Our Nearest Branch is in Your Pocket

MOBILE BANKING
Available Balance
$12,395.25
My Checking
$2,739.84
My Savings
$1,968.43
Money Market
$3,247.08
Platinum Card
$2,981.52
Processing
$730.00

Check Balances
Transfer Funds
Deposit Checks
Pay Your Bills
Make A Purchase
Sign Loan Docs

Download the app today!
www.firefighterscu.com/mobile

We’ve got what you want

Firefighters
Credit Union
www.firefighterscu.com
801-487-3219 / 877-658-7395
PAYING IT FORWARD ........................................ 7
ARE YOU UP FOR THE CHALLENGE? ................... 9
ICE DIVING RESCUE TRAINING ......................... 10
SLC CHIEFS & TRAINING ALLIANCE .................... 12
IT IS A TOUCH JOB........................................ 20
FIRE OFFICER LEADERSHIP REFRESHER ............. 24
SOARING WITH SPARROWS ................................ 26
SUICIDE IN THE FIRE SERVICE ......................... 40

DEPARTMENTS

2 - 6 THE COMMAND POST
3 VIEW FROM THE HILL
8, 28 CLIMBING THE LADDER
14 FIRE TACTICS
16 BATTALION CHIEF
17 APPARATUS SHOWCASE
19, 35 FIRE MARKS
22 DEPARTMENT IN FOCUS
34 BACK TO BASICS
42 ACADEMICS

To Subscribe:
To subscribe to the UFRA Straight Tip magazine, or make changes to your current subscription, call 1-888-548-7816 or visit www.uvu.edu/ufra/about/magazine.html. The UFRA Straight Tip is free of charge to all firefighter and emergency service personnel throughout the state of Utah.

UFRA Customer Service
Local (801) 863-7700
Toll free 1-888-548-7816
www.uvu.edu/ufra

UFRA Straight Tip
(ISSN 1932-2356)
is published quarterly by Utah Valley University and the Utah Fire & Rescue Academy and distributed throughout the state of Utah. Reproduction without written permission from the publisher is strictly prohibited.

Send inquiries or submissions to:
UFRA Straight Tip magazine
3131 Mike Jense Parkway
Provo, Utah 84601
Phone 1-888-548-7816
ufrastraighttip@uvu.edu

Disclaimer:
The opinions expressed in the UFRA Straight Tip are those of the authors and may not be construed as those of the staff or management of the UFRA Straight Tip, Utah Fire & Rescue Academy, or Utah Valley University.

On the Cover:
There's a fine line between an unsafe and an extremely effective ventilation operation. At Winter Fire School 2015, students were given the tools, education, hands-on training, and a better understanding of roofs and how they should perform under fire conditions.
The Utah Fire and Rescue Academy (UFRA) has been providing fire training to Utah firefighters for over 50 years and certification services for nearly as long. In that time, UFRA has been embedded with educational institutions ranging from Provo Technical College to our recent home with Utah Valley University (UVU). Although our present location has worked well for us, the time has come to look to the future and purchase land for our permanent home.

**Past**

After humble beginnings across the street from the Brigham Young University campus in the Utah Technical College at Provo building, UFRA moved to our present location in 1995; at the time, the building was a former aircraft parts manufacturing building. UFRA and Utah Valley State College (which later became UVU) entered into a long-term lease for the property with Provo City. The building was purchased using funds from the Fire Academy restricted account. Slowly over the next fifteen years, the hangar was remodeled with classrooms, offices, logistics facilities, and prop storage and repair facilities.

**Present**

UFRA resides on ten acres located adjacent to the Provo Airport. As stated, the property is leased with approximately fifteen years left on the lease. The airport master plan shows the current UFRA facility as future hangar space, so the likelihood that the lease will be renewed is very doubtful. As the airport continues to grow, the fear is that UFRA will be asked to move sooner than what is specified in the lease. As most of you know, the time needed to purchase property, acquire needed engineering studies, complete architectural work, and actually construct a facility takes many years.

**Future**

Trying to forecast the future “model” of state fire training is difficult at best. Over the next fifty years I’m confident that state training will progress in ways that can’t be predicted at this time. Even though our current model of “decentralized” training works well in 2015, it would be presumptive to think it will be the same in the future. Therefore, the rationale is to purchase more property than is currently being used in an effort not to inhibit future academy leaders as state fire training evolves.

**Vision and Opportunity**

Rather than wait until UFRA is in a time crunch to find a new location, we have begun looking at options. UVU recently purchased 250 acres on the old Geneva Steel property located west of Interstate-15 in Orem. Just north of the UVU property is a thirty-acre parcel that is zoned “Industrial,” which would allow us to continue with various activities that create noise and smoke. This location also keeps UFRA in close proximity to UVU. Residential encroachment is unlikely on this property, and considering its close proximity to the freeway, the location seems perfect. The UVU vice president of
finance and administration has negotiated with the developer, who has agreed to sell the property at the same price per acre that the UVU land was purchased for. Meetings have been held with university administration, the State Fire Marshal’s office, state legislators, and the Fire Prevention Board, and all agree with the property location and the need to acquire the land sooner rather than later.

**Timing**
Considering the property is available, the price is fair, and the location and zoning are perfect, the timing to acquire the property could not be better for the Utah fire service. We currently have funds that can be made available to ensure a future home for UFRA.

**Partnerships**
Along with maintaining the 50+ year robust partnership with the university, other fire-based organizations have shown interest in sharing the property; eventually some of the non-traditional programs within UVU’s College of Aviation and Public Services will also need to be relocated. The Geneva property and its proximity to the university is ideal for those non-traditional programs.

Utah state fire training has never been healthier. Class deliveries are rising, student approval ratings are high, and UFRA props are beyond compare. Although UFRA is always focused on our mission to train and certify Utah’s firefighters. It is incumbent upon current UFRA leadership to position future UFRA leaders with the ability to grow and evolve. Property acquisition is the first step in the process. I hope you will support—and when the time comes, promote—this project for the future of the Utah fire service. Stay safe.

Stay safe,

Hugh

---

**Hugh Connor** was hired by the Orem Fire Department in 1979 where he worked for 27 years. He served as a firefighter/paramedic, engineer, lieutenant, captain, and battalion chief. Hugh has worked at the Utah Fire and Rescue Academy since 2005.
The Nissan Pathfinder Times Square bombing on May 1, 2010, and the Boston Marathon bombing of April 15, 2013, have raised the bar in the need for constant vigilance. Both of these events utilized common “fireworks.” Many local fire departments have been the main participants in “shooting” a public display for their communities at 4th of July, 24th of July, New Year’s Eve, and other local celebrations. It was brought to the attention of the Utah State Fire Marshal’s Office by the Bureau of Alcohol, Tobacco and Firearms (ATF) that we have often become complacent with our receipt and storage of display fireworks prior to the community shoot. To that end, we have been working with our ATF partners and want to ensure that you have appropriate information to assist you in receiving and storing firework materials in a safe and compliant manner.

As most of you know, a local fire department has some exemptions from licensing to “shoot a display” when doing so is for the community under which the fire department is organized. Lately, it has been observed that some fireworks have been dropped off at the front of the fire station and, when convenient, the fire personnel re-stack the materials inside the fire station building itself until the afternoon of the planned display. This obviously does not follow any of the regulations surrounding handling and the storage of such materials.

Our office has been in contact with a number of the local vendors who can and do provide Conex containers that meet ATF standards, and it is our intent to provide information relating to storage options and distances that will comply with ATF standards. When ordering fireworks for public display shoots, please do the following:

- Verify with your supplier that your entire order is “Low Explosive” and is classed as “Display Fireworks” before using the Conex Type 4 Magazines container (sample shown here). Only low explosive classed materials can be stored in a Conex Type 4 Magazine, according to table § 555.224 “Table of distances for the storage of display fireworks (except bulk salutes).”

- Ensure you are storing your fireworks at the proper distances, which are found on page 58 of the ATF Orange Book. Please see table § 555.224 “Table of distances for the storage of display fireworks (except bulk salutes)” of the ATF Orange Book (the Federal Explosives Law and Regulations booklet) from the link provided below. Please consider saving the ATF Orange Book pdf file for further reference.

- Increase storage distances and storage type if your fireworks fall into the high explosive category. Some of the “bulk salutes” fall into the high explosive category, which means you will need to INCREASE the storage distance and which may then require a Type 2 Magazine or better. The storage distance for the high explosives, generally large “Bulk Salutes,” is found on page 55 of the ATF Orange Book in chart § 555.218 “Table of distances for storage of explosive materials.”

Based on the Table § 555.224 (page 58 of the ATF Orange Book), MOST communities will need a minimum of 150 feet in all directions (unless you have bulk salutes). Distances are
measured between magazine storage and inhabited building(s), passenger railway, or public highway (road).

**ATF Orange Book download link for the references above:**

**ATF Requirements for Magazines download link:**

**ATF Letter Allowing Gravel Base Instead of Other Base Materials download link:**

**ATF Fireworks Reminders download link:**

**ATF Fireworks download link:**
https://www.atf.gov/content/explosives/explosives-industry/fireworks

**Definitions:**

**Bulk salutes.** Salute components prior to final assembly into aerial shells, and finished salute shells held separately prior to being packed with other types of display fireworks.

**Display fireworks.** Large fireworks designed primarily to produce visible or audible effects by combustion, deflagration, or detonation. This term includes, but is not limited to, salutes containing more than 2 grains (130 mg) of explosive materials, aerial shells containing more than 40 grams of pyrotechnic compositions, and other display pieces which exceed the limits of explosive materials for classification as "consumer fireworks." Display fireworks are classified as fireworks UN0333, UN0334, or UN0335 by the U.S. Department of Transportation at 49 CFR 172.101. This term also includes fused set pieces containing components which together exceed 50 mg of salute powder.

**Highway.** Any public street, public alley, or public road, including a privately financed, constructed, or maintained road that is regularly and openly traveled by the general public.

**Inhabited building.** Any building regularly occupied in whole or in part as a habitation for human beings, or any church, schoolhouse, railroad station, store, or other structure where people are accustomed to assemble, except any building occupied in connection with the manufacture, transportation, storage, or use of explosive materials.

**Salute.** An aerial shell, classified as a display firework, that contains a charge of flash powder and is designed to produce a flash of light and a loud report as the pyrotechnic effect.

**Type 4 Magazines: Building, igloo, tunnel dugout, box, or mobile facility:**

- **Fire / Weather / Theft Resistant Indoor need not be weather resistant if building provides weather protection.**
- **Construction**
  - Masonry, metal-covered wood, fabricated metal, or combination.
- **Lining**
  - Walls and floors must be constructed of, or covered with, non-sparking material or lattice work.

**Magazine explosives Classes Stored:**

- **Type 1** All Classes
- **Type 2** All Classes
- **Type 3** ("Day Box") Temporary attended storage of all classes
- **Type 4** Low explosives, blasting agents and non-mass detonating detonators
- **Type 5** Blasting agents

There are a number of suppliers of these Conex containers, and your firework suppliers know or have a relationship with several of those container suppliers. These containers can be leased, rented, and/or purchased from those suppliers. Please note that most containers are a minimum of 20 feet in length. If you are interested in a 10 foot version, you need to know that the supplier must cut down a 20' container and then weld an end or put on a double door configuration to the open end of the “new” downsized container. If you check the cost, you will find that the now 10’ trailer is only a few hundred dollars less than the full 20’ container. Please bear that in mind when considering a one-time purchase for your community.

If you would rather not store your fireworks, some of the firework suppliers have told us that they will try to deliver your order on the same day as the shoot and that may relieve the necessity of having the fireworks stored. You should work that out with your supplier, as some distances won’t easily facilitate that same day delivery.

Thanks for all you do and for keeping your community safe!

Please call our office at (801) 284-6350 if you have any questions.

Coy

Utah State Fire Marshal

---

Coy D. Porter retired from Provo Fire & Rescue after 30 years of service; he then worked for almost four years as the assistant director of training at UFRA. Porter enjoys his association with the firefighters of Utah in his position as State Fire Marshal.
Message from Utah State Fire Chiefs Association

Communication—Yes, Really, It’s about Bona Fide Communication

There is no question that failures often occur due to problems with communication. When things go wrong on a fire ground, it can pretty much be traced back to a lack of communication. And now to make communication even more complex, we have technology, which can both help and hurt communication.

