

Richard E. Constable, III, Commissioner William Kramer Jr., Acting Director Fall 2014

New Jersey Department of Community Affairs New Jersey Division of Fire Safety Volume 9 Issue 4

## THE SIGNIFICANCE OF SOCIAL MEDIA IN THE FIRE SERVICE NOTED BY 12TH ANNUAL JFS



Click to register

The 12th annual NJDFS/Kean/IAAII Juvenile Firesetter Conference is slated to convene on December 4th and 5th, 2014 at the Middlesex County Fire Academy. The Conference should be on the calendars

of fire service, mental health, law enforcement social service and educational professionals from both the public and private sectors since this year's conference theme focuses on the influence of social media.

NJDFS Conference Coordinator Charles Lavin, head of the Division's newly formed Community Risk Reduction Unit, invokes the theme "Social Media: Spreading Information at the Speed of Fire" by noting: "If you are involved with youth in your

professional capacity, you need to be at this conference to stay current on how social media is influencing your everyday tasks, and especially how social media is changing them," said Lavin.



#### IN THIS POSTING...

NBFD SHOWS THE WAY- ONLINE PUBED

FALL CATALOGUE TRAINING COURSES

THE FIRE CHALLENGE, ETC.

NJDFS-NJFPPA FIRE SAFETY CALENDAR

LEGISLATIVE UPDATE

FF RICHARD CHOATE:WE REMEMBER

-click icon below for smoking safety-

#### Smoking & Home Fires

Smoking is the #1 cause of preventable home fire deaths.

IF YOU SMOKE, PUT IT OUT. ALL THE WAY. EVERY TIME.



## DIVISION SAFETY BULLETINS GET THE WORD OUT TO THE FIRE SERVICE AND THE MEDIA



The Division of Fire Safety continues to share its digital information resources to assist the state fire service in grappling with the fire safety consequences arising from aberrant social behavior.

Information on the so-called "Fire Challenge" and the use of Butane torches to extract Hash oil have been shared with first responders via Division Bulletins, Alerts, and press releases to warn those who deal with the consequences of this behavior.

ETV ALEDT

#### ETY ALERT

9 (609) 633-6070

SAFETY ALERT 13

Oil Extraction Hazards

ed January, 2013

:ement agencies have noted a marked increase in an improvised hash oil preparation method known as "BHO" or Butane Honey Oil extraction.

e derived from Cannabis (Marijuana). The texture old resin (smoother). Hash oil is a resinous mixture olvent extraction of Cannabis. Hash oil is a tetrahydrocannabinol (THC) content, the active is the "high. Honey oil is a specific type of hash oil smoked.

n extractor tube, which can either be purchased e is typically made out of 1.75° diameter PVC pice, ally about 1′ long. If PVC or metal pipe is exe, ished appearance is similar to a pipe bomb. The and a votatile solvent is injected into the top of the of canabinoids. Individual solvents can include tohol, and butane or isobutene. The resin collects at usually lined with a coffee filter or other suitable o evaporate the remaining solvent and "purify" the othe allowing the oil to drip directly onto a plate or the solvent evaporation process.

especially butane, the hazard of fire and or explosion is great. This is compounded by the fact that extraction is usually done indoor to avoid detection. Vapors can collect unventilated spaces where pilot lights and gas stores used to evaporate solvents provide excellent sources of ignition. Additionally, the person performing the extraction may smoke and/or be intoxicated which compounds the danger.

If responders are called to an occupancy where materials and paraphemalia believed to deed for hash oil extraction are found, they should immediately exit the structure and call law enforcement. Ultimately a bomb squad may need to respond, especially if homemade extraction tubes resembling pipe bombs are found. It is important to note as of the date of this alert, operations that have been discovered have not resulted in pipe bombs being found; what was found were, in fact, extractor tubes. This does not mean that eventually pipe bombs will not be found. With the understanding that drug dealers often use booby traps against law enforcement and competing drug dealers, it is wise to err on the side of sately and take all necessary sately precautions. These include but are not limited to the proper use of PPE and SCBA as appropriate.





### FRANKANIK

#### William Kramer, Jr., Acting Director

The New Jersey Fire Safety Commission became a force in fire safety in 1983. During its more than 30 years of service, the Commission has gone far beyond its legislative mandate, which arose from a series of tragic rooming house fires in an era when fire fatalities were averaging in the double digits per month in our state.

Though any fire death is a profound tragedy, the years since this time have seen a steady decline in the number who have died as a result of fire and the amount of property loss in New Jersey, far outweighing what some would call the economic cost of regulation.

Commissioner Charles Schilling (Charlie) had a seat at the table then, up until very recently.

Recommendations made by the Codes Advisory Council, which Charlie chaired for so many years, were given to the Fire Safety Commission, and ultimately to the Governor and the Legislature, resulting in the promulgation of regulation augmenting one of the most comprehensive state fire codes in the country. The bottom line is that property was and is protected, and lives were and are being saved.

Though Commissioner Schilling was unable to attend, we took some time to honor his level of commitment to the cause of fire safety. I invite you to witness that tribute to "Charlie" Schilling and his unquestioned depth of dedication to the men and women of the fire service and to the people of New Jersey.

We are indebted to you for your service to our state.

Charles Schilling
Commissioner
New Jersey Fire Safety Commission
1983-2014

The tribute can be viewed here CHARLES SCHILLING TRIBUTE

# 2014 NJDFS-KEAN FALL FIRE SAFETY TRAINING COURSES AT-A-GLANCE

#### UNIFORM FIRE CODE: ADMINISTRATIVE TECHNICAL

Editor's note: Create two desktop "windows" to easily browse available course number/CEU/course descriptions simultaneously by clicking the adjacent graphic and viewing the course brochure.



