Fire Off Hour Coverage

Wednesday, March 30, 2016
6:09 PM

Tue 10PM - Tu6AM

1. Apr5-12
2. May 17-24
3. June28-July5th
4. Aug 9th-Aug16 (Aug8-14) Out of town
5. Sept20-sept27
6. Nov1 - Nov8
7. Dec13- Dec20

Ladders

Saturday, April 16, 2016
5:07 PM

firefighter places his free hand over the upper butt spur to prevent injury in case there is a collision with someone w

Vertical Rack

Use the following method to perform a two-firefighter low-shoulder carry from a **vertical rack:**

Step 1
The two firefighters stand facing the ladder. One firefighter is positioned near the tip end, and the other is positioned near the butt end.
Step 2
Each firefighter uses both hands to grasp the ladder to remove it from the rack.
Step 3
As soon as the ladder clears the rack, the firefighters continue to grasp the ladder with the hand nearest the butt end while they place the other hand between two rungs, pivot, and bring the upper beam onto the shoulder.
Step 4
The forward firefighter is in a position to use one hand to push people out of the way to prevent them from being struck by the butt spur.

Flat Rack

The two-firefighter low-shoulder carry may be performed from the **flat racking position** using the following procedu

Step 1
As the ladder clears the rack, each firefighter grasps two rungs holding the ladder flat.
Step 2
For ladders stored at or above shoulder level, the outside beam is lowered and the inside beam raised to the shoulder simultaneously with each firefighter pivoting and placing the arm farthest from the butt end between two rungs. If the ladder is stored below shoulder level, raise the outside beam and lower the inside one.
Step 3
The upper beam of the ladder should now be on the firefighters' shoulders with the firefighters facing the butt end.

Flat Raise

Step 1

When the desired location for the raise has been reached, the heeler places the ladder butt end on the ground while the firefighter at the tip rests the ladder beam on a shoulder.

Step 2

The heeler heels the ladder by standing on the bottom rung, crouches down to grasp a convenient rung or the beams with both hands, and leans back. The firefighter at the tip steps beneath the ladder and grasps a convenient rung with both hands. CAUTION: Visually check the area overhead for obstructions before bringing the ladder to a vertical position. Before stepping forward, visually check the terrain.

Step 3

The firefighter at the tip advances hand-over-hand down the rungs toward the butt end until the ladder is in a vertical position. As the ladder comes to a vertical position, the heeler grasps successively higher rungs or higher on the beams until he or she is standing upright.

Step 4

Both firefighters face each other and heel the ladder by placing their toes against the same beam. When raising extension ladders, the firefighter at the tip pivots the ladder to position the fly away from the building (fly in for wooden ladders), if it is not already in that position. The tip firefighter then places one foot against a beam at the spur and steadies the ladder as the fly is being raised. The firefighter on the halyard side of the ladder (the heeler) grasps the halyard and extends the fly section with a hand-over-hand motion. When the tip is at the desired elevation, make sure the ladder locks are in place.

Step 5

Both firefighters gently lower the ladder into the building. If the ladder has not yet been turned to position the fly in the out position, it can be done at this time.

Hazmat

Monday, July 11, 2016
2:32 PM

. **More than 30 million workers are exposed to one or more chemical hazards across various industrial sectors.**

>

Definitions

Classification: the process of reviewing pertinent data regarding the hazards of a chemical, deciding whether to classify it as hazardous, and determining how it should be classified (based on the nature and degree of hazard)

Label elements: elements required on a label of a hazardous substance: the appropriate pictogram, hazard statement, signal word, and precautionary statement for each hazard class and category

Hazard category: the division of criteria regarding hazard severity within each hazard class

Hazard not otherwise classified: a hazardous effect that does not meet the specific criteria for the physical and/or health hazard classes outlined in the standard

Precautionary statement: a phrase describing recommended measures to take to minimize or prevent adverse effects that could result from exposure, or improper storage or handling of a hazardous chemical

Hazard class: a class that describes the nature of a hazard (e.g., physical or health)

Pictogram: a visual design that includes a symbol plus graphic elements such as a border, background pattern, and/or color, that is intended to convey specific information regarding a chemical's hazard(s) (8 pictograms are used for classifying hazards under the HCS 2012 standard)

