill McElwee** had wanted to add JFRD history to Company Officer training for some time, so she thought of using the museum instead of a classroom. Two officers who have ties to the Training Academy, Capt. **Bruce Scott** and Fire 3's Chief **Chip Drysdale**, thought of adding the retirees' perspective. The training occurred over three consecutive shifts in early May and was videotaped to show to future classes.

In addition to advice, the retirees also discussed some of their most significant calls and some of their light-hearted times on the job. Some of the best advice, which applies to all ranks, came from Bowers.

"Wear your safety equipment," he said. "Don't wind up like me. I've fought cancer twice."

MAY'S PROMOTIONS



- Capt. Rolan Sauls, R-5
- Lt. Teresa Kinstle, R-103
- Lt. Richard McManus, R-103
- Lt. Latorrence Norris, R-15
- Lt. Derek Nowell, R-103

Congratulations!



JFRD Tugs on JSO



Now this was a different kind of Stand By. Engine 2, Rescue 2 and Tower Ladder 9 were doing some community outreach at an American Cancer Society fundraiser in Springfield last month. Rescue 50's Capt. Terrance Jones was off duty and also participating in the event by organizing a tug of war competition against the Jacksonville Sheriff's Office. Jones chose the right team as JFRD pulled JSO over the line and to the ground in less than 30 seconds.

CALL VOLUMES May 2011

ENGINES

E30	345
E31	342
E21	331
E28	330
E1	326
E19	319
E51	319
E22	318
E152	300
E9	290
E25	281
E10	278
E18	277
E32	269
E42	264
E24	263
E36	259
E27	252
E20	251
E34	249
E44	243
E13	230
E17	224
E2	220
E4	219
E150	211
E135	203

E7	202
E58	197
E55	189
E59	186
E12	176
E37	176
E154	170
E5	169
E29	164
E14	145
E41	141
E33	134
E57	133
E23	114
E26	108
E49	94
E16	82
E53	82
E11	77
E143	65
E46	55
E48	45
E56	43
E40	31
E45	10
RESCUES	
R1	358
R21	358

R36	356
R31	348
R30	344
R2	333
R28	333
R4	332
R22	324
R19	323
R17	313
R15	310
R20	303
R34	297
R7	289
R24	288
R32	288
R25	271
R5	266
R13	263
R52	257
R51	253
R27	249
R35	246
R55	242
R54	238
R58	224
R42	223
R50	218
R23	207

R57	190
R71	187
R59	184
R49	134
LADDERS	
L28	189
TL21	152
L30	146
L31	133
L32	120
L44	120
L10	117
L4	115
L1	114
L18	98
L34	95
TL9	81
TANKERS (Top 5)	
T28	83
T52	59
T42	55
T29	47
T31	47
BRUSH TRUCKS (Top 5)	
BR50	86
BR32	79
BR35	77

BR42	73
BR31	66
MARINE UNITS	
M3	17
M1	14
FIRE PREVENTION	
Investigations	42
FIELD CHIEFS	
F3	122
R104	96
F4	83
F6	83
F7	77
F9	76
R105	76
R103	63
F1	57
F2	56
F5	53
F8	46

MONTHLY TOTALS	
EMS	8,059
FIRE	1,660
NON EMR	341
Total:	10,060