Although it’s easy to send an email or text, when we use technology to communicate we lose the human interaction factor. Despite the discomfort of having difficult conversations face to face, it is best for everyone involved for these conversations to take place in person, whether at the fire house, on the fire ground, within an organization, or between organizations. Oftentimes news coming from a text or email can come across as impersonal, callous, or even offensive. A phone call can end abruptly without any closure when it should end with a commitment to personally meet. Again, the human factor in face-to-face communication can be necessary for hard conversations.

Within the fire service, some conversations are best conducted in person, such as a Post Incident Analysis. As you personally evaluate the conversations you have, consider pushing away from your computer, putting down your phone, and making personal contact. Let’s not be intimidated by uncomfortable conversations, and let’s really communicate.

There is no question that failures often occur due to problems with communication. When things go wrong on a fire ground, it can pretty much be traced back to a lack of communication. And now to make communication even more complex, we have technology, which can both help and hurt communication.

Although it’s easy to send an email or text, when we use technology to communicate we lose the human interaction factor. Despite the discomfort of having difficult conversations face to face, it is best for everyone involved for these conversations to take place in person, whether at the fire house, on the fire ground, within an organization, or between organizations. Oftentimes news coming from a text or email can come across as impersonal, callous, or even offensive. A phone call can end abruptly without any closure when it should end with a commitment to personally meet. Again, the human factor in face-to-face communication can be necessary for hard conversations.

Within the fire service, some conversations are best conducted in person, such as a Post Incident Analysis. As you personally evaluate the conversations you have, consider pushing away from your computer, putting down your phone, and making personal contact. Let’s not be intimidated by uncomfortable conversations, and let’s really communicate.

Gil Rodriguez has worked for Murray City Fire Department for 30 years. Rodriguez is originally from Los Angeles, California. He attended college at Southern Utah University, and upon graduation he moved back to Los Angeles, where he taught for three years. He moved to the Salt Lake area in 1981, where he taught for three years at South High School before getting hired by Murray City Fire Department in 1984.
Giving is in the blood of all firefighters: giving time, talents, strengths, and in some cases the ultimate sacrifice—our lives. Because of that selfless spirit, the bond between all firefighters transcends borders. This bond creates a desire for us to be equal in our ability to protect our communities. The Utah Fire and Rescue Academy (UFRA) has given firefighters throughout the state the opportunity to be trained in various aspects of firefighting at a minimal cost. But training is just the start. Equipping the many small stations with little tax base is the challenge. In some cases, budgets and tax bases hinder our ability to get the needed equipment. Many larger departments with good tax bases are fortunate enough to turn over their equipment on a regular basis. Many smaller departments are using equipment well outdated and out of NFPA standards. Levan Fire Department was in that situation.

In the early days of Levan Fire Department (LFD), we were the beneficiaries of the kindness of two larger departments. West Jordan Fire donated several sets of bunker gear and made it possible for us to buy reconditioned SCBAs at an extremely discounted rate. Springville Fire Department was also a big help in the purchase of a 1959 American-Lafrance Pumper from them. To say we did not have a budget was an understatement; it was almost non-existent. Our chief, B. Rowley, heard that Springville City had a pumper for sale. He made contact with them and a short time later made arrangements to purchase it for a minimal price. They told us it would be ready in a couple of weeks. Upon our arrival at their shed, we noticed that not only was the truck ready, but it was equipped with all the hose, tools, and SCBAs needed to run the truck! It was ready to work, and all at the original agreed-upon price.

After this and countless other stories about our department and other departments, we were given the opportunity to pay it forward. Because of a Community Impact Board (CIB) loan and grant, and the Juab Special Service Fire District, we purchased a 2014 Pierce Contender pumper for our station, freeing up a 1985 Smeal pumper. After asking permission from the fire board, we got the go ahead to donate our newly freed up truck. Within days we had five departments wanting it, and it was left up to LFD to make the final determination on where it would go. We asked all the departments that responded to send us a short email letting us know why they needed it. We wished we had five trucks to give out, but we only had one. It broke our hearts to have to say no to the other four, but we decided to send the truck to Hanksville, Utah. Unfortunately we were not in a spot to equip the truck like we wanted to—like Springville did for us—but just seeing it go to a good home where it will get used is an awesome feeling.

I didn't write this article with pride in my heart at giving away a fire truck; I wrote it to hopefully inspire those departments with surplus to think of their fellow firefighters that are struggling in small departments with extremely small budgets to meet the safety needs of the citizens they serve. Making it possible for others to do their job to the best of their ability is an awesome feeling. So I challenge everyone, big or small, to look through their inventory and see what can be recycled (e.g., bunker gear, SCBAs, hoses, tools); the list is endless. If you have a leased truck, maybe a department can purchase that leased truck from you. If it's broken down, it can be fixed. You never know what will happen; they may use that piece of equipment to help someone you know.

Levan Fire Department wants to thank all those departments that have helped us by donating equipment or selling used equipment to us at a fair price. Without such help, we wouldn't be where we are today.
Britt Clark has been hired as a paramedic supervisor for the District. Britt started his career with Utah County Search and Rescue in 2002. From there he went to Pleasant Grove Fire Department, starting as a volunteer, and eventually moved to part time then full time, rising to the rank of lieutenant. He also has worked with UFA and currently is a part-time medic with Roy Fire.

Dixie Mendenhall has been hired as a firefighter/paramedic with the District. She is a former volunteer for Utah County Search and Rescue and is currently a member of SLC Search and Rescue. She’s also worked for Sandy Fire Department, UFA, and Utah Valley Regional Medical Center and as a medical assistant in neurosurgery at the University of Utah Hospital.

Patrick Cook has been hired as a firefighter/paramedic with the District. He started his career in EMS in 1996 at Gold Cross Ambulance in Salt Lake City. He has worked for Davis County Sheriff’s Office as a deputy paramedic for nearly 10 years. He began his fire career with Layton City Fire in 1998. Patrick is excited to continue his career with Weber Fire District and serve the citizens of Weber County as a firefighter/paramedic.

Erick Larsen has been hired as a firefighter/paramedic with the District. Erick has been in EMS since 2006, starting with Wendover Fire Department in 2007. Erick has been a medic since 2014 and comes to us from Gold Cross Ambulance and Washington Terrace Fire. Erick also did a deployment in Afghanistan as a combat engineer with the US Army!

George Wetherel VI has been hired as a firefighter/paramedic with the District. George became a medic in 2011 and has worked with both Sandy Fire and Gold Cross Ambulance.

Rylan Jordan has been hired as a firefighter/paramedic with the District. Rylan has been a paramedic since 2013 and has worked with Gold Cross Ambulance, Pleasant Grove Fire, and Roy Fire.

Andrew Powell has been hired as a firefighter/paramedic with the District. Andrew began his EMS career in 2007, earning his paramedic in 2012. Andrew came to us from Roy City Fire Department.

Josh Zook has worked with the Weber Fire District since 2012 and recently was selected as a firefighter/paramedic with the District. Josh has been working in the fire service for nine years. He has been a volunteer, part-time, and career firefighter. He earned his paramedic certification from Weber State in 2011.

Rashelle Johnson has worked with the Weber Fire District since 2014 and recently was selected as a firefighter/paramedic with the District. Rashelle received her paramedic certification in 2011 and worked as a paid per call employee with Wendover Ambulance prior to coming to the District.

Kim Myers has been hired as a firefighter with the District. Kim has been working in the fire service for 1 1/2 years as a part-time firefighter. After two months of employment as a part-time firefighter for Weber Fire District, Kim was hired as a career firefighter. She received her advanced EMT certificate from the University of Utah in 2012 and graduated the fire academy from Davis Applied Technology College in 2013.

Christy Heyer has been hired as a full-time firefighter with the District. Christy has three years of experience between her time with the District and UFA. Christy also has a strong education background, earning her B.A. in physical education with a minor in health promotions—Christy will be a great asset to making us all healthier!

Congratulations to all of these firefighters!
The mission of the Wildland Fire Leadership Development Program (WFLDP) is “to promote cultural change in the workforce and to emphasize the vital importance of leadership concepts in the wildland fire service by providing educational and leadership development opportunities.” Since 2013, the WFLDP has challenged its followers to devote a portion of their leadership development efforts around a national theme. This year the challenge theme is “Followership is Leadership” because the WFLDP recognizes “followership” as the first level of leadership. Leaders cannot lead without good followers, and good followers provide a foundation upon which better leaders of people, leaders of leaders, and leaders of organizations is built.

What Is the Purpose of the Challenge?
(1) To foster a cohesive effort to promote leadership development across disciplines.
(2) To provide a template that can be used to encourage leadership development at the local unit level.
(3) To provide a mechanism to collect innovative leadership development efforts and share across disciplines.

Every year, challenge organizers provide a reference guide with a suite of leadership activities local units can use to promote the theme. Use of these activities is voluntary; challenge participants are encouraged to develop their own activities with the hope they will share ideas with others.

Who Can Take the Challenge?
What began as a challenge within the wildland fire service was broadened in 2015 to include students of leadership in any discipline willing to accept the challenge, regardless of their affiliation to a wildland fire entity. The WFLDP values cross-cultural knowledge sharing and recognizes the contribution this effort can have across disciplines and for the wider community.

IGNITE the Spark for Leadership Contest
Throughout the nation, wildland fire leaders are building and developing teams using tools they have found or created themselves. Using the spirit of healthy competition among wildland fire crews and personnel, the IGNITE the Spark for Leadership Contest is intended to be a mechanism used to collect innovative leadership ideas to be shared across disciplines. The IGNITE the Spark for Leadership Contest is an optional component of the Wildland Fire Leadership Challenge and limited to entities with a tie to the wildland fire service.

Although the contest is limited to members of the wildland fire service, campaign organizers welcome the contributions of all participants. Activities received will be considered when populating the palette of leadership development tools.

Dates of Challenge
Any time between January 1, 2015, and November 30, 2015.

Length of Challenge
Determined locally to meet the goals and the objectives of the local unit or team.

Contest Winners
In 2013 and 2014 the WFLDP selected Boulder County Sheriff’s Office Special Operations (2013 winners) and the Bureau of Land Management’s Ruby Mountain Interagency Hotshot Crew (IHC) from Elko, Nevada as the contest winners.

Are You Up for the Challenge?
For more information and to accept the challenge, download the 2015 Wildland Fire Leadership Challenge - Followership is Leadership Reference Guide (visit http://www.fireleadership.gov) or contact Pam McDonald at blm_fa_leadership_feedback@blm.gov or 208-387-5318. Together we can make a difference and IGNITE the Spark for Leadership!

Are You Up for the Challenge?
July - September 2015 | 9
Two recent training sessions at Bristlecone Pond in Brian Head, Utah, have prepared members of the Brian Head Public Safety Department (marshal’s office and fire department) to respond to emergencies involving victims falling through thin ice.

Chief Dan Benson, Sergeant Dan Guymon, Deputy Jared Burton, and Tyler Allred completed the first training session. These public safety divers underwent an intense three-day Ice Diving Operations course, which included the latest and most advanced techniques in responding in a lifesaving mode to a cold water, near-drowning incident. The divers were trained in the use of technical SCUBA equipment, including full-face masks with underwater communications and drysuits.

During the class the inclement weather provided for some extremely harsh diving conditions. Snow and high winds provided unique challenges for the divers. In preparing the dive site, the divers used chainsaws to cut holes in the 18”-thick ice.

Three volunteers provided top-side support and were invaluable for the diving operation.

The instructor for this class was Jeff Morgan, who is a corporate instructor for Dive Rescue International and a member of the Brian Head Dive Rescue Team.

In the second training session, the team that had been trained in the first training session trained twelve other members of the Brian Head Volunteer Fire Department. The individuals involved endured cold, windy weather during the field exercise to successfully complete the rigorous surface ice rescue training course at Bristlecone Pond.

The training involved four hours of classroom instruction and six hours of on-site training. The firefighters and marshals were trained in the use of specialized ice rescue equipment. In preparation for an ice rescue emergency, the department also acquired new ice rescue suits, rescue boards, and ropes.
This equipment and training provided the firefighters and law enforcement officers the knowledge and practical skills to safely perform a rescue when someone falls through the ice.