Hazard Classification

Hazard classification focuses on only the most innate hazardous properties of a chemical. The classification process includes 3 steps:

1. identification of relevant data regarding the hazards of a chemical
2. subsequent review of that data to discover the hazards associated with the chemical
3. determination of whether the chemical is to be classified as hazardous and to what degree

The test method for determining hazards is neutral, meaning as long as the methods are scientifically validated, the test method is acceptable. Existing data may be used for classifying chemicals, however expert judgment may also be required. Also, epidemiological evidence and experience (occupational data or data accumulated from workplace accidents) can be used to evaluate a chemical's human health hazard potential.

Caution	Warning	Danger
The signal word “Caution” will appear on products that are the least harmful.	The signal word “Warning” will appear on products that are more harmful than products with the “Caution” label.	The signal word “Danger” indicates that the product is poisonous or corrosive and should be used with extreme care.

Got wrong:

NFPA 1500 ADVANCED HAZWOPER AWARENESS (MOD #2) EXAMINATION

For your benefit, the answers to the questions you missed are listed below in red with a * in front.

3. Primary container labels of hazardous chemicals must contain one of two signal words. What are these signal words?
   - A. Hazard; Toxic
   - B. Caution; Warning
   - C. * Danger; Warning
   - D. Warning; Toxic

8. Which of the following statements is true regarding Safety Data Sheets?
   - A. * SDSs must be written in English, but can be translated into additional languages, if needed.
   - B. SDSs must only be written in English; no other translations are permitted.
   - C. If there is no relevant information available for a section or sub-heading in a Safety Data Sheet, the section should be left blank.
   - D. The GHS does not enforce sections 12-15, because they are not under the GHS's jurisdiction.

SCBA

Friday, February 10, 2017
3:54 PM

chemical, biological, radiological, nuclear, and explosive

- OSHA
- determining when SCBA are required (OSHA 29 CFR 1910.134); these rules encompass all of interior structural firefighting, classifying it as an IDLH atmosphere
- setting up and maintaining a respiratory protection program
- defining initial medical evaluations and fit testing
- providing routine medical checkups of all SCBA users
- determining the minimum air quality used to fill SCBA cylinders (also adopted by NFPA 1500)

NIOSH:
Like OSHA, the National Institute for Occupational Safety and Health also has regulations pertaining to respirators used in the fire industry. One recent requirement is that all new SCBAs must be certified by NIOSH to offer protection from CBRNe. As respirators are tested and receive CBRNe certification from NIOSH, they are posted on their website. Before outfitting a department with new SCBAs, this list should be consulted.

Although open-circuit SCBAs are the most common type of SCBAs in the fire industry, NIOSH is also developing CBRNe certification criteria for approving other types of respirators, such as closed-circuit SCBA and supplied-air respirators, for use by responders.

NIOSH will also be responsible for conducting any investigations, to include SCBA failures, for any firefighter's LODD.

NFPA
The National Fire Protection Agency has several regulations governing the use of SCBA equipment. You can create an account and view the standards for free on the NFPA website. These standards include:

- NFPA 1404 Standard for a Fire Department Self-Contained Breathing Apparatus Program
- NFPA 1500 Standard on Fire Department Occupational Safety and Health Program
- NFPA 1981, Standard on Open-Circuit SCBA for Emergency Services
- NFPA 1852, Standard on Selection, Care, and Maintenance of Open-Circuit SCBA

The most recent edition was **published in 2013** and is divided into eight chapters.

Chapter 1: Administration • Chapter 2: Referenced Publications • Chapter 3: Definitions • Chapter 4: Certification
Chapter 5: Labeling and Information • Chapter 6: Design Requirements • Chapter 7: Performance Requirements
Chapter 8: Test Methods
The 2013 document was a complete revision of the standard and includes several changes:

1. New breathing air cylinder retention requirement within the mounted position.
2. Mechanical voice diaphragm performance requirements increased to 80% minimum score at 4.9 ft. distance.
3. New voice communications system with at least 85% score at 10 ft. distance.
4. New independent pressure gauge which will not be affected by a HUD failure.
5. New water immersion requirements for electronic devices that are part of the SCBA must function properly and remain watertight after six exposures at 350°F for 15 minutes and water submersion to 4.9 ft.
6. New low power capacity requirements for electronic devices to ensure such devices will continue to function properly for at least 2 hours following activation of the low power source signal.
7. Emergency Breathing Safety Systems (EBSS) is a new section included in the standard based on NIOSHs

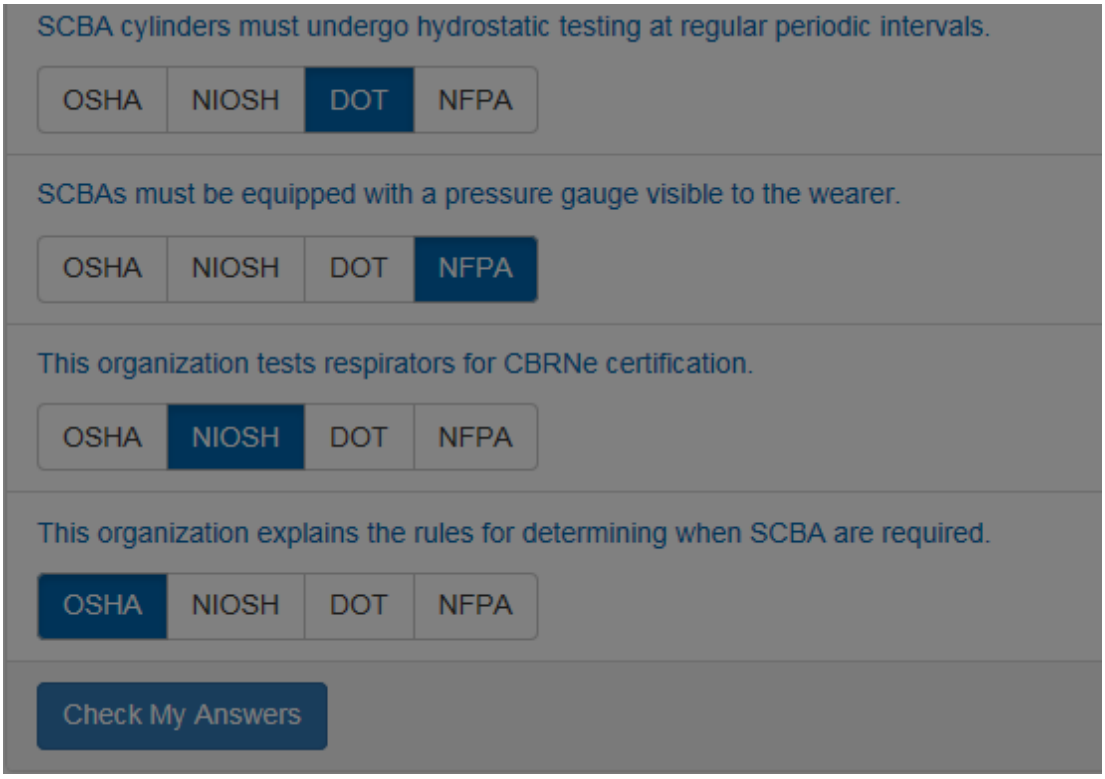
intention to modify their policy on the buddy breathing system.

The **2007 edition** included several common items we see today on most SCBAs; however, there are still several departments with SCBAs which were manufactured under the 2007 edition. Some of those changes included the following:

- NIOSH-approved CBRNe protection
- Enhanced voice communications
- A pressure gauge visible to the wearer (this pressure gauge must have its own power supply if it is electronic)
- Electronic devices capable of two hours of operation following activation of low-power-source signal

DOT

The U.S. Department of Transportation regulates cylinders of compressed gas, such as those used in SCBA systems. Specifically, DOT requires that cylinders undergo hydrostatic testing at regular periodic intervals, which, depending on the type of material comprising the cylinder can range from 3-5 years. Proof of passing the test must be evidenced on each cylinder by means of a dated label or stamp.



If this does not work, then follow these instructions for fitting into a restricted passage:

- Loosen the SCBA straps.
- Maneuver the SCBA to carry it underarm along the ribcage.
- Leave the face piece on for protection.
- Place your hand on the shoulder strap with the air line. (If the SCBA was to become caught, your face piece would not break its seal).