	Course	Uniform	Fire Code	UCC Re	ciprocal	Fire	CEU's	
Crs-ID	Title	Admin	Tech	Admin	Tech	Instructor	Awarded	Page
	UNIFORM FIRE CODE - ADMINISTRATIVE							
CE063	Coaching For Positive Outcomes	Х		X		Х	0.5	8
CE092	Communicating For Results	Х		X		Х	0.5	8
CE021	Cultural Sensitivity	X		X		Х	0.5	8
CE167	Fire And Life Safety Education That Your Community Can Live With	Х				Х	0.5	9
CE159	Fire Is	Х				Х	0.5	9
CE166	Influencing Without Authority	Х		X		Х	0.5	10
CE061	Leadership: A Self Analysis	Х		X		Х	0.5	10
CE119	Leadership Excellence	Х		X		Х	0.5	11
CE168	Leadership In The Real World	X		X		X	0.5	11
C2T20	Leading A Healthy Team	X				X	0.5	12
C2T14	Leading From The Front	Х				Х	0.5	12
C1C11	Presentation Skills For The Fire Service; How To Provide An Effective Presentation	Х				Х	0.5	13
CE151	Public Ed Fire Safety & Prevention Programs - Family/Seniors	Х				Х	0.5	13
CE146	Recognizing and Preventing Workplace Harassment	Х		X		Х	0.5	14
CE017	Stress Management	Х		X		Х	0.5	14
CE125	Team Turnaround	Х		X		Х	0.5	14
CE170	The Art of Negotiating	Х		X		Х	0.5	15
CE032	Time Management	Х		X		Х	0.5	15
CE705	Youth Firesetter Awareness	Х				Х	0.5	16
	UNIFORM FIRE CODE - TECHNICAL							
CE753	Cause and Origin: A Systematic and Comprehensive Investigation		X				0.5	17
CE501	Code Update		X		Х		0.5	17
CE760	Fire Investigation: Considering the Role of Natural Gas and/or Electricity		X			Х	0.5	18
CE765	Fundamentals of Automatic Sprinkler and Standpipe Systems		X		Х	Х	0.5	18
CE773	Hazardous Materials: From Bulk Storage to Big Box Stores		X		Х	Х	0.5	19
CE749	Health-Care Facilities Fire Inspections and its Impact on FD Response		X				0.5	19
CE758	Hot Issues in Code Enforcement		X				0.5	20
CE750	Managing Fireworks Display		X				0.5	20
CE704	Not Just Arson: What all Fire Code Enforcement Personnel Should Know About New	/ Jersev's Crir	X				0.5	20

# 2014 NJDFS-KEAN FALL FIRE SAFETY TRAINING COURSES AT-A-GLANCE

UNIFORM FIRE CODE
CHUBB INSTITUTE
FIRE SERVICE CERTIFICATION



	Course	Uniform I	ire Code	UCC Re	ciprocal	Fire	CEU's	
Crs-ID	Title	Admin	Tech	Admin	Tech	Instructor	Awarded	Page
	UNIFORM FIRE CODE - TECHNICAL (CONTINUED)							
CE547	Principles of Modern Building Construction		X			Х	0.5	21
C2T21	Raise Your Right Hand and Repeat After Me		X	X		Х	0.5	21
CE766	Report Writing		X	X		Х	0.5	22
CE755	Retrofit - Subchapter 4		X		Х		0.5	22
C1D59	Solar Power: A Renewable Danger		X			Х	0.5	22
CE709	Terrorism Awareness for Fire Inspectors and Code Officials		X				0.5	23
CE774	Tips and Tools for Effective Inspections		X	X			0.5	23
CE708	Utilizing Accelerant K-9's In Fire Arson Investigations		X				0.5	23
CE775	Utilizing The Scientific Method In Fire Investigations		X			Х	0.5	24
CE593	Water-Based Fire Protection Systems, NFPA 25-02		X		Х	Х	0.5	24
C2T23	Wood Frame & Ordinary Construction Principles For Fire Instructors and Fire Office		X			Х	0.5	24
	CHUBB COURSES							
CE553	CHUBB Sprinkler Lab Courses Module 1:Wet Pipe Automatic Sprinkler Systems/Wa	ter Supplies	Х		Х	Х	0.5	25
CE554	CHUBB Sprinkler Lab Courses Module 2:Dry Pipe, Deluge & Preaction Sprinkler Sys	stems	X		Х	Х	0.5	25
CE564	CHUBB Sprinkler Lab Courses Module 3: Warehouse Fire Protection and Fire Door	Testing	Х		Х	Х	0.5	26
CE581	CHUBB Sprinkler Lab Courses Module 4:Fire Pumps for Fire Protection Equipment		Х		Х	Х	0.5	26
CE582	CHUBB Sprinkler Lab Courses Module 5:Commercial Fire Detection Systems		Х		Х	Х	0.5	26
CE761	CHUBB Sprinkler Lab Courses Module 6: Standpipe Systems		Х		Х	Х	0.5	26
	FIRE SERVICE CERTIFICATION							
DGI01	Drill Ground Instructor (8 hrs)					Х	0.5	27
T1001	Fire Instructor Level 1 (NFPA 1041, 40 hrs)					Х	4.0	28
T2001	Fire Instructor Level 2 (NFPA 1041, 45 hrs)					Х	4.5	29
T1GSW	Instructor Level 1 Written Certification Examination						None	29
T2GSW	Instructor Level 2 Written Certification Examination						None	29
FF2CH	Firefighter 2 Written Challenge Examination						None	30
FO1CH	Fire Officer 1 Written Challenge Examination						None	31
							·	

