



# The Blaze

A Publication of the Idaho State Fire Commissioners' Association

1st Quarter Blaze 2019

## A MESSAGE FROM THE PRESIDENT

Hello Fellow Fire District Commissioners,

Wow, here we are the first part of March and the winter, though it came late, it's here in full strength.

ISFCA fact: Established in 1961, serving fire districts of Idaho for its 58<sup>th</sup> year.

As ISFCA moves into 2019, we are excited to update you on the latest accomplishments and opportunities before us.

During the 2017 conference, membership asked us to look at and provide an AD&D policy for member districts. Effective 1 February 2019, we brought an AD&D policy providing \$25,000 off duty and \$50,000 on duty coverage. This coverage is available for the elected fire district commissioner down to support level members within our districts. Thank you membership for asking for and supporting your AD&D policy with 531 members enrolled.

Training across the region is beginning with our first one being held in conjunction with the North Idaho Emergency Services Academy on April 6<sup>th</sup> in Coeur d' Alene, ID. We are offering two others that will take place in Mountain Home on April 13th and in Pocatello on May 11th. We have a great line up of presenters which will focus on the Elected Official responsibilities of the myriad of statutes which we swore to understand and adhere to. You can find the registration forms on our website under calendars. You will not be disappointed.

Membership is the backbone of ISFCA's ability to fulfill our mission in serving fire districts within Idaho. Without your membership and of your neighboring districts we would not be able to offer the level of trainings, conferences, benefits, administration, monitoring and reacting to the rapid pace of legislative changes occurring and keeping you informed.

I ask that you visit ISFCA's website at: [www.ISFCA.org/alerts](http://www.ISFCA.org/alerts) to review the 2019 legislative session bills we are following (on 3/5/19 there were 23 bills at different stages). Once the legislative session has concluded, we will be providing updates on the website, at the regional trainings and in the next issue of the Blaze.

Conference 2019, November 14-16, Coeur d' Alene, ID, watch for upcoming information and registration.

In closing, I am honored to serve on your behalf and value every member district for your commitment to ISFCA.

Sincerely,  
David "Rudy" Rudebaugh  
President

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#### Office Contact:

Krystal Hinkle, Executive Director

#### Contact Information

Phone: 208-275-8870

Email : [office@isfca.org](mailto:office@isfca.org)

[www.isfca.org](http://www.isfca.org)

## Getting Your High School Involved in Your Fire District

*Steve Frazee, ISFCA Vice President*

At the end of our convention last year we went into our traditional Round Table Discussion. During the discussion, I was somewhat surprised to hear commissioners from more than one district talk about how they were concerned about having enough volunteers in the future for their fire departments. Some went on to say that they wished there was a way to get the youth in their community involved in their fire departments to help fill that need. I was somewhat surprised that many commissioners were apparently unaware of the Junior Firefighter Program,

The Junior Firefighter Program is an excellent way to get the teens in your area actively involved in the fire service. We've had the program for many years, but lately, due to the lack of interest, hadn't had any youngsters involved in the program, unfortunately, a sign of the times. The average age of our fire department has been creeping up the last few decades, and many of the latest firefighters to join our department have been over 45 years old, in fact the last person who applied for membership is 65 years old. However, we're starting to see that trend turning around. Our fire chief has been promoting our Junior Firefighter Program and in the last few years, we have had renewed interest from the teens in our town in the program and currently have two junior firefighters.

You might be asking yourself if this program can help with the volunteer shortage. For us it is starting to pay off. We had a young man in the program about 7 years ago that was interested in being a fireman. After he graduated from high school, he went off to college and I lost track of him. Recently, he moved back home to work with his father, and he has applied for membership in our fire department. We're looking forward to having him back on the department.

Junior Firefighter programs will vary somewhat around the country, but here is how our program works. First the high school student must apply for the program and meet certain requirements such as minimum age, driver's license; maintain good grades, parent approval and so on. The fire district/fire department will provide the PPE and training the cadet needs. In our department the cadet will act in a support role, and when safe enough to do so, will be provided with opportunities for hands-on-experience, including spending some time on the end of a hose.