As a last resort, if you must perform a "full escape,"

- Remove the SCBA harness assembly.
- Hold the SCBA in front, never losing touch of it.
- Place your hand on the shoulder strap with the air line. (If the SCBA was to become caught, your face piece would not break its seal).
- Reattach the harness as soon as you are through the restricted space.

- Cylinder is full (at least 90%)

- All gauges are fully operational and cylinder and remote gauges have similar readings (within 10%) Some organizations use 100 psi
- Low-pressure alarm is operational (Turn cylinder on completely and listen for low-pressure alarm sounds and all other applicable indicators to be sure they operate correctly. Then bleed off air by opening bypass valve and listen for low-pressure alarm again.)
- Hoses have no leaks and connections are sealed
- Harness is in good condition and its straps are fully extended
- Facepiece is clean, in good condition, and its straps are fully extended
- Valves are fully operational
- Cylinder valve is off
- Bypass valve is closed
- Unit is clean and has no obvious damage
- Chemicals or abrasive substances are never placed on any component of the SCBA (Mild detergents, with warm water and a soft bristle brush or rag are acceptable for cleaning.)

Oxygen- less than 19.5% - Oxygen deficient
Heat - Inhaling hot air or superheated gasses
Smoke - Carbon, tar and dust particles

- Darker the smoke, more CO

2018:
2 wrong:

NFPA 1001 SELF-CONTAINED BREATHING APPARATUS EXAMINATION

For your benefit, the answers to the questions you missed are listed below in red with a * in front.

7. An SCBA cylinder must exceed _____ full before it is acceptable to be used.
   A. 85%
   B. * 90%
   C. 95%
   D. 99%

8. What is the weakest component of an SCBA?
   A. the hood
   B. the cylinder
   C. the hi-pressure hose
   D. * the lens

Cancer Test

Monday, January 08, 2018
10:05 AM

Lockout Tagout

Monday, January 08, 2018
10:08 AM

100%

LOCK-OUT / TAG-OUT EXAMINATION

Please answer the following test questions:

1. The use of lock-out/tag-out device(s) requires:
   - A. ○ A written program
   - B. ○ Procedures to be written in other languages if any employee's mother tongue is not English
   - C. ○ Authorized trained employees
   - D. ◉ A and C

2. How does a lock-out device provide protection?
   - A. ○ It provides protection by identifying the energy-isolating device as a source of potential danger.
   - B. ○ It provides protection by holding the energy-isolating device in the safe position, thus preventing the machine or equipment from becoming energized.
   - C. ○ It provides protection by preventing others from the using the machine or device.
   - D. ◉ All of the above

3. Unless necessary under special conditions, OSHA does not allow the temporary removal of locks or tags nor the re-energizing of a machine or equipment.
   - A. ◉ True
   - B. ○ False

4. Which of the following describes devices used for controlling hazardous energy?
   - A. ○ Flexible
   - B. ◉ Standardized
   - C. ○ Ideological
   - D. ○ Conforming

5. During all group lock-out/tag-out operations where the release of hazardous energy is possible, each authorized employee performing service or maintenance must be protected by his/her personal lock-out (or tag-out device) or comparable mechanism that affords equivalent protection.
   - A. ◉ True
   - B. ○ False

6. In which of the following cases should lock-out/tag-out procedures be followed?
   - A. ○ When equipment is operating
   - B. ○ When equipment is powered on and employees are being trained on how to use it
   - C. ◉ When servicing and maintaining equipment and the equipment is powered off
   - D. ○ Only when your supervisor asks you to follow those procedures

7. Lock-out and tag-out is needed when:
   - A. ○ The employee must either remove or bypass machine guards or other safety devices, resulting in exposure to hazards at the point of operation
   - B. ○ It has been proven that a worker violates safety and health regulations.
   - C. ○ The employee is required to place any part of his or her body into a danger zone associated with a machine operating cycle
   - D. ◉ A and C

8. Every training program must ensure that all employees understand the purpose, function and restrictions of the energy control program and that authorized employees possess the knowledge and skills necessary for the safe application, use and removal of energy controls.
   - A. ◉ True
   - B. ○ False