# 2014 NJDFS-KEAN FALL FIRE SAFETY TRAINING COURSES AT-A-GLANCE

FIRE INSTRUCTOR
CONTINUING EDUCATION
FIREFIGHTER DEVELOPMENT



	Course	Uniform	Fire Code	UCC Re	ciprocal	Fire	CEU's	
Crs-ID	Title	Admin	Tech	Admin	Tech	Instructor	Awarded	Page
	FIRE INSTRUCTOR CONTINUING EDUCATION COURSES							
C1D91	Bomb Threat Awareness And Response					X	0.5	32
CE063	Coaching For Positive Outcomes	Х		Х		X	0.5	32
CE092	Communicating For Results	Х		X		Х	0.5	32
C1D85	Critical Components Of Fireground Management					X	0.5	33
C2T25	Establishing a Field Training Officer Program					Х	0.5	33
CE167	Fire And Life Safety Education That Your Community Can Live With	Х				X	0.5	33
C1D88	First Due Concerns For Strip Mall Fires					X	0.5	34
CE765	Fundamentals of Automatic Sprinkler and Standpipe Systems		Х		X	X	0.5	34
C2T26	Garden Apartment Fire Challenges					X	0.5	34
C1C36	Hot Hay					Х	0.5	35
CE166	Influencing Without Authority	X		Х		X	0.5	35
C1D90	Inspection Testing and Maintenance of Fire Fighting Equipment and Apparatus					Х	0.5	36
CE168	Leadership In The Real World	X		X		X	0.5	36
C1D92	NJ Fire Service Preparedness					X	0.5	37
C1D89	Port and Vessel Fire Fighting Considerations Awareness					X	0.5	37
C1C11	Presentation Skills For The Fire Service; How To Provide An Effective Presentation	X				X	0.5	38
C1T81	Private Dwelling Fires					X	0.5	38
C1T96	Search Strategies and Tactics					X	0.5	39
CE125	Team Turnaround	X		X		X	0.5	39
CE170	The Art of Negotiating	X		X		X	0.5	39
CE032	Time Management	X		X		X	0.5	40
C2T23	Wood Frame & Ordinary Construction Principles For Fire Instructors and Fire Office		X			X	0.5	41
	FIREFIGHTERS COURSES OF INTEREST							
C1D91	Bomb Threat Awareness And Response					X	0.5	42
CE063	Coaching For Positive Outcomes	X		X		X	0.5	42
CE092	Communicating For Results	X		X		X	0.5	42
C1D85	Critical Components Of Fireground Management					X	0.5	43
CE021	Cultural Sensitivity	X		X		X	0.5	43
C1D33	Elevator Rescue & Emergencies		X			X	0.5	43

### 2014 NJDFS-KEAN FALL FIRE SAFETY TRAINING COURSES AT-A-GLANCE

FIREFIGHTER DEVELOPMENT
COMMAND STAFF DEVELOPMENT
JUVENILE FIRESETTER
INCIDENT COMMAND



	Course	Uniform	Fire Code	UCC Re	ciprocal	Fire	CEU's	
Crs-ID	Title	Admin	Tech	Admin	Tech	Instructor	Awarded	Page
	FIREFIGHTERS COURSES OF INTEREST (CONTINUED)							
C1D60	FDNY Black Sunday's Bronx Fire		Х			Х	0.5	44
C1D88	First Due Concerns For Strip Mall Fires					Х	0.5	44
C2T26	Garden Apartment Fire Challenges					Х	0.5	45
CE166	Influencing Without Authority	X		Х		Х	0.5	45
C1D90	Inspection Testing and Maintenance of Fire Fighting Equipment and Apparatus					Х	0.5	46
CE119	Leadership Excellence	Х		Х		Х	0.5	46
CE168	Leadership In The Real World	Х		Х		Х	0.5	46
C2T20	Leading A Healthy Team	Х				Х	0.5	47
C1D74	Legal Issues For Emergency Service Personnel					Х	0.5	47
C1D92	NJ Fire Service Preparedness					Х	0.5	47
C1D89	Port and Vessel Fire Fighting Considerations Awareness					Х	0.5	48
C1T81	Private Dwelling Fires					Х	0.5	48
C2T21	Raise Your Right Hand and Repeat After Me		Х	Х		Х	0.5	48
CE146	Recognizing and Preventing Workplace Harassment	Х		Х		Х	0.5	49
C1D75	Regulatory Requirements for Fire Departments					Х	0.5	49
C1D59	Solar Power: A Renewable Danger		X			Х	0.5	49
CE017	Stress Management	Х		Х		Х	0.5	50
CE125	Team Turnaround	Х		Х		Х	0.5	50
CE170	The Art of Negotiating	Х		Х			0.5	50
C2T12	Utility Emergencies and Fires - What You Need To Know					Х	0.5	51
CE708	Utilizing Accelerant K-9's In Fire Arson Investigations		Х				0.5	51
CE775	Utilizing The Scientific Method In Fire Investigations		Х			Х	0.5	51
	COURSES OF INTEREST FOR COMMAND STAFF							
C1D74	Legal Issues For Emergency Service Personnel					Х	0.5	52
C1D75	Regulatory Requirements for Fire Departments					Х	0.5	52
CE017	Stress Management	Х		Х		Х	0.5	52
CE032	Time Management	Х		Х		Х	0.5	53
	JUVENILE FIRESETTER INTERVENTION							
CE159	Fire Is	Х				Х	0.5	54
CE705	Youth Firesetter Awareness	Х				Х	0.5	54
	NEW JERSEY INCIDENT MANAGEMENT SYSTEM							
N2N80	ICS -200, 300 and 400 TTT					Х	1.5	55
C2T13	ICS Forms and Incident Action Plan					Х	0.5	56
N1N97	ICS For Structural Collapse Incidents - TTT					Х	1.0	56

### 2015 NJDFS-NJFPPA FIRE SAFETY CALENDAR ADDS CVS AS A MAJOR SPONSOR

"The 2015 NJDFS-NJFPPA Fire Safety Calendar has secured the major underwriting of CVS/Caremark Corporation joining Atlantic City Electric and our legacy sponsors.

