



AFTER ACTION REVIEW

The official newsletter for Clearwater, Florida Fire & Rescue

Summer 2010



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Fitness is Safety Week's Priority

Physical and Mental Prep are Keys to Firefighter Safety

By AC Doug Swartz

I think we can all appreciate the physically demanding nature of firefighting. It is no secret and has been well documented.

The challenge lies in what we do with the information. This year's Safety, Health and Survival Week put the focus on wellness and fitness and I wanted to take a moment to review some key points.

The important thing is that everyone has a commitment to fitness and living a healthy lifestyle.

When we think of the

requirements of our job, it is easy to come up with several key areas of concern; others may not be quite as obvious from the surface. Some of the main topics might include general health and wellness, food and nutrition, fitness, stress management as well as the use of alcohol and tobacco. When we look at the firefighters that die in the line of duty each year more than 50 percent can be attributed to health and fitness related issues. So again, the question becomes, now what?

The Clearwater Fire & Rescue Fitness Team took the lead on this



year's stand down presentations. Each session began with a light workout. It was important to the team for everyone to have the ability to get some "hands on" fitness time. This also gave the team an opportunity to review techniques and formats for various

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from the Front Page

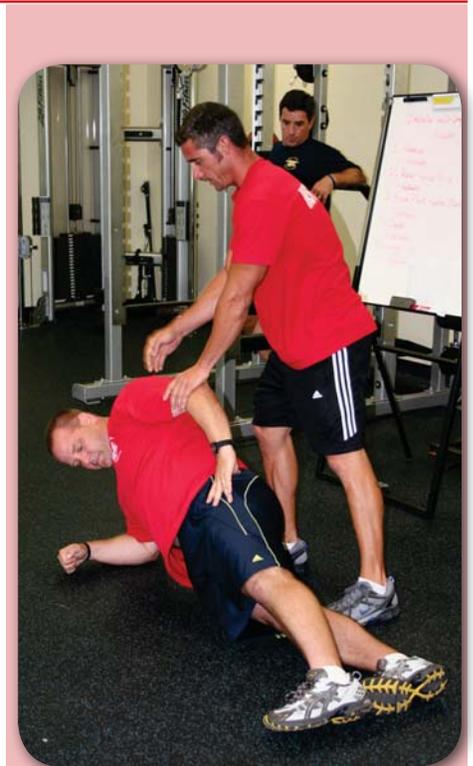
workout styles. Not everyone is at the same level or has the same fitness goals. It is important to the Fitness Team that everyone understands that workouts don't have to be elaborate and lengthy, but fitness does require some sacrifice and the will power to make it a part of your life. Find what you are comfortable with and make it work for you. The important thing is that everyone has a commitment to fitness and



living a healthy lifestyle. The primary focus here lies in the ability to perform job functions but the collateral benefit can be felt outside of work as well.

The team then focused on discussion topics including nutrition, stress management and injury prevention. Diet affects all aspects of fitness and wellness. Stress management is another one of those topics that has a wide ranging impact. Fitness can provide a good stress outlet as well as help to reduce some of the collateral stress that comes from being out of shape. Body mechanics help to maximize your ability, but more importantly help prevent injury. Additionally, by making a fitness routine, you can build a strength base over time with reduced stress on the body.

Again, the message is one of commitment. It is important to make an effort to lead a healthy lifestyle. The variety of options is endless. Find what works for you and stick with it. The Fitness Team is available to anyone who asks.



...workouts don't have to be elaborate and lengthy, but fitness does require some sacrifice and the will power to make it a part of your life.

They will be glad to answer any questions on nutrition, fitness and overall wellness questions you may have. There are also fitness and wellness resources available in the "Fitness" folder located inside the "Health and Safety" folder on the shared drive. Good luck, stay safe and get fit!

Department News

How to Fight a High Rise Fire

Clearwater FD Personnel Train with County

By Tim Sparrow



The scenario was a simulated fire on the sixth floor, with extension to the seventh.