9. Employers have flexibility to develop a Lock-out/Tag-out Program that is specific to the equipment being maintained or serviced.
   - A. ◉ True
   - B. ○ False

10. Locks or tags can only be removed by those employees who attached them except in certain special circumstances.
    - A. ◉ True
    - B. ○ False

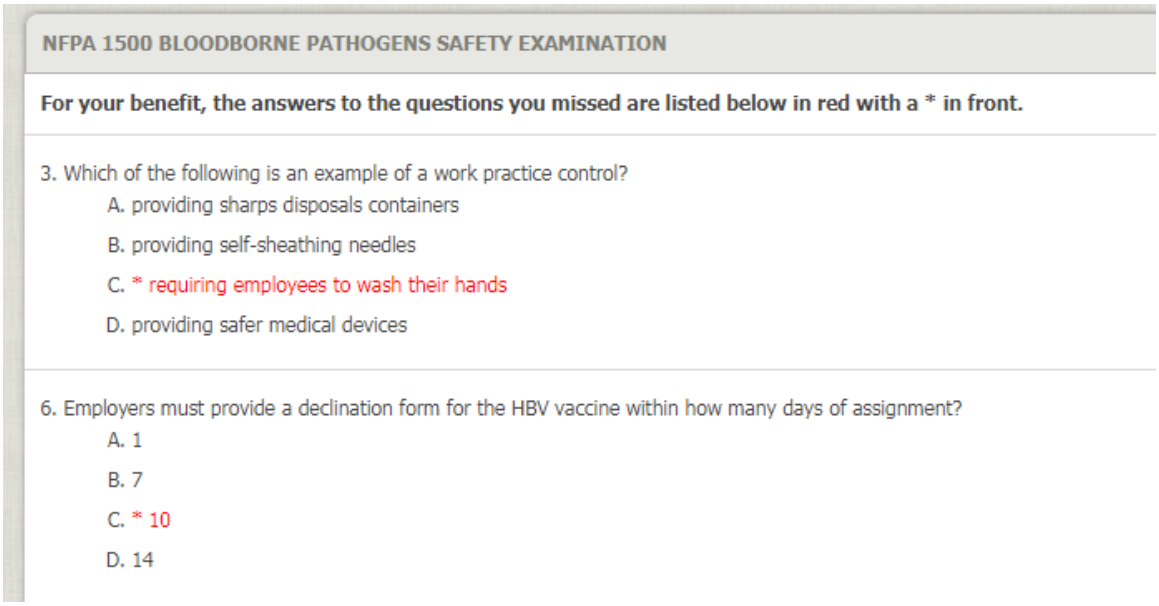
Submit

TARGETSOLUTIONS

BloodBourne Pathogens

Monday, January 08, 2018
10:26 AM

Missed these 2:



NFPA 1500 BLOODBORNE PATHOGENS SAFETY EXAMINATION

For your benefit, the answers to the questions you missed are listed below in red with a * in front.