The support given by CVS and Atlantic City Electric will make 10,000 calendars available for distribution statewide; a time honored and functional way to drive the message of fire safety home."

William Kramer, Jr. Acting Director and State Fire Marshal.



All of the artwork in this caler Poster Contest. This progra Safety and the New Jers were sa of 14 New Jersey Fire Safety
to New Jersey Division of Fire
association. The featured posters
entries statewide.

The Prevention Association

nty Electric ention & Protection Association Equipment Company CVS Caremark

x Safety Systems Company ty Fire Prevention & Protection Association ter of the American Fire Sprinkler Association

The Joshua Marcus Group









VOU



2014 NJ F.I.R.E. Bowl State Champions Receiving Grand Prizes - KindleFire HD Tablets Dwight D. Eisenhower School Freehold, NJ Pictured with Bureau Chief Lou Kilmer, NJDFS





The New Jersey F.I.R.E Bowl (Fire Information RescueEducation) is an academic competition- open to all 7th and 8th grade studentsto answer questions on the topic of fire safety, fire science, firefighting procedures, and the history of the fire service. The Division of Fire Safety, in collaboration with local school districts, has organized and developed this exciting new competition hoping the program will become State-wide in the future. The ultimate goal of the New Jersey F.I.R.E. Bowl is to instill in the students life-long fire safety practices through spirited competition.





<u>Fire Departments and Fire Officials:</u> Contact your NJDFS-NJFPPA County Poster Contest Coordinator to obtain copies for local distribution.

### DIVISION K-9 TEAMS SHIFT ASSIGNMENTS AS ORIGINAL MEMBERS TAKE ON NEW ROLES

The Division of Fire Safety Accelerant
Detection K-9 teams of Captain Steve Letts, Fire
Investigator/K-9 Handler, and K-9 Hunter and
Captain Silver, Fire Investigator/K-9 Handler,
and K-9 Scout, have been in service with the
Arson/K-9 Unit since July 2004. Both dogs, who
are presently in service, are aging. Both K-9
handlers have acquired two new Labrador
Retrievers that are approximately two years
old. The new K-9's are K-9 Titan, assigned to
Steve Letts, and K-9 Torch, assigned to Jeff
Silver.

Captain's Letts and Silver are training the new K-9's which began in March 2014. Their testing and certification is expected to be in August or September of this year. When Titan and Torch are both certified and in service, the roles for K-9's Hunter and Scout will change.





They will remain in service as a backup to Titan and Torch for Ignitable Liquid Detection, but their primary role will be to enforce the State Statute known as "The Reduced Cigarette Ignition Propensity and Firefighter Protection Act." K-9s Hunter and Scout were cross-trained by their handlers to locate tobacco. In cases where contraband tobacco is involved, both teams work with the NJ Division of Treasury, Office of Criminal Investigations to enforce these statutes. In some cases, they may work with US ATF and FDA to enforce contraband tobacco laws.

K-9s Hunter and Scout will continue to serve the State of New Jersey until their handlers determine they can no longer handle the work physically. They would then retire at the handlers homes.

Investigator Jeff Silver Jeff.silver@dca.nj.us

## NJDFS/BERGEN COUNTY FIRE ACADEMY OFFER 'LIVE' ONLINE ALIVE TRAINING



ALIVE training modules, developed exclusively for the members of the New Jersey Fire Service, are now available and can be accessed in real time, live and online. The modules were created by the New Jersey Division of Fire Safety in partnership with the Bergen County Law & Public Safety Institute.

The training material and the firefighting procedures described in these web-based interactive multimedia training programs are based upon the results of several prominent research studies funded by the Assistance to Firefighters Grant Program. The modules also focus on the operating procedures of leading fire departments such as the Fire Department of New York, the Chicago Fire Department, and the Bloomington, Indiana Fire Department.

The procedures shown are recommendations for how to operate safely when confronted with the situations typically encountered.

Should the procedures conflict with your departmental SOPs or the orders you receive on the fireground, please make sure to follow your own local SOPs and orders.

The following training modules are available by clicking the links listed below. Students may set their own learning pace.

Fires in Residential Lightweight Structures

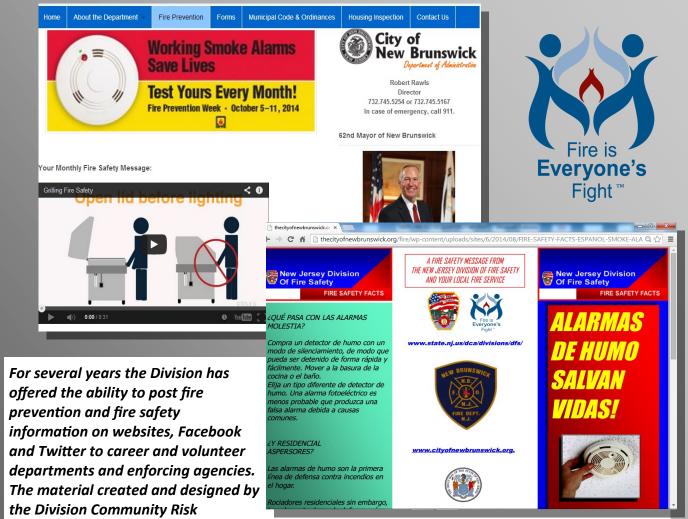
Wind-Driven High-Rise Fires

Science of Modern Fire Dynamics

You can also download and install *ALIVE* as a desktop application icon on your desktops, laptops, and other digital devices with internet access. Discretionary information relative to your rank, type of department, and length of service will be used purely for follow on research paper purposes.