Of this preparation, Chief Benson said, “The new equipment and training has increased our capabilities and I am extremely pleased to have our first responders trained to safely respond to this kind of emergency.”

Firefighter Joe Rosso sliding into the ice and using the rescue sled and sling to rescue “victim” Tyler Allred.

photography courtesy of Jeff Morgan

Moab Fire Department and Blanding Fire Department are co-hosting our first annual UFRA Southeast Regional Fire School.

Thursday  6p - 10p
Friday  6p - 10p
Saturday  8a - 6p

All classes will be held in and around Moab.

Classes include:
- Instructor I
  (12 hours Friday and Saturday)
- Command Training Center
  for Chief Officers
  (12 hours Friday and Saturday)
- Emergency Apparatus
  Driving Simulator
- Vehicle Extrication
- Live Fire Evolutions
  (emphasis on basement fires)
- Live Fire Evolutions
  (emphasis on ventilation practices.)

Block out these dates on your calendar. You will not want to miss out on this training opportunity!
On April 2–4, 2015, the Salt Lake Valley Chiefs Alliance, in cooperation with the Salt Lake Valley Training Alliance, held its annual leadership symposium.

The event began on April 2, with opening ceremonies by the newly formed Utah Firefighter Emerald Society. Following the opening ceremony, the keynote speaker, Chief Rick Lasky, addressed approximately 260 attendees on “Pride and Ownership.” Following his address, information was shared regarding fire service history and traditions. All in attendance enjoyed the information and had positive comments and feedback.

New this year was two days of hands-on training held on April 3–4, for approximately 230 firefighters from the state of Utah, with some firefighters from surrounding states and even as far away as Iowa. Instruction and training was presented in the areas of ICS, elevator rescue, thermal imagers, advanced search techniques, active shooter, vehicle extrication, truck company operations, flashover, and L280 leadership training.

Events such as this are only successful after months of planning and hard work. Battalion Chief Greg Reynolds acknowledged the hard work and dedication of the Salt Lake Valley Training Alliance in conjunction with support from the fire chiefs in the region. Chief Reynolds stated, “Feedback from both the students and instructors indicated this was an exceptional event.” Participants stated they are looking forward to a similar event next year.

Battalion Chief Jeff Ellis, on behalf of the Salt Lake Valley Training Alliance, expressed appreciation to the Utah Fire and Rescue Academy (UFRA) for being a sponsor and partner of this event. UFRA was able to provide information and advertise for the event to departments throughout the state and also provided the flashover prop and instructors.

Thanks to Battalion Chief Jeff Ellis and Battalion Chief Greg Reynolds for providing the previously listed statistics of class registration and other information pertaining to this successful leadership and training event.

Again, congratulations for the success of this event. The leadership and hands-on training will surely benefit all who attended and, ultimately, the citizens served by the dedicated firefighters in their communities.
Utah Fire and Rescue Academy
Chuck Querry
3131 Mike Jense Pkwy
Provo, UT 84601

Dear Chuck,

On behalf of the Salt Lake Valley Fire Training Alliance, thank you for being a partner and generous sponsor of the Utah Fire Training Symposium on April 2-4, 2015. With your support, the Valley Training Alliance, in partnership with our Fire Chiefs, was able to present a first class training opportunity to firefighters from Utah and other states.

Although we have held previous Leadership Symposia for area fire department leaders, this year we were able to expand our boundaries and offer nine hands-on-training (HOT) classes around the valley. Our attendance exceeded our expectations with more than 500 firefighters, fire officers, and fire chiefs participating.

From the opening services at the keynote address by Fire Chief Lasky to the HOT classes, we received very positive comments and feedback. The event more than exceeded our planning expectations and from the feedback we received, we are confident of a larger attendance next year. All of this would not have been possible without the support of our partners and sponsors. Once again, thank you for your support and hopefully we can count on you again next year.

Sincerely,

Battalion Chief Jeff Ellis
Treasurer, Valley Training Alliance

On behalf of the Salt Lake Valley Fire Training Alliance:

Captain Lee Monsen
Battalion Chief Greg Reynolds
Battalion Chief Brady George
Battalion Chief Tim Norris
Captain Matt Rhoades
Captain Jared Price
Captain Ben Kluger
Battalion Chief Bob Evans
Captain Ryan Ray
Fire Chief Gil Rodriguez
Center hallway buildings typically have multiple occupants (or occupancies) posing a significant life safety problem. These types of buildings are characterized by a hallway in the middle of the building with units on either side. The units are accessed by the hallway and typically have a window opposite the entry door. Before the tactics are discussed, let’s review just a few of the critical fireground factors associated with such buildings.

**OCCUPANCY**
Most center hallway buildings are residential. They are primarily apartments, condominiums, or hotels. Office complexes, schools, and hospitals are included in these as well, but for the sake of this article, we will focus on residential buildings.

**LIFE HAZARD**
As we are looking primarily at these residential type buildings, we have to look at the potential occupant load within the structure based on type of occupancy, the time of day, and the day of the week. For example, you might ask yourself, is this a “senior living” complex? What are the expected physical limitations of the occupants to self evacuate?

**BUILDING LAYOUT**
Often these are older apartment complexes with main doors to the front and (usually) rear. Most often they will be multi-story, with a stairwell within close proximity. There are a variety of layouts; the most common layouts are “L,” “U,” or “H.” What built-in fire protection is there? Does the building have sprinklers? Are there standpipes? If so, what class? Where are they located? (This information will be known by doing a preplan!) What type of egress is there? Are there designated areas of refuge on the floors?

**TACTICS AND INITIAL OPERATIONS**
On arrival, reading the smoke and fire conditions on a center hallway building before committing apparatus is imperative. A quick 360 will give you the best view of life safety issues and fire extension. Some obvious things such as a window rescue won’t be missed. Anything showing, smoke or fire, means a labor-intensive operation. **Call for help early on!** Be prepared for the egress of occupants through stairwells. Adequate water supplies secured and engines “pumping the system,” if applicable, will help ensure safety in initial operations. Positive pressure will be an asset once ventilation pathways are secured. Be thinking of multiple blower operations at the front door and fire floor stairwell. Depending on the size of the stairwell being pressurized, make sure you have adequate CFM (cubic feet per minute) to keep it clear. Standpipes will allow you to utilize your high rise pack instead of a very lengthy 2 ½-inch horizontal standpipe/alley lay up several flights of stairs. Again, preplanning is crucial.
so you are able to utilize the proper standpipe to reach the fire unit. Most standpipes will be in the stairwells; however, in lengthy hallways they will be in a cabinet.

Another somewhat unconventional tactic in the absence of standpipes is to extend a hoseline through an exterior window in a unit adjacent to the fire. The hoseline is then stretched through the entered unit and into the center hallway to begin an attack on the involved unit. On a multi-floor operation, this might be best served through an aerial, particularly with a platform with the capability to flow handlines.

A few other considerations include:
- Remember wedges to block doors open to prevent restricting hoselines. This includes stairwell doors as well as the fire unit door. In apartments and hotels the doors are typically self closing.
- Remember proper tools to force entry.
- Remember to always have sufficient hoselines to the fire floor. Have a minimum of two: one for fire attack and one to protect the rest of the floor from extension.

As with all fire operations, we must operate within our risk management profile:

We will risk our lives a lot within a structured plan to save lives.

We will risk our lives a little within a structured plan to save property.

We won’t risk our lives at all to attempt to save a life or property that is already lost.

“Everyone Goes Home”

Kevin Ward is a 37-year fire service veteran, having been the fire chief for Layton City since 2004. Prior to this appointment, Chief Ward progressed through the ranks from firefighter/paramedic to battalion chief with the Chandler Fire Department in Arizona. He holds several NWCG qualifications, such as ICT3 and Structure Protection Specialist, and is an instructor for the Utah Fire & Rescue Academy. Chief Ward has been an instructor for UFRAs Command Training Center since its inception.
Battalion Chief: If Not You, Who?

It's easy to find examples of unsafe firefighter actions being viewed and unchallenged by chief officers. When left unchecked, these errors sometimes result in catastrophic outcomes injuring or killing firefighters. White helmets (aka chief officers) must be committed to fire and drill ground safety. In addition to strong commitment, they must possess the intestinal fortitude to quickly put an end to errant, unsafe behavior.

If chief officers functioning as incident commanders don't stop unsafe behaviors, who will? It falls on you as a chief officer to speak up when you see instances of imminent danger to life or health, whether on the fire ground, in the fire station, or on the drill ground. Even in today's modern fire service, instances of chief officer complacency happen far too often. What causes this resistance against speaking up when things are clearly dangerous? It may be a combination of factors, but one thing is certain: nobody holds more responsibility for firefighter safety than chief officers.

A quick internet search yields instances of white helmets observing as firefighters perform unsafe actions: working atop a severely fire weakened roof, operating close to a wall prone to collapse, working without proper safety gear, and on and on. Recognizing the level of appropriate risk and measuring your tolerance of such risk as a chief officer is priority one.

If you as a chief officer enter a fire station and witness firefighters practicing some potentially injury prone activity, how will you react? Your quick answer is clear if you know your overarching objective is to keep firefighters from being injured. If you are on scene at a structure fire and witness a crew climbing onto the roof that has had fire burning underneath it for the better part of an hour, what do you do? Some of these scenarios seem unreal or unlikely. Unfortunately, the inverse is true; you are more likely to see unsafe firefighter activities during your time as a battalion chief.

The adage "train as you fight" applies here as well. The best place to instill safe habits in your firefighters is on the drill ground, at the coffee table, and in class. Learn from the mistakes of others. Use video, firefighterclosecalls.com, NIOSH reports, and anything else you can to accelerate the learning of your crews. Insist your captains do the same. In this world of lightning fast information, our learning resources are enormous and must be taken advantage of.

As a battalion chief, you are where the rubber meets the road. Operations chiefs should be every bit as physically capable as the firefighters under their command. Yes, setting a good example as a chief officer remains the single most effective teaching tool. Lead your crews in both tactical and fitness training. Use the more experienced and capable officers to teach and lead the others in your ranks. Last, but certainly not least, empower the newest among you to teach and practice aspects of safely performing the work of a firefighter. Empowering all who work for you to join in the safety effort will make your job as a battalion chief easier and your firefighters safer.

Paul Hewitt began his career as an Orem City reserve firefighter in 1987. After 20 years with the Salt Lake City Fire Department he served as a fire chief in Arizona before his 2011 appointment to fire chief of the Park City Fire District.
Santaquin Fire Department recently took delivery of a new Pierce Sabre. Engine-145 was custom built for Santaquin at the Pierce plant in Bradenton, Florida, to meet the needs of a rapidly growing community. Santaquin is a bench community of 10,000 residents in southern Utah County, with numerous developments in the wildland-urban interface. This unit responds seating a crew of six as the front-line structure apparatus and carries a full complement of extrication equipment. Engine-145 is well suited for wildland structure protection, sporting a 1,000-gallon water tank.

Engine-145’s arrival allows Santaquin to retire a 1985 Dodge mini-pumper from structure fire assignments, having served the community well for 30 years. Since Santaquin firefighters drove this new engine into the bay and placed it in service on March 17th, this apparatus has already seen action on two working structure fires.
On March 18th the Certification Council approved the updated standards for Apparatus Driver/Operator Pumper, Apparatus Driver/Operator Aerial, and Technical Rescue. These levels meet all requirements of the National Fire Protection Association (NFPA) standards. The updated standards are available online at http://www.uvu.edu/ufra/certification/standards.html. If you have any questions regarding these standards, you may contact the certification office by calling 801-863-7752 or toll free 1-888-548-7816.

**Apparatus Driver/Operator**

The references for the Apparatus Driver/Operator levels are as follows:


Minimal changes were made to the skills; however the role of a “spotter” has been more clearly defined and a few of the time limits were changed to allow candidates the ability to better complete the skills. Quite possibly the most exciting change is the allowance of calculators on the written exam! The Certification Office will provide calculators for all Pumper and Aerial exams. Candidates must use the provided calculators; no cell phones or personal calculators will be allowed.