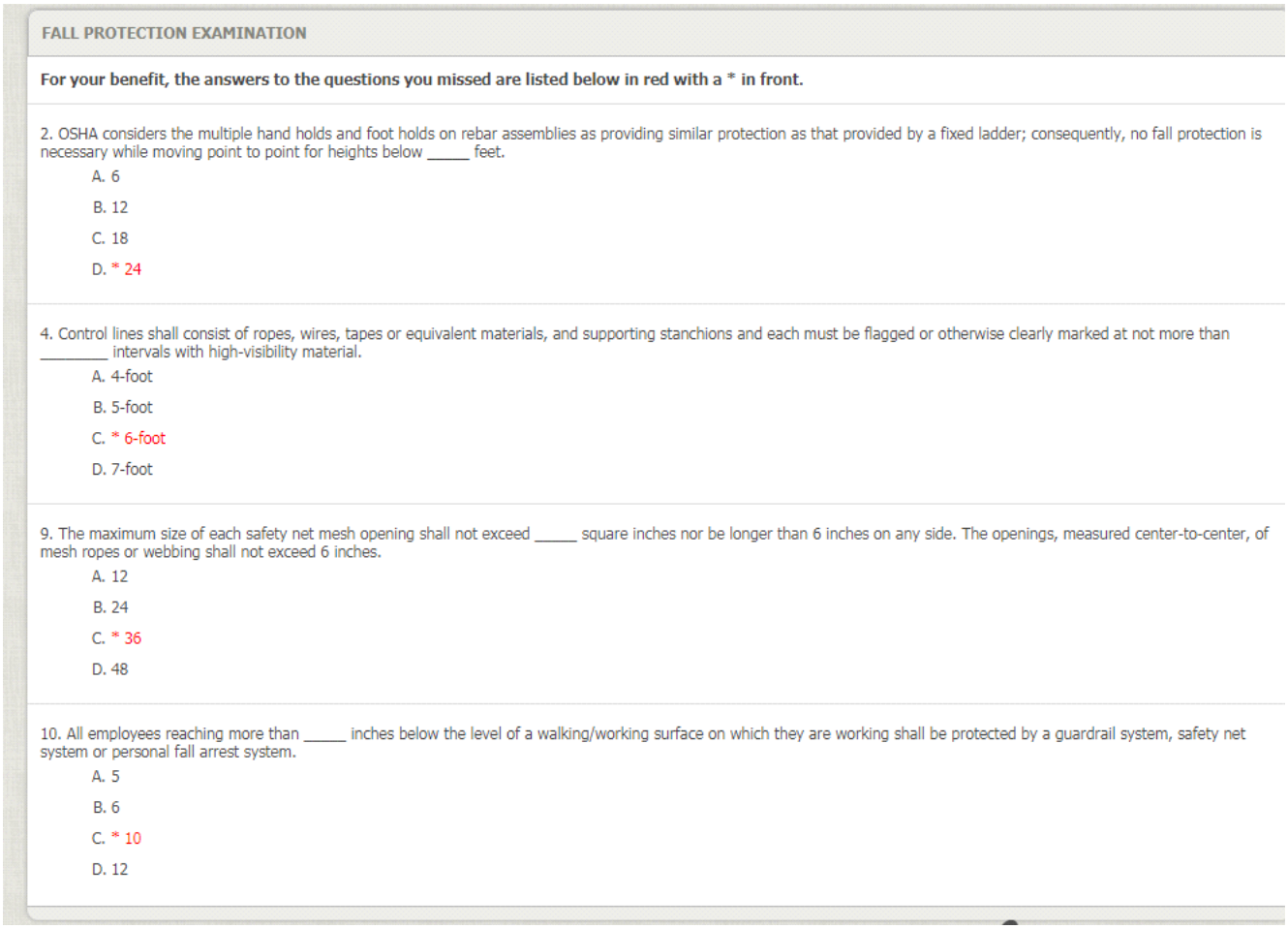
3. Which of the following is an example of a work practice control?
   - A. providing sharps disposals containers
   - B. providing self-sheathing needles
   - C. * requiring employees to wash their hands
   - D. providing safer medical devices

6. Employers must provide a declination form for the HBV vaccine within how many days of assignment?
   - A. 1
   - B. 7
   - C. * 10
   - D. 14

Fall Prevention

Monday, January 08, 2018
10:36 AM

Missed:



FALL PROTECTION EXAMINATION

For your benefit, the answers to the questions you missed are listed below in red with a * in front.

2. OSHA considers the multiple hand holds and foot holds on rebar assemblies as providing similar protection as that provided by a fixed ladder; consequently, no fall protection is necessary while moving point to point for heights below _____ feet.

A. 6
B. 12
C. 18
D. * 24

4. Control lines shall consist of ropes, wires, tapes or equivalent materials, and supporting stanchions and each must be flagged or otherwise clearly marked at not more than _____ intervals with high-visibility material.

A. 4-foot
B. 5-foot
C. * 6-foot
D. 7-foot

9. The maximum size of each safety net mesh opening shall not exceed _____ square inches nor be longer than 6 inches on any side. The openings, measured center-to-center, of mesh ropes or webbing shall not exceed 6 inches.

A. 12
B. 24
C. * 36
D. 48

10. All employees reaching more than _____ inches below the level of a walking/working surface on which they are working shall be protected by a guardrail system, safety net system or personal fall arrest system.