## CITY OF NEW BRUNSWICK FIRE PREVENTION SHOWS THE WAY FOR ONLINE FIRE SAFETY



Reduction Unit, has taken the form of a six-panel, foldable, full-color brochure which can be reproduced as either a printed brochure or posted online for download — This is offered to citizens free of charge.

The Division also places the Maltese, or the patch of the jurisdiction, on the material as a "value-added" to the ever expanding list of emergency services provided to citizens by career and volunteer departments. As a career department, the New Brunswick Fire Department's Prevention Bureau has taken the lead on the service by posting both Division and NFPA Tip Sheets giving direct access to citizens with a simple point and click. In consideration of New Brunswick's increasingly diverse population, Fire Director Robert Rawls has seen that the Prevention Bureau posts NJDFS fire safety topics in languages other than English, knowing the brutality of fire makes no such distinction for those whom may fall into its path.

### INTERNATIONAL CODES COUNCIL REQUIRES ALL FIRE OFFICIALS TO SELECT THEIR VOTER

The International Codes Council (ICC) has advised the New Jersey Division of Fire Safety of its intention to change the way that governmental members select their voter.

The ICC now has selected an online electronic voter designation. As a result, all local enforcing agencies (LEAs), and fire officials (FOs), in New Jersey are directed to access the ICC website and update their designated voters.

The deadline for updating was September 1, 2014.

To update your information, please contact the International Codes Council directly at:

https://<sub>av.</sub>iccsafe.org/<sub>eweb</sub>/dynamicpage.aspx? webcode=OrgVoterReg&Site=icc

It is important for all governmental members to update their ICC memberships yearly. *If you did not meet the deadline you must take the time to do so now.* 

The ICC advises that only the primary contact is permitted to login and update voters.



People Helping People Build a Safer World~



If the Primary Contact has changed, please notify the ICC via email at <a href="mailto:members@iccsafe.org">members@iccsafe.org</a> to expedite the name change for the primary contact.

In addition, the ICC has instituted a new CDP Access, which enables voters to vote from their computers after the conference ends.

All voters must be approved by the deadline to vote either way. Please follow this link for the new CDP Access information:

http://www.iccsafe.org/cs/cdpACCESS/Pages/
default.aspx?r=cdpACCESS

For more information contact:
Deborah Dison
Manager, ICC Member Services:
Phone 888-422-7233 Ext 5263
E-mail ddison@iccsafe.org

### FIREFIGHTERS NEED TO KNOW EARLY STROKE AND HEART ATTACK SYMPTOMS

How would you react to a medical emergency? When it comes to life-threatening conditions like heart attack or stroke, every minute counts. Get to know the signs and symptoms of these health threats. If you think you or someone else might be having a heart attack or stroke, get medical help right away. Acting fast could save your life or someone else's.

Heart disease and stroke are two of the top killers among both women and men in the U.S. Nationwide, someone dies from a heart attack

about every 90 seconds, and stroke kills someone about every four minutes, according to the U.S. Centers for Disease Control and Prevention. Quick medical help could prevent many of these deaths. Fast action can also limit permanent

Heart attack and stroke

damage to the body.

are caused by interruptions to the normal flow of blood to the heart or brain—two organs that are essential to life. Without access to oxygen-rich blood and nutrients, heart or brain cells begin to malfunction and die. This cell death can set off a series of harmful effects throughout the body. The changes ultimately lead to the familiar symptoms of a heart or brain emergency.

You might know the most common symptoms of heart attack: sustained, crushing chest pain and difficulty breathing. A heart attack might also cause cold sweats, a racing heart, pain down the left arm, jaw stiffness, or shoulder pain.

Many don't know that women often have different heart attack symptoms than men. For instance, instead of having chest pain during a heart attack, women may feel extremely exhausted and fatigued or have indigestion and nausea.

"Many women have a vague sense of gloom and doom, a sense of 'I just don't feel quite right and don't know why,' " said Dr. Patrice Desvigne-Nickens, an NIH expert in heart health.

#### Heart attack:

- ⇒ Chest pain or discomfort
- ⇒ Pain, stiffness, or numbness in the neck, back, or one or both arms or shoulders
- ⇒ Shortness of breath
- ⇒ Cold sweat, nausea, dizziness

The symptoms of stroke include sudden difficulty seeing, speaking, or walking, and feelings of weakness, numbness, dizziness, and confusion. "Some people get a severe headache that's immediate and strong, different from any kind you've ever had," says Dr. Salina Waddy, an NIH stroke expert.

At the first sign of any of these

symptoms, fast action by you, someone you know, or a passerby can make a huge difference. NIH-funded research has helped ensure that more people survive heart attacks and strokes every year. We now have medicines, procedures, and devices that can help limit heart and brain damage following an attack, as long as medical help arrives quickly.

If the heart is starved for blood for too long—generally more than 20 minutes—heart muscle can be irreversibly damaged, Desvigne-Nickens says. "You need to be in the hospital because there's a risk of cardiac arrest [your heart stopping]," which could be deadly. At the hospital,

## YES, FIREFIGHTERS NEED TO KNOW EARLY STROKE AND HEART ATTACK SYMPTOMS

doctors can administer clot-busting drugs and other emergency procedures.