We recently updated our program guidelines and then had our attorney and insurance company review and approve them. Our fire district has agreed to share these guidelines with anyone who might need them and has sent them to ISFCA for distribution. If you'd like to get a copy of our guidelines, contact our Executive Director, Krystal Hinkle.



## **FIRST RESPONDERS Salmon River 3-Day H2O Adventure - July 10-12, 2019**

**River Discovery offers outdoor adventures for cancer survivors that promote healing and strengthening of the mind, body and spirit.** We work year round to create, build, and fund life changing outdoor adventures for cancer survivors and the people who love them. Programs are created to inspire, empower, and heal survivors of all ages and with any diagnosis.

**[www.riverdiscovery.org](http://www.riverdiscovery.org) or 208-303-0040**

## Cancer Prevention and Protection for Fire Service Personnel

Wayne Cavender, Region 1 Director

We are always looking for volunteers for our local fire depts! We ask our friends and neighbors to join and we train together, fight fires together and grow together as a family. Little do we think about the possibility of one of us being injured or becoming ill.

Chiefs and other officers of our fire service organizations are becoming increasingly aware of the risks of exposures and methods of protection to keep our responders safe. Cancer, though, is a fairly new enemy for us to worry about in the "fire fighting business." (*When that plastic chair burns just how harmful is that? Or that countertop . . . or that flooring?*) Firefighter cancer is only recently being recognized as a potential catastrophe for our men and women – paid or volunteer - AND their families!

Studies are being done and demonstrated that firefighters have a higher occurrence of numerous types of cancer compared to the general population. Included in these are:

1. Skin cancer
  2. Testicular cancer
  3. Prostate cancer
  4. Brain cancer
  5. Breast cancer
- And the list goes on!!!

Generally, to control the risk of harmful effects, you try to **avoid** exposure but the life of a first responder is to be running into exposure while others are running out of it!! Avoiding the risk is near impossible for fire service personnel. Our people need to be educated to recognize hazards and be afforded sufficient **Personal Protective Equipment (PPE)** to prevent absorption of and limit exposure to carcinogens.

Documentation is also important. You must have a physical exam to insure you are cancer free to begin with and that you contracted your cancer on the job.

What immediate actions can I take to protect myself and my family?

1. Use SCBA from initial attack to finish of overhaul. (Not wearing SCBA in both active and post fire environments are the most dangerous voluntary activity in the fire service today.)
2. Complete gross field decon of PPE to remove as much soot and particulates as possible.
3. Use Wet-Naps or baby wipes to remove soot from your head, neck, jaw, throat, underarms and hands immediately and while still on the scene.
4. Change your clothes and wash them immediately after a fire.
5. Shower thoroughly after a fire, preferably a dedicated shower.
6. Clean your PPE, gloves, hood, and helmet immediately after a fire.
7. **Do NOT take contaminated clothes or PPE home** or store them in your vehicle.
8. Decon fire apparatus interior after fires.
9. Keep bunker gear out of living and sleeping quarters.
10. Refrain from using tobacco products.
11. Use sunscreen or sun block.

While the equipment in and of itself will not eliminate the exposure, knowing why it is used and then actively using it will help you from being exposed to a higher level.

There is so much more information in the footnoted article by Dr. Jenaway but I wanted to get this out there for those who may not have heard or don't realize the importance of these precautions for the safety of our fire fighters.

Works referenced:

Jenaway, Bill. "Cancer Prevention, Protection for Fire Service Personnel." *FireRescue1*, FireRescue1, 23 May 2017, [www.firerescue1.com/fire-products/Personal-protective-equipment-ppe/articles/250291018-Cancer-prevention-protection-for-fire-service-personnel/](http://www.firerescue1.com/fire-products/Personal-protective-equipment-ppe/articles/250291018-Cancer-prevention-protection-for-fire-service-personnel/).



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## What are you doing as a Member of ISFCA?

*Roy Barrett, Region 6A Director*

It has been almost a year since writing my first Blaze article. Much has happened in that year on the “fire front”. I participated in several teleconference calls initiated by Chairman Steve Frazee of the ISFCA Membership Committee, attended the legislative update held in North Idaho as well as the Annual Conference held in Boise.