Attack lines had to be charged and stretched down the hallway to a simulated apartment fire. There were multiple victims to be rescued, both conscious and unconscious. With the help of several Explorer Posts, there were as many as 25 victims on some nights. Some victims required aerial rescue, while others had to be located and rescued by interior search crews. By using several smoke machines we were able to create zero visibility on both the sixth and seventh floors for the drill.

Chief Officers from around the county were involved as well. The scenario simulated a three-alarm fire, which drew a response of 20 to 26 units each night. Managing such a large incident is not an everyday occurrence, so this proved to be a very valuable experience for the command level officers who participated.

Some results from the drill were

expected; others were surprising. There were many lessons learned from the training, and at the same time many current practices and procedures were either reinforced or disproven. We will be using this information to produce a "lessons learned" training bulletin, as well as reevaluate our own SOP and high rise procedures. The county has already formed a group, which Chief Riley and I are serving on, that will be rewriting the County 600 SOP.

I would like to thank everyone who assisted with and participated in the training drill for their dedication and tenacity. This was a very physically demanding drill, and everyone who participated worked extremely hard and on some nights for a long duration. Personnel from our Department performed very well at this drill, and the hard work and training that our personnel have been doing was very evident in their performance.

During the month of April and May, CFR participated in a countywide high rise drill. Although our Department has done extensive amounts of training on high rises fires, it had been eight years since a countywide drill was conducted.

The building used for the drill was a 15-story vacant high rise located in downtown St Pete, near Tropicana Field. The majority of the planning and prep work was completed by the dedicated staff of the St Pete Fire Rescue Training Division.

The Pinellas County Training Officer Group, which is comprised of all the training officers in the county, planned the scenario and served as the instructors and drill facilitators each night. There were a total of 18 night drills planned, which CFR units attended every night along with CFR Training Bureau staff.



Department News

Firefighters Advance in Scott Combat Challenge

By FF Anthony Gomillion



Pictured (left to right, above): Steve Coward, Pat Conrey, Brian Swartz, Steve Peters, and Anthony Gomillion.

On May 21 and 22, five firefighters from CFR traveled to Kissimmee, FL to compete in the *Scott Firefighter Combat Challenge*. Nationally, the competition attracts firefighters to regional, qualifying events, including the Kissimmee event. Running from May until September, they culminate with a U.S. National Championship in October and a World Challenge in November. Regional qualifying times advance participants to the World Challenge event that draws top competitors vying for the World Championship title from the U.S., Canada, New Zealand, and U.S. military teams stationed in Europe. The competition is an obstacle course that must be completed in full firefighting protective equipment (coat, pants,

boots, gloves, and helmet) including protective breathing apparatus known as SCBA. Individuals who run the course don the protective face piece and draw their air supply of the SCBA during the run. The course begins on the ground at the base of a 5-story tower. The timer starts and the first task is picking

up a 42-pound hose pack and ascending to the top of the tower, dropping off the hose pack and hoisting another 42-pound hose roll up to the top and over the railing. With that done, competitors descend to the ground, step onto a ventilation simulator and use a nine-pound shot mallet to beat a 165-pound steel beam backwards between their legs for five feet (simulating chopping a hole in a roof to ventilate a house on fire).