With stroke, Waddy says, "The longer you wait, the more brain cells are dying," and the greater the chance for permanent damage or disability.

Emergency treatment for stroke depends on the kind of stroke. The most common type, ischemic stroke, is caused by a clot that clogs a blood vessel

in the brain. The clotdissolving drug TPA works best when given soon after symptoms begin. NIH research shows that patients who received TPA within 3 hours of stroke onset were more likely to recover fully.

Other strokes are caused by a hemorrhage—when a blood vessel breaks and bleeds into the brain. "The patient can have a larger

hemorrhage within the first 3 hours," Waddy says. A hospital medical team can help contain the bleeding, so every moment counts.

Even if you're unsure, don't feel embarrassed or hesitate to call 9-1-1 if you suspect a heart attack or stroke. "You should not go get your car keys. Your spouse shouldn't be driving you to the hospital," advises Desvigne-Nickens. "The emergency crew is trained to treat these symptoms, and it could mean the difference between life and death."

"If you have high blood pressure, high cholesterol,

or diabetes, work with your doctor to get these conditions under control," Waddy says. "Know your numbers [blood pressure, blood sugar, and cholesterol] and what they mean."

You can also prepare for a medical emergency, to some degree. A hospital may not have access to your medical records when you arrive. Keep important health information handy, such as the medicines you're taking, allergies, and emergency

contacts. It would be important for the medical team to know, for example, if you've been taking anticoagulants to help prevent blood clots; these blood thinners put you at increased risk of bleeding.

You might consider carrying an NIH wallet card that lists heart attack symptoms and has room for your personal medical information.

Stroke:

Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
Sudden severe headache, dizziness, confusion
Sudden difficulty with vision, balance, speech

NIH researchers are studying new drugs and procedures to help the heart and brain repair themselves and improve organ function. "But there is absolutely nothing that will save both your time and health as well as prevention," says Dr. Jeremy Brown, Director of NIH's Office of Emergency Care Research. Studies show that making healthy lifestyle choices can help prevent these medical emergencies from happening in the first place. Eat a healthy diet rich in protein, whole grains, and fruits and vegetables, and low in saturated fat. Get regular physical activity and don't smoke. (From NIH in Health-click graphic for more info) National Institutes of Health

## AFG: THE SOLUTION FOR THE EQUIPMENT NEEDS OF SOUTH JERSEY VOLUNTEERS

"Eighty-four percent of our members have gear that is ten years old and the other 16 percent have no gear at all and are unable to receive training," is the way Joseph Sterling, Captain of the Leesburg Volunteer Fire Company, described the condition of his department's personal protective equipment.

An Assistance to
Firefighters Grant (AFG) to
the fire company,
however, reversed all
that, providing the
company with 25 sets of
what is also called turnout
gear, along with 25 face
masks. The president of
the Board of Fire
Commissioners, Captain
Sterling said, "We're
excited, and relieved, with

this grant. It saves the taxpayers money and takes a lot of pressure off the commissioners." The federal share of the grant amounts to \$75,644; the local share is \$3,981.

The announcement of the grant was made by Dale McShine, Director of Grants for Region II of the Federal Emergency Management Agency, which administers the AFG program. "FEMA offers these grants to fire companies large and small throughout our region," she said. "We are keenly aware of how important safety is to all firefighters, and we are very pleased to take part in this program."

The grant covers 25 complete sets of coats, pants, helmets, gloves, boots, and vests. It also includes funding for the same number of face masks, which has produced additional safety problems.

"The only masks we now have are not assigned to individuals and are on our truck for anyone to grab. This causes dangerous confusion on the job as members scramble to find the right size mask. This AFG funding will allow each of our members to be properly outfitted with the appropriate mask size, which is a big safety plus," said Sterling.

"Our fire district is pretty large, covering 50 square miles in Maurice River Township New Jersey," Captain Sterling pointed out. We've got a permanent population of some 4,725 residents, which swells by literally thousands of travelers headed for Cape May, Stone Harbor, Wildwood, and Ocean City during the summer." The district also covers two

Corrections Department

facilities, a food market and fueling station, three boat yards, a refrigeration repair business, a municipal building, a senior-citizen complex, an Office of Emergency Management, and a post office.

Captain Sterling was very pleased with the role FEMA played in the grant application phase. "FEMA was a major help," he recalled, saying that FEMA personnel "walked us through the entire paperwork procedure. We really appreciated that."

FEMA's AFG program has been aiding firefighters and other first responders since 2001.

For more information on Assistance to Firefighter Grants:

AFG 2014 Workshop Schedule





# AT ISSUE:

Congress Continues to Consider
Legislation Important to the
New Jersey Fire Service



### FISCAL YEAR 2015 HOMELAND SECURITY APPROPRIATIONS ACT was introduced by

Congressman John Carter (TX-31) on June 19, 2014. S. 2534 was introduced by Senator Mary Landrieu (LA) on June 26, 2014.

**Summary:** The bill makes appropriations for programs and activities of the Department of Homeland Security for Fiscal Year 2015.

**KERRY ROSE FIRE SPRINKLER NOTIFICATION ACT** was introduced by Congressman Steve Israel (NY-3) on May 19, 2014.

<u>Summary:</u> The legislation requires institutions of higher education to notify students whether student housing facilities are equipped with automatic fire sprinkler systems.