**Technical Rescue**

The references for the Technical Rescue levels are as follows:

- **Confined Space** – CMC, *Confined Space Entry and Rescue*, Revised 2nd Edition
- **Machinery** – IFSTA, *Principles of Vehicle Extrication*, 3rd Edition

You may notice the name of the standard changed from Rescue Technician to Technical Rescue. The change to our standard reflects the name change made by NFPA on the 2003 edition of 1006. All certifications issued will also now read “Technical Rescue.” The NFPA also made some changes within the standard by separating “Chapter 10 – Vehicle & Machinery” into “Chapter 10 – Vehicle” and “Chapter 19 – Machinery.” We will now offer a Vehicle Level I and a Machinery Level I.

**Thank You**

The Certification Council would like to recognize and extend a voice of appreciation to the following fire service professionals for their work on the certification standards. These individuals devoted many hours to reviewing the NFPA standard and certification test bank and developing the skills for this standard. Thanks to all committee members for a job well done!

**ADO-Pumper**

Battalion Chief Jason Earl
Orem Fire Department
UFSCC Representative

Captain Chris Valdez
Salt Lake City Fire Department

Engineer Adam Archuleta
Salt Lake City Fire Department

Paramedic/Engineer Richard Clayton
Unified Fire Authority

Captain Kevin Waller
Ogden Fire Department

Engineer Chad Frisby
Provo Fire Department

**ADO-Aerial**

Battalion Chief Jason Earl
Orem Fire Department
UFSCC Representative

Captain Chris Valdez
Salt Lake City Fire Department

Engineer Adam Archuleta
Salt Lake City Fire Department

Paramedic/Engineer Richard Clayton
Unified Fire Authority

Battalion Chief Russ Young
Orem Fire Department

Engineer Chad Frisby
Provo Fire Department

**Chapter 5 & Ropes**

Firefighter Ray Stokes
ATK Fire Department
UFSCC Representative

Battalion Chief Shane Conrad
South Salt Lake Fire Department

Captain Cory Oaks
Provo Fire Department

Captain Coty Chadburn
St. George Fire Department

Captain Lee Monsen
West Valley Fire Department

Captain Brian Allred
South Jordan Fire Department
DEATHS:

Riley Petersen  
1987–2015  
Preston Riley Petersen passed away on February 28, 2015. Riley was a dedicated firefighter with the West Valley City Fire Department. He will be remembered for his unconditional love, contagious smile, witty sense of humor, and complete selflessness.

J. Rex Olsen  
1937–2015  
J. Rex Olsen passed away on March 10, 2015. J was a firefighter in Provo for 20 years. He loved driving dump trucks, and in his retirement years, enjoyed farming and repairing tractors. He loved his dogs and road trips to Southern Utah and the deserts.

James Francis Considine  
1951–2015  
James F. Considine passed away peacefully at home in May of 2015. James became the labor relations director for the Salt Lake City Corporation and eventually took the labor relations position for the Salt Lake City Fire Department. His involvement in the Salt Lake City Fire Department gave him lots of great memories and created several friendships that he cherished.

John Claude Broughton  
1931–2015  
John Claude Broughton passed away on April 28, 2015, at the age of 83. John left behind a legacy of love and fun. He had a successful career at the Salt Lake City Fire Department.

David Thomas Scarlet Sr.  
1940–2015  
David Thomas Scarlet Sr., 74, passed away peacefully on May 4, 2015, at home surrounded by his loved ones. Those who knew him will always remember him as honest, hardworking, generous, kind, and quick with a joke. He always loved spending time with his family and friends, especially his grandkids. David served with the Salt Lake City Fire Department from September 1965 to September 1970. He is the brother-in-law of retired Salt Lake City firefighter Mike Andrew, retired Salt Lake City firefighter Jim Andrew, and former Salt Lake City firefighter John Andrew, and is the son-in-law of retired Salt Lake City firefighter, the late Jack Andrew.

William “Bill” Partridge  
1942–2015  
William “Bill” Partridge, 72, passed away May 3, 2015. He served honorably in the United States Navy from November 1959 to August 1965. While in the Seabees he began working at the Tooele Army Depot in munitions. Here is where he gained his love for firefighting and eventually became a firefighter at the Depot until 1993 when retired as a crew chief. He did not stay retired for long. Bill always needed to stay busy. He went on to work at the Utah Fire and Rescue Academy in Provo, Utah, where he touched many lives with his love of people and his knowledge of firefighting. He enjoyed his work and all of the many people he worked with. Per his request there will not be any services. In exchange, we ask that you do a kind act of service for someone.

July - September 2015 | 19
In the summer of 2010, an online survey was made available to most Utah firefighters. The purpose of the survey was to assess how firefighters had been affected by and coped with the challenging aspects of their work in the field of emergency services. There were 440 firefighters who took the survey. Why did we collect information on the hardship of firefighting and how it impacted our Utah professionals? Simple, it is a tough job! Firefighters all over the world find themselves in physically demanding and emotionally taxing circumstances on almost every shift. Sure, it’s not always as intense as the recovery experiences firefighters went through after 9-11. But sometimes it feels that way. An article that got to the very core of how this job impacts the lives of firefighters identified the three common phases of burnout often experienced by firefighters (Collopy, Kivlehan, and Snyder, 2012). These phases include: “emotional exhaustion, depersonalization, and losing one’s sense of personal accomplishment” (p. 47).

The same article identified the symptoms of post traumatic stress disorder (PTSD), which comes from extensive burnout and/or an exceptionally traumatic event. These include numbing out everyone and everything, reliving the emotional aspects of the event, acting overly aggressive or subdued, no longer enjoying activities that were once enjoyable, and even losing a lot of sleep. Firefighters, EMTs, soldiers, police officers, emergency room personnel and dispatch, and even FEMA workers can fall prey to burnout and PTSD. Left untreated, these symptoms harm relationships and careers and are related to self-destructive behaviors. This survey measured some of these stressors and, perhaps more importantly, the coping techniques that were used by firefighters to reduce the impact of the stressors in their lives. Table 1 shows some of the key stressors that Utah Firefighters reported in the survey.

With some of these somewhat negative findings, why do so many firefighters stay on the job? Studies have shown that firefighters and others in emergency services fields are passionate about helping people and are determined to make a difference for those they serve. It is interesting and troubling that some firefighters who feel this way may end up quitting in spite of their devotion. What can be done to prevent this? Much of the answer to that question can be classified as simple coping strategies: drinking more alcohol, neglecting self-care, withdrawing from friends and families, and feeling victimized. These coping strategies do not help put the firefighter back in control of their own life like other coping strategies do (see for example Harris, Baloglu & Stacks 2002; Haslam & Mallon 2003; and Lourel, Abdellaoui, Chevaleyre, Paltrier & Gana 2008).

What are some of the more helpful coping mechanisms? Essex and Benz (2008) studied volunteer emergency medical service (EMS) personnel and found some very insightful patterns of helpful coping strategies that their volunteers actually used. For example, they found that the following activities were positive coping mechanisms used by more than eight out of ten respondents:

- Talking about the EMS experiences with their colleagues.
- Thinking specifically about the positive aspects of the work.
- Thinking about family and focusing on outside (non-EMS-related) interests.
- Looking forward to being off duty.
How did the firefighters in our study cope? Many sought support by talking about difficult calls to coworkers (74%) or family (60%). Talk is cheap, but when firefighters do talk about their burdens with others it brings the destructive nature of post-traumatic emotions into the light of day where they can do less damage over time. Being able to compartmentalize work and time off is also important. There were 85 percent of our firefighters who reported that they enjoyed their time off from work and another 69 percent who enjoyed work-related training experiences. One’s point of view makes a big difference. There were 82 percent who reported that they felt the victims that they tried to help were better off because of their efforts. Again, feelings of not making any difference and of being rendered insignificant are a potential sign of burnout or PTSD, which can be reduced by purposefully deciding to have a positive outlook.

Table 1 showed that 34 percent had reached a point of wanting to quit, but everyone who took this survey were still functioning as firefighters. Many were coping well in spite of the harsh realities of the job, and it showed. There were 88 percent who reported being satisfied with their life; 66 percent satisfied with their health; and 70 percent who felt emotionally balanced overall.

Even worse than the desire to quit, depression can lead to the urge to end it all. Firefighter suicide is the worst outcome possible and is a growing problem. Firefighters, their families, and supervisors need to know that there are resources available and they are just a phone call away. The Fire Fighter Support Line (801) 587-1800 is staffed 24/7 by University of Utah Crisis Center. Staff members have been specifically trained to help firefighters.

This summer (2015) the Utah Fire and Rescue Academy (UFRA) is conducting another survey focusing on the training needs of Utah’s firefighters. The more firefighters that take the survey, the better the results will be in helping UFRA fine tune your training and hopefully improving the quality of life involved in your firefighting experiences. This is an online survey with questions specifically aimed at career firefighters, volunteer/part-time firefighters, and retired/resigned firefighters. The link, accessible on the UFRA website, will be distributed via e-mail and through personal contacts by UFRA staff and Professional Firefighters of Utah officials. We hope that you click on the link to the survey and contribute with your own views and ideas.

References


IMPORTANT UFRA SURVEY, WE NEED YOUR OPINIONS

The Utah Fire and Rescue Academy (UFRA), in conjunction with Professional Firefighters of Utah (PFFU), is conducting a survey this spring concerning firefighter career goals, training and education needs, demographics, and the overall experience of being a firefighter. The information gathered will help UFRA and PFFU improve the courses and services that we offer. UFRA and PFFU belong to you, and serving you is our most important job. Previous UFRA surveys have been primarily aimed at chiefs and training officers. While we certainly value their opinions, we need to hear from all of the Utah fire service stakeholders.

The survey is online at: http://tinyurl.com/UFRA-Survey-2015.

The survey is completely anonymous and has been approved by the Utah Valley University (UVU) Institutional Research Board and the Utah State Health Department. More information will be available when you log into the survey.

Please pass this information on to your colleagues so we can get the greatest number of participants’ opinions.

To encourage participation, UFRA will provide chances for free tuition for the 2016 Winter Fire School in St. George, UT. Once you have finished the survey, e-mail steve.lutz@uvu.edu with your name, address, and phone number. Four entries will be drawn from the pool of respondents.

This scientific study is being supervised by Dr. Ron J. Hammond, UVU professor of sociology. If you have any questions, you may call or e-mail him at 801-863-8344 or Ronh@uvu.edu.

Thank you for your assistance in making the Utah fire service even better!
Unified Fire Authority (UFA) provides fire protection, emergency medical services, and other emergency responses for Alta, Cottonwood Heights, Draper, Eagle Mountain, Herriman, Holladay, Midvale, Riverton, Taylorsville, and the unincorporated areas of Salt Lake County. Unified Fire Authority was formerly Salt Lake County Fire Department until forming the UFA in 2004. UFA is the largest fire department in the state of Utah with an operating budget around $65 million in 2014. UFA Headquarters are located at 3380 South 900 West in Salt Lake County.

On November 21, 1921, Salt Lake County Fire Department was formed under the direction of Chief Albert Marriott. Throughout the department’s history, members have worked to enhance fire service and improve service delivery to the residents of the Salt Lake Valley. The department was instrumental in helping develop and design the first water carrying engines to be used in the Midwest while also starting an ambulance service.

During the 1970’s the department certified all employees as EMT’s. A few years later, the department participated in some of the first paramedic training offered to Utah firefighters, helping pioneer the paramedic program for the state of Utah. UFA has since created its own paramedic school, which is one of only a few fire department-based medic schools in the country. Over the next several years, the department started to create specialized response teams such as HazMat, Heavy Rescue, and Wildland teams.

Discussions for the formation of a unified fire department within the Salt Lake Valley began in 1998. For many years, Salt Lake County Fire provided emergency services to several contract cities in addition to the unincorporated Salt Lake County. While each city appreciated the service delivery of the County Fire Department and wanted to move forward with the relationship, they also recognized some problems with that relationship. There was no direct avenue for the elected officials of their respective cities to vote on current issues or budget proposals. Also, changes in the service package for one city might affect another city detrimentally. These points, along with administrative concerns for the ability to develop and carry out long-term planning added to the need to move the department in a different direction.

In September 2003, each of the respective mayors came together, with the voting approval of their councils, and signed a 50-year agreement, creating the Unified Fire Authority. In 2004, the fire department ceased operation as a county government entity and became the Unified Fire Authority, a quasi-governmental organization.

At the same time, Salt Lake County leaders worked within the Utah State Legislature to make changes to laws regarding the creation of a fire district, and eventually Unified Fire Service Area (UFSA) was created and quickly joined the UFA.

