



The Chief's Trumpet



Issue #59

January/February 2012

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www.nhafc.org

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NEWSFLASH

The JLCAR voted to approve the State Fire Code today. This has been a long haul and without the support of all of you and the business community there may have been a different outcome. Working together we can preserve the minimum fire safety regulations that we now have in place.

The support came from many directions to include the numerous legislators, Home Builders, Hospital Association, Dartmouth Medical Center, Insurance companies, NFPA, private industry to mention a few. They all recognize the value of an up-to-date fire code to protect the people and their property.

The effective date will be set within the next week and I will send out a communication as to that date when the 2009 edition will take effect.

Thank you,

Bill

J. William Degnan
Director/State Fire Marshal
Office of the State Fire Marshal

Upcoming Meetings/Events...

January 12.....	Portsmouth
February 9.....	Hudson
March 8.....	Bedford (tentative)
April 12.....	NH Fire Academy (tentative)
May (TBA)	(TBA)
June (TBA)	(TBA)
July (TBA)	(TBA)
August (TBA)	(TBA)
September (TBA).....	(TBA)
October (TBA).....	(TBA)
November (TBA).....	(TBA)

Note: This is a tentative list and subject to change

Meeting Information...

Portsmouth to Host January 2012 Meeting

Chief Chris LeClaire and the Portsmouth Fire Department will host a luncheon meeting of the New Hampshire Association of Fire Chiefs on January 12th at The Sheraton Portsmouth Harborside Hotel, 250 Market Street, Portsmouth.

The meeting will be held in the Harbor's Edge Room (Lobby Level) and will begin at 11:30 am, with lunch being served at 12:00 noon.

✂️ — — — — — Clip and mail — — — — —

January Meeting

Attendees: _____

Department: _____

____ Lunch (\$25.00 per person incl. tax and gratuity)

Make check payable to: **NHAFC**, and send it with the registration form to:

Chief Chris LeClaire
Portsmouth Fire Department
170 Court Street
Portsmouth, NH 03801

Reservations and payment **MUST** be received by January 6, 2012.

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Hudson to Host February 2012 Meeting

Chief Shawn Murray and the Hudson Fire Department will host the February meeting of the New Hampshire Association of Fire Chiefs on the 9th at Valentino's Restaurant, 142 Lowell Road (Route 3-A), Hudson.

At 5:00 PM, a Networking Hour will be held at the restaurant with dinner and meeting to follow beginning at 6:00 PM.

Dinner will feature an Italian buffet including appetizers, vegetables, pasta and entrees of Chicken Parmesan and Steak Tips, Dessert, Coffee. The cost will be \$30.00 per person (includes tax/tip).

✂️ — — — — — Clip and mail — — — — —

February Meeting

Attendees: _____

Department: _____

____ Dinner (\$30.00 per person incl. tax and gratuity)

Make check payable to: **NHAFC**, and send it with the registration form to:

Chief Shawn Murray
Hudson Fire Department
39 Ferry Street
Hudson, NH 03051

Reservations and payment **MUST** be received by February 3, 2012.

THE CHIEFS TRUMPET is published bimonthly by the New Hampshire Association of Fire Chiefs, PO Box 617, Concord, NH 03302. Produced and mailed by the Local Government Center, Inc. (formerly the New Hampshire Municipal Association) who have offices in Concord.

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Meeting Minutes

Minutes of a Meeting of the NH Association of Fire Chiefs

November 10, 2011 – The Yard Restaurant – Manchester/Londonderry line

Prior to the meeting Mr. Dave Parr, FEMA region representative spoke to the group about the current status of FEMA funding and grant programs.

The meeting was called to order by President Landry at 1232 hours.

Following a salute to the flag and a moment of silence, a quorum was declared.

Host Chief Kevin MacCaffrie of Londonderry welcomed the members and guests and thanked all who were in attendance. Chief Klauber of Derry was called out of town. Battalion Chief Jack Webb represented him and offered welcome.

Advocate Members (Bergeron, PRIMEX, LGC, NFPA) were introduced and welcomed.

Minutes of the previous meeting were not available in print. A MOTION (Sullivan/Christopoulos) to table carried unanimously. They will be distributed at the next regular meeting.

Treasurer Martin Carrier presented the financial report. A MOTION (Christopoulos/Pendergast) to accept his report as printed, carried unanimously with Deputy Carrier abstaining.

President Landry reported on the following:

- Chief Burkush has stepped down as Vice President. The Board of Directors nominated and confirmed Chief LeClaire as 1st Vice President to finish his term.
- Officers will be meeting with Governor and Senate President next week to discuss the importance of maintaining the codes and the veto of sprinkler legislation.

1st Vice-President LeClaire reported on:

- Union Leader winning of the court case. Names of retirees have been published

2nd Vice President Lyon reported that the legislative activity will be starting soon.