Most recently listened in on the ISFCA Board of Directors teleconference meeting where a myriad of topics were thoroughly discussed. The topics ranged from finance, membership, training, organization, proposed legislation and more. Have learned a bit over the year, but readily admit that I am still a neophyte when it comes to ISFCA. Thus far I have brought little to the “party”.

What I have learned during the year is that ISFCA is vital to the “health” of Idaho Fire Districts. ISFCA is the front line defender and advocate for your district with the legislature. Until listening to the “pros” like Rudy, Doug, Steve, Bill, Krystal and other “seasoned” ISFCA members talk specifics regarding bills that are being proposed, RIGHT NOW, at the state house and how they will impact fire districts I had no real appreciation. No real appreciation for the breadth of knowledge that our ISFCA leadership possess. Not only possess, but put to work each day for the benefit of each of our fire districts.

After a year of involvement it is apparent that ISFCA leaders devote countless hours to the cause. Their effort is the reason that we have the new AD&D offering for our fire fighters and the training that occurs each year in multiple locations spread across Idaho. They have built in legal services, grant writing services and educational classes into the basic core of what each fire district can count on with their membership.

Thus far in my tenure I am in awe. In awe of the knowledge, commitment and devotion that our leadership past and present, has invested into ISFCA on our behalf.

I am also concerned that “we”, you and me, place too much burden on too few. I cannot help but think that we are asking too much. I have listened to these fine folks and wonder where did they get the knowledge, the insight to adequately address our legislative needs? How do they find time to arrange and attend, if not conduct training programs. How do they keep ISFCA going? Where do they find the time?

I have few answers. But have nothing but praise for the leadership that successfully charted the course of the past and the current leaders that fight the good fight every day on our behalf. Every aspect of ISFCA is designed to support, promote and protect your fire district.

What I do know is that our leaders need and deserve our support and help. ISFCA has three standing committees: Membership, Education and Legislative. The legislative Update and Annual Conference are held annually. There is much going on behind the scenes that require time and effort.

Hopefully each of us can make a little time, or a little more time to help the Association. Helping the Association is helping your fire district. A worthy cause.

I am certain that Rudy and Krystal would welcome a call from you.

Thanks and be well,

Roy Barrett

**Submitted By: *Rice Fergus Miller***

*Matthew Moyano, Designer LEED Green Associate, WELL AP, LFA*

As first responders, firefighters willingly put themselves into the path of danger every day of their career. Surely on the line of duty, but now we are finding, in their firehouses as well. Recent scientific research from the World Green Building Council (WGBC), the United States Green Business Council (USGBC), World Health Organization (WHO), and others show that some buildings are unhealthy. By ignoring healthy building design and wellness, inhabitants and users are more prone to developing illness, increased anxiety, and lower cognitive and physical capacity. As Winston Churchill once said, “We shape our buildings, and afterwards our buildings shape us.” The WELL Building Standard targets building wellness and provides a roadmap for designers, architects, and owners to ensure their design will maximize the health, safety, and welfare of the building users.

The WELL Building Standard “marries best practices in design and construction with evidence-based health and wellness interventions” to support maximum human potential. This standard includes seven concepts: air, water, nourishment, light, fitness, comfort, and mind. Each concept has specific strategies, that enhance the 11 major systems in our bodies: including, cardiovascular, skeletal, muscular, hormonal. WELL highlights preventative strategies designers and building owners can implement to help prevent lifelong health issues.

One way to improve fire station design is by reducing indoor VOCs (volatile organic compounds) which can be five times higher indoors than outdoors and are linked to “irritation of the nose and pharynx and have been associated with leukemia, childhood asthma, and other respiratory disorders.” Typical cancer-causing contaminants in a fire station include benzene, formaldehyde, and others that are emitted as gases and soot from fires and contaminate gear, vehicles, and tools. In our station design, we create spaces that are positively and negatively pressurized. Positive space pressure controls prevent contaminated air from entering a space. A room can be given positive pressure by supplying more air than is exhausted.

Decontamination protocol is followed by all fire fighters as an industry standard and includes washing equipment, gear, and the fire fighters themselves. Placing washing stations next to every point of access to the living quarters with drains that express the polluted water directly away from the station is another means to lessen contaminants.