A. 5
B. 6
C. * 10
D. 12

FALL PROTECTION EXAMINATION

For your benefit, the answers to the questions you missed are listed below in red with a * in front.

5. The use of a(n) _____ for fall arrest is prohibited.
   - A. Anchorage
   - B. Body-harness
   - C. * Body belt
   - D. Connector

6. If a personal fall arrest system is used for fall protection, it must bring an employee to a complete stop and limit maximum deceleration distance an employee travels to _____ feet.
   - A. 3
   - B. * 3.5
   - C. 6
   - D. 6.5

7. Each employee at the edge of an excavation _____ feet or more deep shall be protected from falling by guardrail systems, fences, barricades, or covers.
   - A. 5
   - B. * 6
   - C. 10
   - D. 12

Extinguishers

Monday, January 08, 2018
10:40 AM

All extinguishers must be:

- Recharged after use
- Maintained annually
- Inspected monthly
- Hydrostatically tested (every 5-12 years, depending on the type).

Wrong answers:

NFPA 1001 PORTABLE EXTINGUISHERS EXAMINATION

For your benefit, the answers to the questions you missed are listed below in red with a * in front.

4. Which of the following extinguishers has the greatest effective range and discharge duration?
   - A. 2½ - 5 lb. CO2 extinguisher
   - B. 2½ gal. foam extinguisher
   - C. * 2½ gal. water extinguisher
   - D. 1.4-150 lb. halocarbon extinguisher
   - E. 9-30 lb. dry chemical extinguisher

6. What kind of portable fire extinguisher may contain ammonium phosphate?
   - A. Foam extinguisher
   - B. * Dry chemical extinguisher
   - C. Dry powder extinguisher
   - D. Wet chemical extinguisher

Relief Meeting

Wednesday, September 19, 2018
6:31 PM

9/19/2018 Relief Meeting

Takeaways in Green

Attendees: Don Johnson, Matt Kutz, Matt Grady, Doug Foote, Dan Eastman, John Williams

Treasures report:

- 20K in general
- 1 outstanding expense: Shirts from Dawn Smith
    - Dan Eastman to talk to Dawn and see if these are still being made
    - 1.5K approved for fire Ed
    - Getting 2% money from Molly (State Pension office)- everything is in compliance
    - Mrs. Coppersmith money 29K ready to be paid out, waiting on her lawyer to decide where to send
        - John Williams to reach out to lawyer again

Committee Report:

- In process of creating fundraising letter
    - Suggestions denied for this year
        - This year, be a more general letter, not a specific ask
            - New Suggestions:
                - Acknowledge what we received in the last year
                - Recruitment & Retention

Unfinished business:

- Good standing and by-law changes
    - No update from the policy committee
        - Put By-Laws on Target Solutions - Dan to work with Jim to put on Target Solutions
            - Jim Post by 9/21st
            - Dan E. by 10AM - Communication to Ana - Weekly Update (Bylaws are posted and should be read by 9/30). They should send recommendations to Dan Eastman. (reference article # , section # and page #.
            - Meet on 10/1 - group email with feedback from Dan, 10/8 meet as a committee, 10/15 Review proposed changes verbally. Posted to target solutions by 10/16. Vote on changes 10/22 (have to have quorum).
            - Reach out to Jim - Let him know we need time to discuss on 10/22
            - Make an announcement for review - collect feedback
        - Chief review Good Standing in relation to overnight response
            - Policy committee makes recommendation, relief board to update bylaws as necessary

- **New Business:**
    - Review leave of absence for Dawn
    - Memorial Committee - Doug heading up, he will ask dept
        - Joe Enfield, Barry Steckling, Jeff Galvin potential members
        - Ceremony, in Oct. vs. Open House debate
            - Doug to own the retiree to the memorial plaque process. Taking over from Don
                - Doug put together a proposed approach
    - Give All 20 year firefighters an Axe - Approved (General Fund)
        - Chief to have Jimmy order it
        - Need to add this in appendix to By laws
    - Vesting Talk moving from 5 to 7 or 10 years

- Could not be retroactive
- Wait for talk next quarter (Q4)
    - Could setup survey monkey for feedback