Chief Dave Parenti (Sgt. At Arms) reported on the salable available to the members.


Deputy Chief Tom Morrison, representative to the Manufactured Housing Board, gave a brief report of the activities ongoing and stated that he does not wish to be reappointed when his term is up in March.

Chief Carrier reported that the Professional Development Committee will be meeting to discuss the Annual Meeting shortly.

Fire Marshal William Degnan spoke about current issues. He also spoke of the outreach of the local agencies during the October snowstorm and mentioned some of the reported incidents during the week following until power was totally restored. He mentioned the fatal fire in Pelham where police officers entered the building without protective clothing. As this was an oxygen fueled fire, the danger to them was extreme. He mentioned that there have been instances of late where Public Safety Officer Death Benefits have been denied due to lack of proper documentation and clerical issues. He gave a status of the school inspection reporting and spoke of a couple of bills retained (HB 137 was one of them). Problematic is the requirement that the Fire Codes be promulgated by both his office and the Building Code Review Board, resulting in two different codes. HB 517 was supposed to delete in Amelia's Law morphed into a consolidation of boards. He also mentioned an opening on the Board of Fire Control for a Forest Fire Warden/Chief

Fire Standard and Training & EMS - Director Plummer reported that:



- The NHFA continues to accept input as to operations
- Academy Awards were held – dedicated the auditorium in former Director Rick Mason's name
- The North Country burn facility location choice is down to a couple locations. A decision will be made soon
- Inspector I class has been approved and is posted.
- EMS – conversion to new National Registry standards is ongoing. They are trying to make the transition as easy as possible.



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Meeting Minutes (continued)

- EMS – discussion ensued on the prohibition of dispensing of drugs back to a local service from ambulance personnel. They are working with the Board of Pharmacy to create a solution.
- There will be discussion on use of lights and sirens from scene to hospital. A study has been done and the results will be forthcoming.
- He spoke on the efforts to eliminate the sweeping of money from the Fire Fund.

The Trauma Medical Review board will be meeting next week.

Forest and Lands Director Brad Simpkins reported on the Volunteer Service Grant Committee meeting last week. He stated that all communities that submitted grant requests this year will have them funded.

Chief Landry reported that the Building Code Review Board is meeting at this hour. He will also be relinquishing his seat late next spring.

Deputy Chief Steve Carrier spoke on the December Christmas party at Crotched Mt. on December 8. He mentioned the itinerary and the need for assistance. Pageant at 3:30 and dinner at 5:30 PM

Chief Christopoulos, for the NEDIAFC, reported that Chief Bradley has undergone back surgery and is doing OK.

Chief Carrier, President of the NEDIAFC reported on the conference call recently held. There is an intention to sponsor a seminar in the spring with the goal to expand the communication between the members and the divisions.

Chief James Burkush reported on the efforts of the Retirement Coalition. He mentioned a legislative effort to change the system to a defined contribution plan instead of defined benefit plan. He welcomes input as they meet weekly. He suggested that the subject should be approached with the Senate President on Monday.

Chief Lyon asked if contributions were still being accepted for the coalition to deal with legislative retirement issues and was told yes. We will post it in the newsletter.

Bat. Chief Webb approached the subject of standardized accountability systems. FST has discussed this. While the process has merit, it was thought that now was not the time to attempt this.

Following the raffle, a motion to adjourn carried unanimously at 1332 hours.

Respectfully submitted
Chief Brent T. Lemire (ret)
Secretary

NHFIRS Statewide Statistics

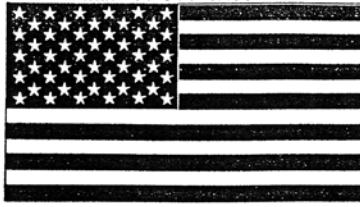
Here are a few 2010 statistics of interest on a statewide basis:

Total fire department responses reported –	126,881 responses
Total man-hours reported –	537,711 hours
Total dollar loss reported –	\$36,106,161
Average man-hours per incident –	4.24 minutes
Average response time –	15.99 minutes

To see which local NH fire departments are in compliance with RSA 153:11 for reporting fires, visit: www.nh.gov/safety/divisions/firesafety/incident/ReportingStatus.html

We encourage all fire departments to report every incident in their jurisdiction. This will allow you to have the total picture of your requests for service as you work on budgets, community outreach and speaking with public elected officials. For assistance with NHFIRS reporting and availability of reports available feel free to contact Emily with the NH State Fire Marshal's Office at 223-4289 or email NHFIRS@dos.nh.gov

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- How is my already overworked fire prevention staff going to be able to handle this new project?
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Firefighting and Cancer: How to Reduce the Risk

By Ronald P. O'Keefe & Timothy Parsons

Firefighting is historically one of the most dangerous jobs in North America. Firefighters constantly enter environments that are out of control, risking their lives to contain the emergency.