Today, Unified Fire Authority serves over 525,000 residents in the Greater Salt Lake Area. UFA operates under the direction
of the UFA Board of Directors. These board members are directly appointed by the agency they represent, giving the agency local control. The UFA Board has appointed Fire Chief Michael H. Jensen and Deputy Chief Gaylord A. Scott. Chief Jensen serves as the chief executive officer and is the highest-ranking officer at Unified Fire. Deputy Chief Scott is second in command and oversees all the day-to-day operations of Unified Fire Authority.

UFA responds to over 36,000 calls per year responding from 29 fire stations throughout the valley as well as four other facilities including the Salt Lake County Emergency Operations Center. UFA is also a co-sponsor of Utah Task Force 1, one of 28 FEMA Urban Search and Rescue Teams. Other services provided include a bomb squad, a wildland fire division, water rescue, heavy rescue, and hazardous materials response. All of these services are accomplished with over 650 dedicated professionals with a variety of skills and experience.

Demographics:

Employee Totals:
Total number of employees = 650
Full-time firefighters = 451
Part-time firefighters = 96
Seasonal wildland firefighters = 24 hand crew,
     18 Camp Williams crew (42 total)
Event EMT’s = 16

Rank Breakdowns:
Chief = 1
Deputy Chief = 1
Assistant Chief = 7
Battalion Chief = 20
Captains = 109
Paramedics = 177
Engineers = 54
Specialties (HazMat, Heavy Rescue, Wildland) = 15
Firefighters = 54

Apparatus Breakdown:
1 - 2007 Crimson Pumper
2 - 1974 Crown Pumper
1 - 1974 Crown Aerial Ladder
1 - 1977 E1 Pumper
3 - 2002 International Wildland Crew Carrier
2 - 2006 International Type 3 Engine
1 - 2008 International Wildland Crew Carrier
1 - 2003 International 6-W HazMat 4X2
1 - 2004 International HazMat LAB 7600
1 - 2003 Pierce Telesquirt
1 - 2010 Pierce Pumper
2 - 1995 Pierce Pumper
2 - 2000 Pierce Telesquirt
1 - 2003 Pierce Telesquirt
2 - 1999 Pierce Quint
1 - 1994 Pierce Aerial Ladder
1 - 1993 Pierce Air & Light
1 - 2006 Pierce HazMat
1 - 1991 Pierce HazMat
2 - 2014 Seagrave Type 3 Engine
16 - 2006 Seagrave Pumper
3 - 2008 Seagrave Pumper
2 - 2009 Seagrave Pumper
2 - 2014 Seagrave Pumper
1 - 1986 Spartan Pumper
3 - 2006 Seagrave Quint
1 - 2007 Seagrave Quint
2 - 2008 Seagrave Quint
1 - 2006 Seagrave Heavy Rescue
1 - 2009 Seagrave Heavy Rescue
30 Ambulances

Picture taken 1949 in front of Station 1 located at 4735 South State Street from the Robert “Butch” Swenson Collection

Picture taken January 23, 2008 at DV8 Club fire by Fitzgerald Petersen
One of the most important traits a fire officer can demonstrate is strong command presence. Command presence will not only increase your level of credibility and respect but it will demonstrate your confidence and ability to properly manage an incident.

Below are some suggestions to improve your command presence and, in turn, ensure you are serving your personnel to the best of your ability:

1. **Remain calm, cool, and collected.** You didn’t cause the emergency; you’re here to manage it and make it go away or at least not get worse. If you are yelling or getting stressed, what do you think that is doing to those you are supervising?

2. **Think before talking.** Once something inappropriate comes out of your mouth, you can’t take it back; the damage is done. Practice as much as you can in advance—when you’re alone or at work with others who don’t mind listening to you and assisting you. Even to this day, while I’m no longer commanding incidents since I drive a desk, I will practice sizing up situations, providing initial radio reports, and assigning incoming units as I drive down the street or when I’m trying to go to sleep and counting sheep hasn’t worked.

3. **When talking, eliminate hesitation, pauses, uhms, uhs, or any other words that can reduce the effectiveness of your message.** When in doubt, stop keying the microphone and say “stand by” while you are thinking of what to say.

   Which statement exhibits more command presence:
   
   a. “Truck 1, uhm, would you please come into the scene, and um, mask up, and um, then have your crew, um, cut the utilities and then um, do vertical ventilation?”
   
   OR:
   
   b. “Truck 1, you are assigned as the ventilation group; your tactical objectives are to provide vertical ventilation and secure utilities.”

   If you chose b, you are correct.

4. **When talking, use action verbs.** Stay away from the pleasantries (please, would you, could you, thank you, etc.). I know those words create a kinder, gentler fire service, but there is a time and a place for pleasantries and it’s not on the radio. Instead of saying, “Engine 2, I would like you to come into the scene and please secure a water supply,” try something to the effect of “Engine 2, provide a water supply to Engine 1.” Cut to the chase and save the radio airtime for valuable information.

5. **Don’t use words such as “suggest,” “recommend,” “looking”—they don’t project much confidence.** Make a decision.

6. **Be short and sweet when talking on the radio.** The more you say, the more you may be wishing you didn’t. Limit obvious, filler words such as “be advised” or “at this time.” Instead of “Be advised; at this time, we have a two-story house with flames,” just say “We have a two-story house with flames….”
7. **Stay in one place; the more you move around, the more easily you are distracted.** The command post is not meant to be mobile unless absolutely necessary; it’s meant to be in a location others can easily find. Don’t believe me? Look at any after-action report from a firefighter fatality and you’ll probably see a recommendation for a fixed command post.

8. **When preparing to give a radio report, don’t look at the incident; it can only confuse you.** If things are changing in front of your eyes, you may get off track of what you were going to say; if that happens, you’re not going to demonstrate good command presence.

9. **Just because you arrived on scene, don’t feel obligated to immediately give a conditions report.** I’ve heard it too many times: “Engine 1 is on scene of…hey, Rick, don’t stop here; pull past the structure…” Take a minute to soak in what is occurring in front of you, allowing you to provide any arrival instructions for your personnel and, more importantly, to collect your thoughts.

10. **Don’t swear, scream, yell, be rude, be abrupt, or do anything else you’ll regret or be embarrassed about** if seen on YouTube or the six o’clock news or somewhere in the social media world.

11. **Don’t pick your nose or adjust things that shouldn’t be adjusted in public;** remember someone is out there watching with a camera of some type. In today’s society, everyone is an amateur photographer or videographer.

12. **Don’t ask the dispatcher “Do you have anything further?”** Do you think they’re keeping secrets? No. If they had the information, you would be the first to be told.

13. **Don’t ask the dispatcher “Can we get an estimated time of arrival (ETA) for the ambulance or the utility company?”** or whoever. Does it matter? Will it make a difference in your actions? Probably not. They will get there when they get there. This is an issue because it now requires additional work for your dispatcher to make an extra call, when they are probably already busy and understaffed, and the person probably doesn’t have a good answer anyway.

14. **Don’t ask the dispatcher if there have been multiple phone calls.** This one I never understood, especially today when everyone has a cell phone. I guess in the old days if there were multiple phone calls, it meant it was a significant incident. However, today I disagree. Think of it this way: if an elderly female falls on a sidewalk on a busy street, with all the cell phones out there, your dispatch center could receive multiple phone calls. For fire responses, some of our most significant fires in history only received one phone call. So, whether or not multiple phone calls poured into the dispatch center honestly doesn’t matter.

15. **When talking to a dispatcher, don’t hesitate.** Make decisions.

16. **Remember, all fires eventually go out, all people eventually bleed out, and all haz mats eventually release and dissipate!**

17. **When in doubt, go back to number one above.**

Remember, we did not cause the incident; we are the professionals that were dispatched to make someone’s day better or at least not any worse than when we arrived. Be the fire officer your personnel can look up to and look forward to responding with, as opposed to the fire officer that personnel make fun of and wish never showed up at their incident!

---

Steve Prziborowski has over 20 years of fire service experience, currently serving as a deputy chief for the Santa Clara County (Los Gatos, CA) Fire Department, where he has served since 1995. Since 1993, he has taught fire technology classes at the Chabot College Fire Technology Program (Hayward, CA). Steve is a former president of the Northern California Training Officers Association, was the 2008 Ed Bent, California Fire Instructor of the Year, and is a state-certified chief officer and master instructor. He has earned a master’s degree in emergency services administration and has completed the Executive Fire Officer Program at the National Fire Academy.

Steve is contributing editor to Firehouse.com and FireNuggets.com, is a regular speaker at fire departments and fire service events across the country, and has authored over 100 articles in leading fire service publications.

Steve is the author of three books: *How to Excel at Fire Department Promotional Exams, Reach for the Firefighter Badge: How to Master the Fire Department Testing Process,* and *The Future Firefighter’s Preparation Guide: Being the Best Firefighter Candidate You Can Be!*
Years ago, a new director at the helm of my organization called his people together to let them know what he expected. His speech went something like this:

There are eagles, there are hawks, and there are sparrows. Eagles are the leaders, the movers and the shakers. Eagles get the job done. Eagles build and take us into the future. Hawks, on the other hand, are great as support staff. Hawks take initiative and support the eagles. Hawks are committed to the purpose of the organization. Then there are sparrows. Sparrows are the people that gather around the water cooler. Sparrows are people that do their job but make no effort to go beyond their job description. Sparrows must be instructed to take on extra tasks. Now if you are an eagle, we invite you to remain an eagle. If you are a hawk, we invite you to move up to the position of an eagle. Or, if you would like to remain a hawk then we are glad to have you. There is plenty of room for hawks in this organization. If you are a sparrow, we invite you to become a hawk. We can even provide to you a pathway to become an eagle. However, if you choose to remain a sparrow, we have no room for you in this organization.

His words were inspiring. I mean really inspiring. We were all on notice to step up or step out. However, an epiphany I had more recently has shown me how critical sparrows can be to our organizations in the right circumstances.

Fast-forward about 27 years from when my director gave us that speech. Our local Uintah Citizen Corps volunteers gathered for a mock disaster to con-
include a CERT training. Volunteers from our local MRC, ARES, Red Cross, CERT, and CART teams came to play. One young mother had come to participate in the mock disaster to complete her CERT training. We will call her Abby. Abby was a little shy and a little unsure herself, but she had shown up to participate.

In our mock disaster we had flashing lights, sirens wailing, overturned furniture, and people crying out for help. It was truly beautiful. We also had one very convincing victim (actor) carrying a baby doll in her arms and asking the participating CERT trainees, “Have you seen my baby? Have you seen my baby?” Apparently, after only a few minutes, Abby had had enough. She really never even made it all the way into the room where the disaster was staged. Another trainer and I followed her to a hallway off to the side where she sat on the floor and began to sob. We spoke with her for a while and she gained her composure. I asked if she would like me to walk through the scenario with her as her “buddy.” She declined. She stayed for the hot wash and departed. I have not seen Abby since. She has not attended any other trainings or get-togethers. She is gone.

In our departments and jurisdictions we know who our eagles and hawks are. They soar a little higher and they not only perform under pressure—they excel! Similarly, we have volunteers who soar—citizens who contribute without a paycheck and who donate their own time and money. Volunteers are a valuable resource when manpower is in need and financial resources are slim. We can better our emergency management programs by recruiting, training, and supporting our volunteer organizations.

Though some volunteers can excel and act as eagles and hawks, there are a lot of sparrows out there. They will never be eagles or hawks in a crisis, but they can still serve in a volunteer capacity. They may be capable of splinting a leg or stopping bleeding; maybe their capacity to serve only goes as far as helping a grandmother walk across an icy parking lot into a shelter. Perhaps they don’t engage in light search and rescue operations or put out small fires, but they can help check in volunteers at a Volunteer Coordination Center (VCC). Different people will have different skill sets, and whatever they can do will help free up an emergency manager or battalion chief.

At the end of the day, I will take all the sparrows I can get. I prefer to have volunteers who will perform their job within the scope of its description, and I would like to be able to instruct them which extra tasks need to be completed. As for the gathering around the water cooler problem? If a little friendly conversation with other volunteers and a cup of coffee is what their time costs me, then I can pay that. Yes sir, send me sparrows. In a crisis, volunteer sparrows can be organized to soar in a coordinated flock.