FEDERAL FIREFIGHTERS FAIRNESS ACT was introduced by Congresswoman Lois Capps (CA-24) on December 12, 2013. S. 2266 was introduced by Senator Thomas Carper (DE) on April 29, 2014.

**Summary:** The legislation creates a presumption that federal firefighters who are disabled by heart disease, lung disease, specified cancers and infectious diseases, contracted such illnesses while performing their duties as firefighters.

PROTECTING VOLUNTEER FIREFIGHTERS AND EMERGENCY RESPONDERS ACT was introduced on December 10, 2013 by Senator Mark Warner (VA). H.R. 3979 was introduced on January 31, 2014 by Congressman Lou Barletta (PA-11).

**Summary:** The legislation ensures that volunteers are not counted as full-time employees under the shared responsibility requirements contained in the Patient Protection and Affordable Care Act.

### NICHOLAS AND ZACHARY BURT MEMORIAL CARBON MONOXIDE POISONING PREVENTION ACT was

introduced by Senator Amy Klobuchar (MN) on December 10, 2013.

<u>Summary:</u> The legislation establishes a federal grant program to assist states in carrying out CO education programs.

HONORING HOMETOWN HEROES ACT was introduced on June 14, 2013 by Congressman John Larson (CT-1). **Summary:** The bill amends the U.S. flag code, allowing Governors to declare the flag to be flown at half-staff in the event of a first responder line-of-duty death.

FIRE SPRINKLER INCENTIVE ACT was introduced on June 13, 2013 by Senator Thomas Carper (DE). Summary: The legislation amends the Internal Revenue Code of 1986 to include automated fire sprinkler systems as section 179 property and classify certain automated fire sprinkler systems as 15-year property for purposes of depreciation.

safe Building codes incentive act was introduced on May 8, 2013 by Congressman Mario Diaz-Balart (FL-25). S. 924 was introduced on May 9, 2013 by Senator Robert Menendez (NJ).

<u>Summary:</u> The bill would provide an additional funding for post-disaster grants under a program administered by the Federal Emergency Management Agency to



## AT ISSUE:

Congress Continues to Consider
Legislation Important to the
New Jersey Fire Service



states that adopt and enforce state-wide building codes. **FIRE POLICE FAIRNESS ACT** was introduced on May 6, 2013 by Congressman Joe Courtney (CT-2). S. 876 was introduced on May 7, 2013 by Senator Richard Blumenthal (CT).

<u>Summary:</u> The legislation would extend coverage under the Public Safety Officers' Benefits (PSOB) program to fire police officers.

CAMPUS FIRE SAFETY EDUCATION ACT was introduced on April 17, 2013 by Senator Frank Lautenberg (NJ). H.R. 1609 was introduced on April 17, 2013 by Congressman Bill Pascrell, Jr. (NJ-9).

**Summary:** The legislation establishes a grant program at the Department of Education to make awards to institutes of higher education for fire prevention and education programs.

THE HONORABLE STEPHANIE TUBBS JONES COLLEGE FIRE PREVENTION ACT was introduced on April 9, 2013 by Congresswoman Marcia Fudge (OH-11).

**Summary:** The legislation directs the Secretary of Education to make competitive demonstration grants to institutions of higher education, fraternities, and sororities for up to half the cost of installing fire sprinkler systems, or other fire suppression or prevention technologies, in student housing and dormitories owned or controlled by such entities.

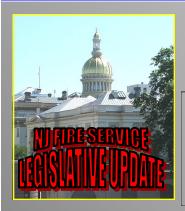
**VOLUNTEER EMERGENCY SERVICES RECRUITMENT AND RETENTION ACT** was introduced on March 6, 2013 by Congressman Peter King (NY-13). S. 506 was introduced

on March 7, 2013 by Senator Susan Collins (ME). **Summary:** The legislation modifies the federal tax code to make it easier for fire departments and local governments to provide recruitment and retention incentive to volunteer emergency response personnel through length of service award programs (LOSAPs).

VOLUNTEER RESPONDER INCENTIVE PROTECTION REAUTHORIZATION ACT was introduced on March 7, 2013 by Senator Charles Schumer (NY).
H.R. 3747 was introduced on December 12, 2013 by Congressman John Larson (CT-1).

**Summary:** The legislation exempts from federal income tax any property tax benefit and up to \$600 per year of any other type of benefit that a state or local unit of government provides to volunteer emergency responders as a recruitment or retention incentive

(From the Congressional Fire Services Institute)



### AT ISSUE

NEW JERSEY FIRE SERVICE LEGISLATIVE TRACKING 2014-2015

(1) Introduced (2) Moving (3) To the Governor



#### **ASSEMBLY**

#### A391 (1)

Impact statement affecting volunteer fire company (Bucco R-25)

#### A499 (2)

Fire District property tax
Exemption
(Referred to State& Local)
(Schlepisi)

#### A507 (1)

Charitable Fee Exemption for Fire Company (Peterson R-=23)

#### A511 (1)

Change District Election Date (Peterson R-23)

#### A942 (2)

"Assistance to Firefighter Families Act" (Referred to Labor) (Wiseniewski D-19)

#### A1039 (2)

Fire Department Drones (Referred to HS&SP) (Prieto)

#### A1128 (2)

Increase Arbitration Time (Referred to Labor) (O'Scanlon)

#### A 1224 (2)

Fire District consolidation (Referred to S&LG ) (McGukin)

#### A1250 (2)

Fire Official Tenure (Referred to HS&SP) (Prieto)

#### A1408 (2)

Fire Company Utility Credit (Referred to Telecom ) (Chivukula)

#### A1537 (2)

Exempt Certificate Duty Limit (Reported out of HS&SP) (Rible)