According to the USGBC “there have been 11% gains in productivity from improved ventilation and 23% gains in productivity from improved lighting design.” A study by Harvard found cognitive performance was “61% higher in green building conditions” compared to standard buildings. Designing the station with these factors improves the performance of our fire fighters.

Fire fighters and the public are exposed to carcinogenic materials not only as part of their job, but also by being exposed to materials imbedded in buildings. The International Living Future Institute recognized this systemic issue and compiled the Red List - a list of the 22 most toxic ingredients found in the building industry. Asbestos is a common example which can cause mesothelioma when inhaled. By removing these chemicals from existing facilities and designing buildings that do not have them, we can protect not only building occupants, but first responders when they enter the buildings.

Mental health is a key factor in the ability of fire fighters to respond effectively to a call. According to the Journal of Occupational Health and the International Association of Fire Fighters “approximately 20% of fire fighters and paramedics have PTSD” contributing to physical illness and many other detrimental health issues like higher risk of heart disease, gastrointestinal disorders, and metabolic syndrome. By designing environments that alleviate stressors through daylighting, biophilia, etc. designers and clients can promote relaxation and proactively address mental and emotional trauma.



**Continued..**

The City of Olympia's Fire Station 4 is a good example of designing with health, wellness, and energy efficiency in mind. This LEED Gold station has performed at 24% less energy consumption than a conventional fire station. This can be attributed to the use of energy-efficient lighting, design for abundant natural light, daylight sensors, aggressive insulation, heat exchangers to recapture warmth from exhausted air, low-flow plumbing fixtures, and the installation of a high-efficiency HVAC system. Responsible station design can improve and extend the life of its users. Those who put their life in danger on our behalf deserve nothing less.

"International WELL Building Institute. "The WELL Building Standard v.1, January 2017"  
Ramanujam, Mahesh. "Healthy Buildings and Healthy People: The next Generation of Green Building." U.S. Green Building Council, 28 Mar. 2014, [www.usgbc.org/articles/healthy-buildings-and-healthy-people-next-generation-green-building](http://www.usgbc.org/articles/healthy-buildings-and-healthy-people-next-generation-green-building).  
"The Red-List" International Living Future Institute, 8 Feb. 2019, [www.living-future.org/declare/declare-about/redlist](http://www.living-future.org/declare/declare-about/redlist)

**Rice Fergus Miller is a architecture, interior design, planning and visualization firm that focuses on design for fire and emergency services.**



*Beneficial clerestory daylighting in the apparatus bay of City of Olympia Fire Station 4.*



## Fire and EMS Planning

**The old adage is:  
“If you fail to plan, you plan to fail”**

There are many planning tools available to fire districts. Choosing the right tools depends on your needs, your community's conditions, and your current and expected growth.

Important planning types include:

- Financial Planning
- Master Planning
- Strategic Planning

### **Financial Planning**

All agencies conduct financial planning at the most fundamental level in the form of an annual budget. But a more comprehensive financial planning strategy also includes:

- Annual Budget Process
- 3 to 5 Year Future Budget Revenue and Expenditure Projections
- Capital Replacement Planning

### **Master Planning**

Master Planning is a high level, big picture, plan for a time frame of 10 to 15 years. A Master Plan answers three questions:

- Where is our organization now?
- Where will we need to be in the future? and,
- How do we get there?

A Master Plan is typically completed by a third-party consultant who evaluates the fire department and its service delivery and provides a report detailing future needs.

### **Strategic Planning**

A Strategic Plan is a shorter, 3 to 5 year plan that, facilitated by a third party but internally driven. A planning team made up of personnel from within the department works to complete the following:

- Development or updating of the agency *Mission, Vision and Core Values*
- Identification of the department's most important goals for the next 3 to 5 years
- Definition of objectives and action steps needed to achieve the goals, and
- Establishment of means by which to measure accomplishment of the above

### **Summary**

At a minimum, every fire and EMS agency, big or small, needs a Strategic and Financial Plan. A Master Plan may also be important, especially if are seeing growth. Some planning efforts can be done internally and others may benefit from outside assistance, Please contact us [info@esci.us](mailto:info@esci.us) for information on our various planning products.



## **THANK YOU SPONSORS AND VENDORS**

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