E. Tal Ehlers, MEP, is the Uintah County, Utah, emergency manager. He is firefighter/AEMT, hazmat operations, law enforcement officer (LEO), and wildland fire certified.

WITH SPARROWS: UTILIZING VOLUNTEERS
Salt Lake City FD

Brian A. Dale was appointed as the new fire chief for Salt Lake City Fire Department on May 4, 2015. Dale has served as a deputy chief under former Chief Kurt Cook since 2009 and has been with the department for nearly 30 years in a variety of capacities.

Dale is a Salt Lake City native and joined the fire department in 1986, working as a firefighter and paramedic out of Station #5 in the city’s 9th and 9th neighborhood. He became a captain in 1996 overseeing dispatch and response personnel. In 2006, Dale was promoted to division chief responsible for medical services and incident safety and implemented numerous programmatic changes and upgrades including the first fully automated electronic patient care reporting system.

We wish Chief Dale the best in this new assignment.

South Jordan FD Promotions

Clay Miller has been promoted to the rank of battalion chief. Clay started his career as a part-time firefighter in August 1996 and went full time with the South Jordan Fire Department in August 1998. He has served the department as a firefighter, captain, and advanced EMT.

Ryan Ray was recently promoted to the rank of captain. He joined the South Jordan Fire Department in January 2006. He has currently been assigned as the department training captain.

UVU Award

At an end of school year convocation, Interim Dean Tom Sturtevant presented College of Aviation and Public Services Staff Excellence Awards to UFRA employees Angie Menlove, Lori Howes, and Steve Lutz. They were selected from a large number of staff nominations by peers and supervisors from the entire college. Congratulations to all of these fine folks for jobs well done!
On April 29, 2015, Class #70 of the Utah Valley University (UVU) paramedic program honored 21 graduating students. In addition to the students, a number of preceptors from fire departments and hospitals were recognized for the kind and patient mentoring they provide to the students who train at their stations and departments. Preceptors are invaluable to the paramedic program, as they allow students their first real life, hands-on training experiences under the watchful eyes of experienced professionals. Many of the graduates are currently employed or have been recently hired by EMS agencies across the state and beyond. Congratulations UVU Paramedic Class 30!

On Friday, May 1st, the Utah Valley University (UVU) paramedic program honored 21 graduating students. In addition to the students, a number of preceptors from fire departments and hospitals were recognized for the kind and patient mentoring they provide to the students who train at their stations and departments. Preceptors are invaluable to the paramedic program, as they allow students their first real life, hands-on training experiences under the watchful eyes of experienced professionals. Many of the graduates are currently employed or have been recently hired by EMS agencies across the state and beyond. Congratulations UVU Paramedic Class 30!
From the moment that a vehicle collision occurs, the “golden hour” for a trapped and injured patient begins to tick away. Getting the victim(s) definitive medical treatment is imperative for the best chance of survival. Emergency response organizations must invest time and training into developing well-trained extrication/rescue personnel who can quickly and safely disentangle the patients and get them to the appropriate medical care provider.

Rapid developments in vehicle design require continual modification to rescue techniques. The automotive industry constantly develops vehicle features to increase occupant safety. These safety features often create difficulties for rescue personnel during extrication incidents. The addition of strengthened passenger compartments with high-strength steel, occupant protection systems such as side airbags, inflatable side curtains, and pretensioners have resulted in changes to the way rescues must be performed. New car technology affects every rescuer and changes the dynamics of each extrication event. Emergency responders must adapt and develop extrication techniques and skills to meet these challenges.

With that said, let’s look at an extrication technique designed to rapidly displace the steering column to free a trapped person. The rapid steering column displacement method is generally preferred over other traditional methods of displacing the steering column because it is quicker and more effective, it takes little setup time, and it requires minimal equipment and personnel.

The skill involves pulling the steering column up and away from the patient instead of pulling it into the dash as with other methods. Full steering column displacement is usually accomplished with one attempt.

**Step 1:** First, incident command must be established and safety zones designated around the emergency incident to protect rescuers and victims.

**Step 2:** After an initial scene size-up/assessment has been completed, rescue personnel must stabilize each individual vehicle to prevent unwanted or unexpected movement. Vehicle stabilization is a rescue evolution that is necessary at all vehicle extrication incidents.
Step 3: Begin the skill by covering the victim to prevent injury from glass. Then create two holes in the windshield about eight to ten inches from the top and eight inches apart (the steering column should be centered in between the holes). The holes can be created using a halligan tool, pick head axe, or similar hand tool. Be sure the holes are large enough for a chain and hook to fit through. The holes should be over the steering column at a point where a chain can be dropped straight down to the inside of the steering column, looped under, and brought back up and through the outside hole to connect the chain into a loop.

Step 4: Place a 2” x 4” or 4” x 4” timber across the roof of the vehicle just above the windshield and perpendicular to the steering column. Place a 4” x 4” or 6” x 6” timber (6” x 6” preferred) that is a minimum of 54 inches in length over the windshield in line with the steering column. Set the base of the timber onto the hood of the vehicle and place the top of the timber onto the timber above the windshield. If necessary for support, a third timber can be placed across the hood to form an “I” support for the main timber.

Step 5: Feed one end of the hook and chain through the inside hole that was made in the windshield. Loop the chain under the steering column; bring the running end of the chain back up through the outside hole and over the top of the 6” x 6” support timber. Attach the hook back to the standing end of the chain and off to the side of the 6” x 6” (not on the top). Do not wrap the chain around the support timber. If the steering column you are pulling is equipped with a tilt wheel, wrap the chain below the knuckle and make sure it remains there throughout the rescue. Make sure to remove all slack from the chain.

Step 6: Place the spreaders on the 6” x 6” timber with the tool on its side. Make sure the controls are facing outward on the driver’s side with the tips pointing toward the roof. Slide the tips up under the chain and hold in place until tension is applied.

Step 7: Open the spreader slowly. When the slack is taken out of the chain, the system becomes self-equalizing. Continue to open the spreader slowly, ensuring that the tool remains balanced on top of the 6” x 6” timber. The force exerted may cause the hood and roof to collapse to a varying extent; monitor this for safety. The column should be displaced only enough to extricate the victim.

This is a rapid, effective technique to add to your “tool box” of skills. Practicing this and all skills is the only way to have them work effectively during an emergency incident. Train often, train hard, and train as you would perform (realistically).

Stay Safe…
Russ

Russell Young is a battalion chief and assistant training officer for the Orem Fire Department, where he is responsible for extrication and ambulance driving operations. He is the chief of the Duchesne Fire Department and has been a paramedic for over 19 years. Young has a B.S. in emergency services management, is currently completing his MBA, has over 23 years of experience in fire and emergency medical service, and is an instructor and certification tester for UFRA.
EXPERIENCE: THE UVU DIFFERENCE
LEARNING BY DOING

Recruits are trained to drive apparatus and operate the pump at fires
They arrive “on duty,” check apparatus/equipment, report, dress, and form-up
The UVU RCA replicates the fire station life, and recruits learn the fire culture

CERTIFICATION & PROGRAM DETAILS

Four certifications: Firefighter I, Firefighter II, Hazmat Awareness, and Operations
One-year academic certificate in firefighting from UVU at the end of the semester
2 different types of internships available for RCA graduates
12 positions for student leadership — class officer and company officers
1,612 certifications issued to UVU RCA graduates since 2008

FACILITIES/EQUIPMENT

Four-story training tower
Car fire, vertical vent, large area search, fire behavior cube, and other props
10,000 ft² apparatus bay
5.25 acres of drill ground area
155 sets of firefighter turnout gear in PPE inventory
12 new sets of firefighter turnout gear every year
60 MSA® SCBA in inventory

FIND OUT MORE AT

801-863-7749
uvu.edu/esa/academics/rca.html

UVU FIREFIGHTER RECRUIT CANDIDATE ACADEMY
UTAH VALLEY UNIVERSITY
Many times when teaching hazmat, instructors erroneously define Level D PPE as “chemical protective clothing.” When noted as “EPA Levels of Protective Clothing,” the designation Level A–D is used. To clarify the definition of a Level D PPE ensemble, the EPA, on their website, states: “Level D protection may be sufficient when no contaminants are present or work operations preclude splashes, immersion, or the potential for unexpected inhalation or contact with hazardous levels of chemicals. Appropriate Level D protective equipment may include:

- gloves;
- coveralls;
- safety glasses;
- face shield; and
- chemical-resistant, steel-toe boots or shoes.”

(www2.epa.gov, italics added)

So we see that Level D is not chemical protective clothing but rather the minimum level to be used when encountering any hazmat situation—“when no contaminants are present.”

Further clarification is needed when some instructors will teach students “Level D is the station uniform.” This is false and needs to be discontinued in all levels of hazmat training. The fact is that on page 408 of IFSTAs Hazardous Materials for First Responders 4th Ed., the photo used to depict Level D protection is not accurate and doesn’t match their own definition, found on page 412 of the same text. IFSTAs definition provides “optional” pieces that the EPA doesn’t designate as an option; this too can be confusing to the student. Gloves and faceshields are not optional according to the EPA. IFSTA states that Level D is:

- coveralls
- gloves (optional)
- chemical resistant boots/shoes with steel toe and shank
- chemical resistant outer boot covers (optional)
- safety glasses or chemical splash goggles
- hardhat
- escape device in case of accidental release (optional)
- faceshield (optional)

These requirements are not depicted in the photo on pg. 408 that should be describing Level D. The photo shows a person standing there in a station uniform, further establishing the myth that “Level D is the station uniform” (see Figure 1). Simply wearing a station uniform is not meeting the definition.

Level D, for all intents and purposes in the fire service, is full turnout gear with eye protection and gloves (see Figure 1). This meets the EPA standard and IFSTA description and is not a “station uniform.” IFSTA further states that Level D is “…not acceptable for hazmat emergency response above the Awareness Level.” And Level D “…is not considered chemical-protective clothing.” Be safe.

Andy Byrnes retired after 21 years of service as a special operations battalion chief from the Orem Fire Department. He was also in law enforcement for 18 years and a certified paramedic for 16 years. He is currently an assistant professor and the coordinator for the RCA program at UVU. He is an experienced emergency services instructor, working for local, state, and national Fire/EMS and law enforcement organizations. He has reviewed and contributed to several textbooks related to hazardous materials/WMD response and he is a frequent course reviewer and subject matter expert in the areas of hazmat and firefighting leadership and management. Byrnes is a graduate of the National Fire Academy’s Executive Fire Officer Program. He holds an associate degree in fire science, a bachelor’s degree in public emergency services management, and a master’s degree in instructional technology from Utah State University.
RETIEMENTS:

Phil Roberts

After seventeen years of service with the Murray City Fire Department, Fire Marshal Phil Roberts announced his retirement effective May 8, 2015. Phil's career in public service began with the City of North Salt Lake Public Works Department. He started his fire service career while serving as a part-time firefighter/EMT with the South Davis Fire District. He then served as a fire inspector with West Valley City Fire Department before being hired by Murray City as a deputy fire marshal and eventually serving as the fire marshal for Murray City.

Fire Marshal Roberts has served in several capacities to promote the fire service, fire prevention, and fire safety in the state of Utah. Phil has served as the chairman of the State of Utah Standards and Training Committee as well as on the Utah State Fire Marshal’s Association Code Committee. Phil has been very involved in developing class curricula for the fire inspector and fire investigator courses taught throughout the state. Phil has always made himself available to help any agency with his expertise in fire codes and fire prevention.

Although Phil is retiring from public service in Utah, he's not quite ready to really call it an end to his career. Instead, Phil will be taking his knowledge, experience, and enthusiasm to our neighbors to the north in Nampa, Idaho. He has accepted the fire marshal’s position with the Nampa Fire Department and is looking forward to continuing his public service. We wish Fire Marshal Phil Roberts success and happiness as he turns this page on a career of public service.

Kurt Cook

Salt Lake City Chief Kurt Cook was sworn in as the department’s twentieth chief on October 23, 2009. During his tenure as chief, Cook led the department as it set the example in many aspects of the fire service, including public relations, training, prevention, and education as well as emergency response.

“Prepare effectively, respond professionally, impact positively” became the direction for Salt Lake City firefighters under the guidance of Chief Cook and his administration. This motto influenced the service provided by Salt Lake City firefighters in every aspect of their jobs.