Next is a serpentine run around a series of fire hydrants for approximately 100 feet, grabbing a charged one and three-quarter-inch hose line, and dragging it for 75 feet. After passing through a set of saloon style doors, competitors squirt water through

the hose at a target and knock it down. The final task includes picking up a 175-pound rescue mannequin using a "cross-chest" hold and dragging it backwards 106 feet to the finish line. The stop watch doesn't click until the mannequin's feet cross the line. Our CFR personnel participated in every category including: individuals, running the course alone and "on-air"; tandem, running with a partner and splitting the course in half at the ventilation simulator task; relay, running with a team of five with every firefighter completing an event and transitioning to the next to pass a baton. Our results? Individuals: Anthony Gomillion 1:46.31, Brian Swartz 2:14.36, Steve Peters 3:44.25; Tandem: Brian Swartz/Anthony Gomillion 1:38.99 (4th), Pat Conrey/Steve Coward 2:03.18 (4th, over 40); Relay: (all 5 of us), our best time was 1:36.25 and we lost our 3rd race and were subsequently eliminated. Anthony Gomillion and Brian Swartz have qualified to compete in the World Challenge in both the individual category and the tandem category. Steve Coward and Pat Conrey have qualified to compete in the World Challenge in the tandem category. Our five-man relay team qualified to compete in the World Challenge in the relay category.

News in Brief

Plane Crash: Residents Escape Without Injury



On May 16, a single-engine plane crashed into a residential neighborhood on Patricia Avenue. The Piper Mirage aircraft hit two large trees before hitting the home, separating the plane's engine from the fuselage. Amazingly, all six occupants of the home escaped without injuries. One person on the plane was transported by R48 as a trauma alert. All crews that responded performed professionally and quickly to mitigate the incident.

A fire that broke out April 12 at the Florida Spine Institute, 2250 Drew St., was brought under control by Clearwater Fire Rescue personnel in about 20 minutes. The blaze, that started around 10:30 a.m., was believed to have started in the film x-ray room. Workers and patients were evacuated and no one was injured.

Patients Evacuated During Spine Center Fire



Above and Beyond

Saving Lives. Saving Haiti.

By Heather Parsons

FF Brad Keating took his healing arts to Haiti following last winter's earthquake that destroyed an already distressed nation.



In just eight days, Firefighter Brad Keating's life had changed. After the Jan. 12 earthquake destroyed most of Haiti, Keating flew to the country's capital Jan. 25 as part of a team of 12 medical professionals who volunteered to help those who had suffered incalculable injuries and loss in the disaster.

Keating flew into Port-au-Prince and stayed on the Haiti Gospel Mission grounds just outside the city, which, just days before, had been home to three million

people. "You wouldn't believe your eyes," he said of his first tour of the area. "The city has fallen apart. It's rubble. It gives you a different perspective on life and how lucky you are." Starving, thousands stood in the streets for days after the collapse of most of the city's infrastructure.

Orphaned children played in the street by day and slept in tents at night. The stench of death, he wrote, was everywhere.

Keating and the crew stuck together and, as a team, treated more than 200 patients a day and 1,500 total over the course of the mission. They worked 18-hour days performing surgeries, cleaning wounds, caring for sick children, and dispensing needed medications. Keating even helped deliver a baby.

"It was a boy, a beautiful, healthy baby boy," he wrote. "To be part of bringing a life into this world amidst all this devastation is a feeling I'll never forget. The look on the proud parents' faces gives me hope for all the Haitian people that they can overcome this tragedy."

When the team had the time to sleep, they did so in tents nestled between a collapsed school and two orphanages. Keating celebrated his birthday in Haiti. "It'll take a long time to rebuild that place," he said.



more photos on page 10

ALS Care Revives Woman

An e-mail received from Lt. Anthony Tedesco reported a May 29 incident in which the crew of Rescue 46, working a code, brought a 56-year-old female patient back to spontaneous circulation. The crew arrived at the scene on Mandalay Avenue at 15:12 hours and initiated quick, aggressive ALS care. Their care included interventions such as intubation, drug administration and high quality CPR. As a result, this woman regained her heart beat (ROSC - return of spontaneous circulation) and at the time of her arrival at the emergency department she began to breathe on her own. A job well done by all!

Photo Essay

Home Sweet Home: Station 48 Renovations Complete

Photos by Betsy Clement

After months of construction and living in temporary quarters at the maintenance building on Range Road, the crew of Station 48 finally moved back home. Following a long day on calls, everyone seems grateful to return to the renovated digs as they prepare a hearty meal of grilled pork, mashed potatoes, green beans and a fresh salad.