#### A1689 (2)

PERS to PFRS for certain Firefighters (Referred to S&LG) (Wiseniewski)

#### A1698 (3)

Residential Sprinkler Bill (To Senate Urban Affairs) (Wiseniewski)

#### A1976 (2)

Report On Campus Fires to University Board of Directors (Referred to H.E.) (Riley)

#### A1987 (1)

Sample Ballots for Fire District Elections (Riley)

#### A2147 (2)

FD Drone Restrictions (Referred to HS&SP) (Casagrande)

#### A2319 (2)

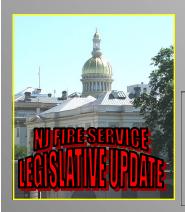
Fair share of tax appeal refunds from Fire Departments Referred to S&LG ) (Bucco)

#### A2689 (2)

State Police surplus vehicles to Fire Departments (Referred to S&LG) (De Angelo)

#### A2746 (2)

Upholstered Furniture Fire Safety
Regulations via DFS
(Referred to CA)
(McKeon)



### AT ISSUE:

NEW JERSEY FIRE SERVICE LEGISLATIVE TRACKING 2014-2015

(1) Introduced (2) Moving (3) To the Governor



#### A2779 (2)

Maximize Contribution to Fire Company Biennially by Towns (Reported out od HS&SP) (Andrejczak)

#### A2945 (2)

Permanent FD Arbitration Cap (Referred to Labor ) (Rodriguez)

#### A2947 (2)

November Fire District Elections (Referred to Judiciary ) (Dancer)

#### A2996 (2)

(Received in the Senate) Require Fire Hydrant Snow Removal (Lagana)

#### A3048 (2)

Municipal Fire Safety Purposes (Referred to S&LG) (Brown)

#### A3067 (2)

Fire Salary Arbitration Cap
-Substituted by S1869-

#### A3299 (1)

Database of all Hotels-Motels (MuGuiken)

#### A3307(1)

12K Sq. School Fire Suppression (McGuiken)

#### A3424

Fire Salary Arbitration Cap P.L. 2014, Chapter 11

#### ACR99 (1)

\$ 200 Property Tax Credit for Volunteers (Singleton)

#### <u>SENATE</u>

S106 ((2)
Certify Municipal Building
Meets Fire Code
(Referred to Senate)
(Bucco)

#### S116 (1)

Sales tax exemption for residential fire safety devices (Bucco)

#### S174(1)

No civil liability for responder forced entry

(Whelan D-2) <u>S458 (2)</u>

Fire-EMS Crisis Hotline (Law & Public Safety) (Madden)

#### S485 (2)

Report On Campus Fires to University Board of Directors (Referred Higher Ed.) (Cunningham)

#### S812 (2)

Change Fire District
Election Date
(Referred to SGW T&HP)
(Beach)

#### S830 (2)

Companion A942

#### S851 (2)

Solar Panel Building Emblem (Referred to L&PS) (Norcross)

#### S1023 (2)

Fire District Consolidation (Referred to SC&UA) (Bucco)

#### <u>S1036(1)</u>

Companion A2835



### AT ISSUE:

NEW JERSEY FIRE SERVICE LEGISLATIVE TRACKING 2014-2015

(1) Introduced (2) Moving <mark>(3) To the Governor</mark>



#### S1092 (2)

Companion A1537 (Passed by the Senate) (Rible)

#### S1102 (2)

Seat for Fire Service on Domestic Security Group (Referred to L&PS) (Bucco)

#### S1221 (2)

"Group Home Fire Safety Act" (Referred to HHS&SC) (Vitale)

#### S1288 (2)

Charitable Fee Exemption (Referred to L&PS) (Doherty)

#### **S1480 (2)**

Maximizes Municipal Contribution to Fire Safety (Reported out of SC&UA) (Van Drew)

#### S2094 (2)

Fire suppression in all primary and secondary schools (Referred to Education) (Hozaphel)

#### <u>S2117(1)</u> Emergency Fire Systems In

Certain Situations
(Greenstein)
S2130(1)
Move Fire District Elections to
November
(Referred to G,W.T & HT)
(Turner)

#### S2316(2)

Residential Sprinkler Bill (Referred to Urban Affairs) (Whelan)

Click for current status

#### **DIVISION ISSUES POLLING PLACE PROTOCOLS**

As many fire stations are utilized as polling places during elections, the Division of Fire Safety is providing the following recommendations to ensure security.

- If the area to be used for voting is not on the apparatus bay floor, ensure that access is restricted to the apparatus. If this is not possible consider stationing a uniformed firefighter in the area to prevent access.
- If the area to be used for voting is on the apparatus bay floor remove all preplans, keys to buildings, access pad numbers, portables radio's, etc. or otherwise ensure that these items are secured from the public. Turnout gear, uniforms, etc., should be moved to an area not accessible to the public.
- Remove all bulletins, security notices of a non-public nature, telephone rosters of membership, radio frequency listings, SOP/SOG's, etc. from public view.
- If apparatus must be left outside a uniformed

firefighter should be assigned to the station for the hours of polling operation. If this is not possible, the local police should be made aware that the apparatus is not secured and request extra patrol of the fire station. In addition, items such as preplans, keys to buildings, access pad numbers, portables radio's, etc., must be removed and

- secured.
- Consider coordinating with neighboring fire departments to share members who can roam from station to station in lieu of every department attempting to man their individual station(s).
- Inform the poll workers what areas are open to them and the public and what areas are not. Provide them with emergency numbers should there be a problem.

These are some general precautions. Certainly there are others that will be specific to your department's situation. Assess your stations and take whatever precautions you can to avert



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