Chief Cook joined Salt Lake City Fire on November 1, 1985, and represented his recruit class as valedictorian. His first promotion came in March 1992, when he became an engineer and began driving fire engines and trucks throughout the city. Following his promotion to the rank of captain in July 1996, Chief Cook served in the Training Division before moving into Operations as a station officer. In March 2000, Chief Cook was promoted to the rank of battalion chief. During the next six years, Chief Cook served as a battalion chief in Operations, a venue commander during the 2002 Winter Olympic Games and a training division chief. In August 2006, Chief Cook was promoted to a deputy chief, and he handled executive and administrative responsibilities, which encompassed all operational and division functions within the fire department.

Chief Cook is a second-generation Salt Lake City firefighter, having followed in the footsteps of his father, Ron, who also served Salt Lake City Fire for twenty-seven years. After looking up to his father and being proud of his role in the fire service, the younger Cook was hired by Salt Lake City Fire two years before his father retired as a captain.

Chief Cook has made a difference in his years with Salt Lake City Fire, and we wish him well in his retirement.
Due to the physically demanding requirements of manipulative skills testing, all candidates taking manipulative skills exams will be required to sign a consent form prior to testing. The consent form will not apply to the officer or inspector manipulative skills exams. Those candidates who chose not to sign the form will not be allowed to test. Please read the following consent form and be familiar with the requirements prior to your scheduled exam. Contact the program manager for certification, Lori Howes, at 801-863-7752, with questions, comments, or concerns.

UTAH FIRE AND RESCUE ACADEMY

Consent Form

The Utah Fire and Rescue Academy, through Utah Valley University, conducts and administers training courses, certification testing, CPAT testing and physical fitness examinations and other programs in accordance with those standards found in the NFPA and OSHA and in the safest and most efficient manner possible. Before anyone participates in any certification test or program offered by UFRA, he/she shall be familiar with all applicable standards and the level of physical stress and other hazards involved. The student, in consideration for being allowed to participate, releases all claims that he or she may have against UVU, its officers, teachers, certification testers, employees, and agents and that arise out of participation in the program. Please read the following NFPA and OSHA excerpts that define the physical and mental requirements of this certification test, course, or program. When finished, sign the form to acknowledge that you have read and understood the information, and return it to the UFRA representative or certification tester. Students who cannot comply with these requirements will not be allowed to participate in those parts of the certification test or program that involves entry into a hazardous environment such as live fire certification test, programs that require physical exertion and/or the use of protective equipment, so as to provide for their personal wellbeing and safety of the other students and instructors. They may attend lectures and observe evolutions from a safe distance as defined by the on-site safety officer.

I acknowledge:

1. Firefighting training and testing can be a physically and mentally stressful activity, requiring considerable physical exertion; exposure to high temperature and humidity levels; toxic atmospheres; working at heights and in confined spaces; the possibility of elevated body temperatures, increased pulse, respiration, and blood pressure; and the ability to react quickly to emergency situations.
2. Persons with known heart or lung disease, hypertension, who are pregnant, or have other medical or mental conditions that may affect their health and safety under these conditions are advised to check with their personal or fire department physician before participating in the activity.
3. Protective clothing and self-contained breathing apparatus, meeting the appropriate NFPA standards at the time of manufacture, must be worn during most practical exercises and all live fire testing as directed by the certification tester in charge. Protective equipment must be in serviceable condition.
4. Individuals with a beard or facial hair or other obstruction at any point where the facepiece is designed to seal with the face or whose hair could interfere with the operation of the unit shall not be permitted to use respiratory protection at emergency incidents or in hazardous or potentially hazardous atmospheres.
5. The use of alcohol and other drugs that affect mental or physical reactions immediately preceding or during certification testing is prohibited.
6. My picture may be used for future instructional or promotional purposes.
7. I am 18 years of age or older and an active member of a public fire department, Utah accredited training organization, or private fire brigade.

Candidate Signature: ____________________________ Date: ______________________
My first encounter with the organization that would one day become the Utah Fire & Rescue Academy (UFRA) happened in 1976 when, as the first training officer for the newly formed Brian Head Fire Department, I asked Cedar City Fire Department (CCFD) for suggestions about how to train an enthusiastic group of completely inexperienced volunteers. CCFD Deputy Chief Dave Bentley put me in touch with Gordon Evans, director of Utah State Fire Training. He sent a retired Salt Lake City firefighter, Charlie Halvorson, down to help us. Over several months, he patiently taught us the basics of hose and ladder work, pump operations, forcible entry, salvage, and overhaul. Halvorson introduced me to Salt Lake City Fire Department (SLCFD) Captain Jim Berry, the most knowledgeable expert on apparatus and equipment I'd ever met. He taught me a lot. Imagine our delight when we fought a condo fire and actually saved the building!

Building My Knowledge Base
It wasn't long before I was elected fire chief and realized the incredible depth of my ignorance. I went to a state fire school in Salt Lake and started a long tradition of learning everything I could about the craft of running a fire department and the skills of firefighting.

Evans called me in 1983 and asked if I'd be interested in becoming an adjunct instructor for southern Utah. I taught basic firefighter classes and college classes in St. George. I met State Fire Training instructors Jon Shields, Steve Dunaway, and Charlie Grizzell, who became my mentors.

Building a Life Up North
After seven years as the chief of Brian Head, I was ready for a change. With a family and with a wife who had just graduated with her master's degree and gotten a job with the University Of Utah, I needed a fire position up north. As usual, I called Jon Shields for advice. He called back an hour later and offered me a job in Provo with State Fire Training (SFT). My new job, under Director Steve Dunaway, involved teaching EMT and firefighter classes on campus and starting an industrial fire training program. I earned my associate of applied science in fire science.

After three years with the organization, it was pretty clear to all of us that we were failing, not for lack of trying, but for lack of resources. Our absurd budget of $150,000 barely covered our few salaries and came nowhere near meeting the needs of the fire service. At a staff meeting in 1992, I looked around our small table and saw exhaustion on every face. Something had to seriously change.
Building UFRA
That meeting launched the most difficult and rewarding part of my fire training career. We called a summit and invited all Utah fire chiefs, members of the various fire associations, and elected local officials. More than a hundred people showed up. We gave them an overview of our capabilities and limitations and asked the fundamental question of what they thought a perfect fire training system in Utah would be. Dozens of chiefs spoke and expressed their ideas. At the end of the meeting, we asked who would be willing to help formulate a strategic plan and a basis for legislation to create and fund a real fire academy. About 20 people volunteered, including representatives of career and volunteer departments, investigators, inspectors, and even the mayor of American Fork.

There ensued a series of subcommittee and steering committee meetings with seemingly endless discussion to work through both simple and contentious issues. The issue that proved most difficult and that nearly derailed everything was the matter of voluntary vs. mandatory certification. An officer from a major career department insisted that the new law should require all firefighters to be certified. Others thought that would be impossible and others thought the state should pay people to get certified. Finally the mayor brought things to a head when he asked, "Do you know what mandatory certification will mean to my small city?" Someone answered, "$1,200,000 per year," he continued. "That's what it cost us when police certification became mandatory. With no more volunteer force, we had to hire full-time people. That's what will happen with mandatory fire certification. If you insist on putting this in the plan, I'll have no choice but to kill the legislation."

From the beginning of the planning process we agreed to a consensus process. By its nature that meant that not everyone was going to get everything they wanted but no one's concerns would go unaddressed. Consensus was reached and voluntary certification with a carrot (grant funds) would go into the plan. The other major components were a comprehensive field training program with mobile props, a certification program attainable by every fire department, adequate funding for operations, and a fixed facility.

Building Political Unity
By the fall of 1992 we were able to unite the fire service behind a plan to transform SFT from a poor, ineffective organization into what became UFRA. Representative John Valentine agreed to sponsor a bill in the 1993 legislature if we could come up with wide legislative support. We signed 52 co-sponsors for house bill (HB) 155. He coined the term "Academy On Wheels" to describe the service we would supply, as opposed to the traditional academy model requiring students to travel to a central facility for all their training.

I personally contacted every single legislator for support and Jon Shields organized the effort to make sure each one also heard from fire folks in their districts. Despite a last minute behind-the-scenes attempt by Public Safety Commissioner Bodrero to prevent a final vote, we managed to get the bill passed on the
last night of the session. HB 155 passed both houses without a single nay vote, thus showing the political power of a united and coordinated fire service.

After that victory, the real work started. Funding was phased in over several years, so we had time to grow without being overwhelmed. Along the way I became director, and with lots of help from then State Fire Marshal Lynn Borg, great support from the chiefs and firemen’s associations, the college, and, most of all, from a growing staff of able and dedicated people, we were able to start making a big difference around the state. During the planning process to form and fund the academy, it became obvious that the traditional model of a state fire academy, where you might have to drive eight hours to class, was changing. Instead, we would develop programs that could be taught anywhere using props. It worked and launched what has become the largest and best fleet of mobile fire training props in the nation.

**Building Curriculum**

Props are just props if they don’t have good solid curriculum to use them with. When I started teaching classes, I was lucky if there was a two-page outline for a 40-hour class. Back then, for the most part fire instructors taught whatever they’d learned in training or figured out on their own. There were no curriculum packages with the great audio visual support that we take for granted now. National Fire Protection Association (NFPA) standards were just starting to be accepted and used as a basis for training, and a few publishers were juststarting to make some slides and 16 mm movies to support classes. We mostly made our own transparencies to show on an overhead projector. The first time I got to use a videotape during a lesson was a revelation!

We found out that curriculum development is just about the most difficult job in firefighter training. It never ends, and doing it right is expensive and time consuming beyond anything else we do. It requires careful coordination among a lot of moving parts. Changing NFPA standards, changing technology, changing teaching/learning techniques, managing experts with conflicting opinions, and managing risk and safety all make for a very complex process—an equation, you might say, with lots of potential for the wrong answer. Every course that exists at UFRA today is a product of evolution that has taken place over decades.

**Building More UFRA Programs**

By the turn of the century, UFRA had evolved far from its humble origins. We had developed well-defined and comprehensive wildland fire training and certification programs, a paramedic program, a bachelor’s degree, mobile props and support trailers for all field courses, and we were well down the path to fully develop the training ground.

I had unique opportunities to help make the fire service better on the national level. I was the vice president of the North American Fire Training Directors (NAFTD) and for more than a decade the chairman of the International Fire Service Accreditation Congress (IFSAC) Degree Assembly.

Being the director of an organization as dynamic as UFRA for its first 13 years was not all butterflies and unicorns. Change was constant and relentless. From the three-person staff we started with, we grew to more than 40, including staff and faculty, with over 200 part-time instructors and testers. I had to manage training as well as academic programs. Every year we had more and more new programs to implement: haz mat, wildland firefighting, paramedic, distance learning, new courses and props, and a bachelor’s degree.

Like many leaders of rapidly growing organizations, I found out the hard way that managing people took way more time than anything else that I did. I also found that my ability to constantly juggle competing professional and private demands, interests, agendas, family, and responsibilities in general can take a serious personal toll. By 1995 I was burned out, exhausted, and suffering from depression. I was sleep deprived, grumpy, and starting to lose my own confidence and that of my close associates. I couldn’t admit it, but I needed to step back and let someone else drive the bus.

**Building Life after Chief-hood**

After a new director took over, I was relegated to a relatively isolated and, at least in my mind, unimportant role. To be blunt, life sucked, and it took a long time to find a new path, a better mind frame, and new opportunities to be productive. When Hugh Connor became director, he offered me friendship and new roles. I jumped at the chance and feel that I have had a lot more great years here than I once thought I would. Together with my new teams in certification and the Straight Tip we have made great progress. I was able to convince Hugh that the Utah Fire Officer Designation Project could be a valuable step forward. I was part of the team that created an accreditation system for Utah organizations that train unaffiliated people to be hired as firefighters. In short I found there was a life after being “chief” for so long.

The thing that has impressed me the most during my tenure here has been the incredible support the fire service shows for our efforts and the difference our mutual efforts have made to communities across the state. I remember Jon Shields telling me about a call he got about midnight one evening. The Escalante Fire Department had recently finished a basic firefighter class and the call from an excited chief was that they had just saved a house using the new skills Jon had taught them. It was a breakthrough moment—for all of us. The best thing any of us can say about our careers and our lives is that we’ve made a positive difference. I think I can honestly say that I and, more importantly, we have!