FS 48 was originally constructed in 1976 but not designed to accommodate a diverse workforce or features the department currently requires. Renovations include men and women's restrooms and showers, private dorm rooms with lockers, and a new kitchen. Also installed were new doors, windows, ceilings, heating, ventilation and air conditioning (HVAC) rooftop unit and ductwork, plumbing and electrical wiring. Approximately \$390,000 in Penny for Pinellas dollars in the Capital Improvements Project (CIP) funded the upgrades.



Employee News

Service Awards

5 Years Kyle Mueller
Richard Riley

Promotions

Jason Haynor to Fire Medic, July 3.

Transfers

Valerie Pillow, Student Intern assigned to Fire Administration.

Staff Assistant Michelle Benjamin from Fire Administration to Engineering, July 16.

Retirements

Fire Lt. Terence E. Costello retired Apr. 9.

FF Dwayne C. Vaughan retired May 21.

Births

FF/DO Jennifer Terrell, a son, Marshall Lewis Pauley, May 12, 7 lbs., 10 oz., 21 ½ inches; Congratulations to Jenn and her fiancée, Rick.

Miscellany

Why are Dalmatians Fire Mascots?

Dalmatians were originally chosen as fire dogs because they formed a strong bond with fire horses during the era of the horse-drawn fire engine – long before motorized fire suppression units. The distinctive spotted dogs guarded the valuable equines and kept them company in the station. Dalmatians were favored probably because of their size, friendly nature, ability to be trained, and ability to care for themselves. Urban and other local departments gave away puppies as new litters were born, and started a fire service tradition that has become legendary.



Sympathy

To friends, family and colleagues of Fire **District Chief Tom Coleman (ret.)**, on the loss of his wife, Mary Coleman, Easter Sunday, Apr. 4.

To friends, family and colleagues of **Fire Lieutenant John Paul Hite, (ret.)**, 73, who passed away Wednesday, Apr. 14. Hite served from 1958 to 1980.

To **Lieutenant Tom Allegretti** on the loss of his father.

To **Fire Medic Stephen Colbert** on the loss of his grandmother.

To **Anthony Gomillion, FF**, on the loss of his grandfather, Apr. 17.

To **Lieutenant Anthony Tedesco** on the loss of his father, Nicholas Tedesco, May 7.

To **Assistant Chief J.P. Medani** on the loss of his mother-in-law.

Future Firefighter?

With a little help from Lt. Graham (not pictured), Lily Benjamin, daughter of Staff Assistant, Michelle Benjamin, flashes a bright smile after being lifted into the cab of a Station 45 engine. While at the station, Lily demonstrated her skills at shimmying up the firefighter's pole. It was reported that the 7-year-old's experience at the Fire Department "was awesome."



Photo Gallery

Clearwater's New Fire Apparatus

Pierce Manufacturing of Appleton, Wisconsin delivered a 2010 Pierce Velocity Engine to Clearwater Fire & Rescue. It will be deployed out of Station 45 downtown. The unit is powered by a 425 horsepower Cummins engine, has a 1,500-gallon-per-minute single stage fire pump, 500 gallon water tank and 40 gallon foam tank. It features low crosslays and hose

bed along Tak-4 suspension, extra large disc brakes, front air bags and a reinforced steel front bumper. Members of the apparatus committee worked hard to research and procure the unit that will serve the city's needs for many years to come.



Brad Keating's Mission to Haiti (from page 7)



A Note from the Executive Editor

Elizabeth Watts, Public Safety PIO

If you have a story to share or ideas for articles, please send me an email: elizabeth.daly-watts@myclearwater.com. And don't forget your photos! I look forward to hearing your ideas and suggestions for upcoming issues. Keep up the good work and be safe!

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