**Building My New Course**

Now as I approach 40 years in the fire service and my 65th birthday, I am again ready for change. I have music to make, books to write, many personal projects to finish, rivers to run, and maybe I can even learn to relax, something that has not been my forte. I plan to retire at the end of August. I will still have some involvement with UFRA though. Hugh has several projects and programs that he’d like me to continue and I’m delighted about that. I intend not to just fade away.

Thanks to all of you at UFRA and in the fire service for allowing me to serve. It’s really been an honor.
Preparing for this article has me both optimistic and dejected. Researching this topic, I have become more and more aware of what is silently taking place. In the communities they serve, first responders are usually held in very high regard. Annually, the public selects firefighters as the most trusted professional that serves them. This begs a very serious and important question: Why are some firefighters killing themselves? This article presents possible answers to that question and offers resources to you, the Utah firefighter, to prevent you from harming yourself.

I worked a successful career as a firefighter/paramedic and as a firefighter/engineer. I also worked locally as a flight paramedic for AirMed. I have lived the life. I have been on scenes, and I have also been subjected to the daily mental trauma that many of you reading have seen. Though I’m not a firefighter anymore, I can relate. Some days, the job just isn’t good.

But, why do firefighters work the job? That answer is simple: because firefighters like to help people when they have nowhere else to turn. Believe it or not, that altruistic mentality is the reason most firefighters do their job. Why else would you want to run into a house that is on fire or put yourself at harm on a technical rescue? It’s because there are members of the community that want to help people—they are called firefighters.

But Who Is There to Help Those Who Help Others?

That is a complicated question. Sometimes firefighters feel like they have all the answers. Being a firefighter means that you are fearless and physically and mentally strong. People call us to solve their problems—not the other way around. So finding a place firefighters feel comfortable going for help with their problems poses an issue.

That firefighter mentality that you are “tough and not supposed to show emotion” is the hardest part of this subject and is difficult to overcome. That very phrase, which I have overheard in a fire station, demonstrates how difficult it is to break through the machismo when discussing suicide. Talking about emotions is difficult for firefighters. That is no secret. Breaking through the machismo is a challenge that mental health experts don’t really have a great answer for.

This silence is only one of the contributing factors to why firefighters and first responder personnel are committing suicide. Silence about being subjected to a child dying in a fire or a pediatric cardiac arrest or a traffic accident that takes the life of a family over the holidays can build an immense weight on your mental health. The weight of this silence, borne alone, may be the reason why firefighters are causing themselves harm.

What Does the Data Show?

Let’s switch gears and discuss data. The risk factors established in the data show the potential relationship between those who commit suicide and firefighters.

Risk Factors:

- **Male**
- **History of trauma or abuse**
- **Loss of relationship**
- **Easy access to lethal means**
- **Stigma associated with asking for help**
- **Exposure to others who have died by suicide**

Some of these risk factors, especially the last two on the list, are unavoidable as a firefighter and in the firefighting culture. They are important to understanding why firefighters are at greater risk for harming themselves. However, the stigma associated with being unable to talk about emotions is a factor that immediately puts firefighters at risk and that we can do something about.

What Can Be Done?

Agencies need to be proactive in collaboratively working with mental health experts and develop a plan to deal with agency-specific mental health problems. Simply informing the crews at orientation that they have access to the EAP isn’t working. Administrators need to be proactive when dealing with mental health. Developing a program that focuses on mental health—particularly aimed at the members of their agency—should be implemented at a department level. Only in the past year or so are firefighters and fire departments taking a more aggressive role educating their members on suicide (THOMPSON, 2012).
What Are the Resources?

Local health departments (county and state) all have mental health resources. The state of Utah has numerous groups aimed at fighting suicide in our local communities, and those organizations can be monumental resources for fire departments when creating a suicide prevention program. Again, departments must be proactive when dealing with suicide prevention. There are agencies in Utah that are being proactive and forming peer support groups. Salt Lake City Fire has such a group established. It’s a resource that is created by members of the department to help their own in a time of need.

Not a single agency is immune to suicide risk. Changing the firefighter culture has to come from you—the Utah firefighter. It’s OK to ask for help, it’s OK to let stuff bother you, and it’s OK to not want to go on another fire call. The culture has to switch its thinking from “I’m invincible” to “I need to talk.”

And finally, if you need help or need to talk, the University of Utah Neuropsychiatric Institute (UNI) has a crisis line set up for firefighters. Call 801-587-1800 if you are ever feeling the stresses of the job and need to talk to someone. It’s a resource that may save your life one day. As I mentioned previously, I’m both optimistic and dejected. I’m dejected because firefighters in Utah are committing suicide but optimistic that this culture can change. I just hope it changes in time.

Bibliography


Zach Robinson is the trauma outreach and injury prevention coordinator at University of Utah Hospital. Before joining the trauma team, Zach was a firefighter/paramedic and an engineer/paramedic for Sandy City Fire Department. Zach also worked as a flight paramedic for AirMed. Zach obtained his master of public administration from the University of Utah.
Now is the time to begin working on your emergency services degree or finish the degree you have been working on.

**Why Should I Earn a College Degree?**

- Personal improvement
- Preparation for promotion
- Expand career opportunities

**What Degrees are Offered?**

Certificates
- Firefighter Recruit Candidate
- Paramedic
- Aviation Fire Officer

Associate of Science Emergency Services
Associate of Applied Science Emergency Services
- Fire Officer
- Emergency Care
- Wildland Fire Management
- Aviation Fire Officer

Bachelor of Science Emergency Services Administration
- Emergency Care
- Emergency Management (offered 100% online)

**How Do I Enroll?**

- Apply for admissions by going to: [http://www.uvu.edu/admissions/](http://www.uvu.edu/admissions/)
- If you have attended another college or university, request an official transcript be sent to: UVU Admissions Office
  800 West University Parkway MS 106
  Orem, Utah 84058-5999

**What Will It Cost?**

- Some courses have “course fees” in addition to tuition.

For more information regarding admissions and registration, call 801-863-7798 or 888-548-7816 to schedule a phone or office appointment with an Emergency Services Administration Academic Advisor.

**FALL 2015 SEMESTER**

**ESAF ONLINE CLASSES**

- ESAF 2100 Airport Firefighter
- ESAF 2110 Aircraft Mass Casualty
- ESAF 2120 Aircraft Mishaps
- ESAF 2130 Aviation Terrorism Response
- ESAF 2140 Airport Ops Emergency Responder

**ESFF FACE-TO-FACE CLASSES**

- ESFF 1360 RCA Internship
- ESFF 250A Firefighter RCA I
- ESFF 250B Firefighter RCA II
- ESFF 281R Emergency Services Internship

**ESFF ONLINE CLASSES**

- ESFF 1000 Introduction to ES & Physical Ability Testing
- ESFF 2100 The Desire to Serve
- ESFF 1120 Principles of Fire and ES Safety and Survival

**ESFO ONLINE CLASSES**

- ESFO 1100 Fire Behavior and Combustion
- ESFO 1110 Fire Prevention
- ESFO 2030 Fire Inspector I
- ESFO 2100 Fire Officer I Supervisor Leader
- ESFO 211A Fire Service Instructor I

**ESEC FACE-TO-FACE CLASSES**

- ESEC 1140 Emergency Medical Tech Basic
- ESEC 3060 Emergency Medical Tech Advanced
- ESEC 3110 Paramedic I
- ESEC 3120 Paramedic I Lab
- ESEC 3130 Paramedic II
- ESEC 3140 Paramedic III
- ESEC 4150 Critical Care Emergency Medical Transport

Please check [http://www.uvu.edu/esa](http://www.uvu.edu/esa) for current and updated course listings.

Enroll early! Please note that courses are subject to cancellation due to low enrollment.
DEGREE AT UVU

FALL 2015 SEMESTER
ESMG ONLINE CLASSES

ESMG 310G Introduction to Homeland Security
ESMG 3150 Public Program Administration
ESMG 3200 Health and Safety Program Management
ESMG 3250 Managing Emergency Medical Services
ESMG 3300 Master Planning for Public ES
ESMG 3350 Analytical Research Approaches to Public ES
ESMG 3600 Psychology of Emergency Services
ESMG 4150 Humanitarian Services and Disaster Relief
ESMG 4200 Disaster Response and the Public
ESMG 4400 Legal Considerations for the ES
ESMG 445G Human Factors Emergency Management
ESMG 4500 Customer Service and Marketing for ES
ESMG 4550 Principals of Disaster and Emergency Mgmt
ESMG 4600 Public Administration and Emergency Mgmt
ESMG 4650 Emergency Services Capstone
ESMF 481R Emergency Services Internship
ESMG 489R Special Topics in Emergency Services
ESMG 491R Topics in Cardiology and Medical Trends
ESMG 492R Topics in Trauma and Pharmacology
ESMG 493R Topics in Medical Litigation

ESWF FACE-TO-FACE CLASSES

ESWF 1310- S131 Firefighter Type 1
ESWF 1330- S133 Look Up Down Around
ESWF 1400- Wildland Firefighting Fundamentals
ESWF 2150- S215 Fire Ops in Wildland Urban Interface

RECRUIT CANDIDATE ACADEMY (RCA)

By application only. For more information visit http://www.uvu.edu/esa/academics/rca.html or make an appointment with an academic advisor by calling the Student Center at 801-863-7798.

On-the-job internships are available for all RCA graduates.

Application deadlines: June 1st for Fall Semester and October 1st for Spring Semester.

PARAMEDIC

By application only. For more information visit http://www.uvu.edu/esa/academics/paramedic_emt.html or call 801-863-7700 or 888-548-7816.

CERTIFICATION TESTERS OF THE YEAR

Every year the Certification Office recognizes three certification testers during our annual Certification Tester Seminar. These testers promote professionalism while administering exams, return complete paperwork and orderly test boxes, and are consistently reliable. It is not how often they administer exams but how well they administer exams. Please join with us in congratulating the 2015 Certification Testers of the Year!

Michael Bain, West Jordan Fire Department

Coty Chadburn, St. George Fire Department

Jason Hester, South Jordan Fire Department
Metro Fire Testing Consortium

Are you interested in a fire service career?

Test one time to qualify for employment with 7 different agencies!

Minimum qualifications to test:

- Register with the Metro Fire Testing Consortium
- Must be at least 18 years of age at the time of the written test
- Have a high school diploma or GED
- Have a valid driver license
- Obtained or currently enrolled in Firefighter II Training/Certification program
- Obtained or currently enrolled in EMS Training/Certification program

Please watch for details and updates on the Metro Fire Testing Consortium Facebook page

“Like Us” today!
Know the Warning Signs:

- Ideation of Suicide
- Substance Abuse
- Purposelessness
- Anxiety
- Trapped
- Hopelessness
- Withdrawal
- Anger
- Recklessness
- Mood Swings

Ask them openly and directly about the issues

Listen to them and support them

Connect them to a professional

Don’t leave the person alone

Firefighter Crisis Support Line

801-587-1800

24 hours a day, 7 days a week, 365 days a year
Immediate Assistance at No Charge

Brought to you by the Professional Firefighters of Utah in conjunction with The University of Utah’s Neuro-Psychiatric Unit.
PRESENT the 3rd ANNUAL
UTAH Firefighter Chili COOKOFF
To Benefit The Burn Camp
SOUTH TOWNE CENTER
SOUTH TOWNE CENTER
JOIN TEAMS FROM FIRE DEPARTMENTS FROM AROUND THE STATE IN THIS FRIENDLY COMPETITION TO BENEFIT THE BURN CAMP BY FORMING YOUR TEAMS NOW!

- Prizes awarded for Best Chili; Best Booth, People’s Choice Chili and Most Donations Raised.
- Your booth can be as creative as you want.
- Be prepared to sell your Chili from your Booth.
- There is a minimum of 4 people per team and maximum of 8.
- Cook lots of Chili. Recommend a minimum of 15 gallons per type of Chili

Music – FUN for the whole Family!   All Registration fees will be donated by UDK

Best Chili - Hill Air Force FD
Best Booth - SLC FD
Most Donations Raised - UFA
People’s Choice Chili West Valley FD

CONTACT
Chief Randy Willden
North Tooele County Fire
801-631-8878
OR
Russ Groves at 801-712-0675