Cancer has reportedly increased as a killer of firefighters. During emergencies, firefighters encounter smoke and chemicals that eventually enter the firefighter's body through one of three ways: absorption, ingestion or inhalation. Utilizing the best personal, protective equipment can minimize exposure to toxic substances. Eventually, however, smoke and fluids permeate or penetrate through this equipment and a person's body.

Contaminants at Work

Firefighters face thousands of toxic substances throughout the year. Hundreds of new chemicals are being manufactured annually – not good news to a firefighter.

During a fire, the heart rate of a firefighter is at 90-95 percent of its full output for long durations. Toxic substances are easily absorbed through the skin and eye tissue. Profuse perspiring occurs, leaving pores open to take in chemicals given off during even the typical house fire. It is not unusual for a firefighter to notice the odor of smoke, several showers or days after lengthy exposure to fire byproducts. The body absorbs these toxins and cycles them through the individual's system.

Rehabilitation of firefighters is necessary at all significant fires. During this important process, individuals go to a safe location to rest, re-hydrate and sometimes eat to rejuvenate their systems. Unfortunately, many firefighters contribute to the contamination of their bodies during this period because their fire department does not require them to "decontaminate" before going to rehab. Decontamination involves rinsing off with water to remove toxic materials like soot. When able, firefighters should remove portions of their protective clothing [before rinsing off?] to better reduce the chances of contamination. Afterwards, firefighters should wash their hands and face with soap and water or a waterless disinfectant soap for a more thorough cleansing.

The most noteworthy avenue of contamination is inhalation. Wind change, post-fire clean up and overhaul activity are some of the many ways smoke is inhaled into the body. Some firefighters do not use self-contained breathing apparatus that is provided to protect them. Firefighters have three to four times a higher rate of contracting mouth and throat cancer than the average person. According to Institute of Cancer and Blood Research test results, Los Angeles firefighters

have experienced more than two times the normal rates for cancer of the brain, lung, rectum, pancreas and prostate.

These cancers, unknown to firefighters a few decades ago, are now forcing firefighters to retire and, in some cases, end their lives at earlier ages. Since 1950, the average age of death from cancer among firefighters has dropped from 49 to 44 years.

Nutritional Considerations

The nature of the firefighter's job does not promote good eating habits. The typical firefighter eats at least two meals daily at the station. And because a fire alarm may sound at any given time, firefighters have been known to opt for foods that can be eaten quickly or are somewhat edible after being left on the table for an hour or so.

Today's firefighters, however, are realizing that good nutrition is the cornerstone of healthy living. Take a look around the nation's firehouses and you will see an assortment of fruits, vegetables and whole grains. Fried foods, heavy gravies and fast food are becoming a less frequent visitor to the dinner table. To ensure that the healthy trend continues, eating municipalities need to support proper nutrition education for their fire and rescue personnel.

Over the past two decades, the Centers for Disease Control and Prevention (CDC) have documented a substantial growth in the number of obese and overweight individuals in the United States. In 2002, the CDC reported that direct and indirect costs of obesity were \$117 billion. Physical inactivity and poor food choices are the primary culprits of this national epidemic. Among the health problems created by obesity and poor nutrition is cancer. According to the National Cancer Institute, weight gain and obesity contribute to the onset of cancer of the colon, breast, endometrium, kidneys and esophagus as well as links to cancer of the gall bladder, ovaries and pancreas.

Combating obesity has become a major public health initiative in the United States. Earlier this year, the United States Department of Agriculture launched MyPyramid, a new symbol and interactive food guidance system. MyPyramid, which replaces the Food Guide Pyramid, supports President Bush's Healthier US initiative that is designed to help Americans live longer, better and healthier lives.

The American Cancer Society (ACS) offers the following suggestions for individuals to reduce the risk of cancer:

- Eat a variety of healthful foods, with an emphasis on plant sources.
- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains in preference to processed (refined) grains and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose foods that maintain a healthful weight.
- Adopt a physically active lifestyle. Adults should engage in at least moderate activity for 30 minutes or more on 5 or more days of the week; 45 minutes or more of moderate to vigorous activity on 5 or more days per week may further enhance reductions in the risk of breast and colon cancer.
- Maintain a healthful weight throughout life. Balance caloric intake with physical activity. Lose weight if currently overweight or obese.
- If you drink alcoholic beverages, limit consumption.

Firehouses can help create social and physical environments that support the adoption and maintenance of healthful nutrition and physical activity behaviors while reducing the risks for cancer by following these ACS group-specific recommendations:

- Increase access to healthful foods in worksites.
- Provide safe, enjoyable, and accessible environments for physical activity.

For more information from the American Cancer Society, visit www.cancer.org or call **800.ACS.2345**.

Behavioral Change

Many firefighters may cringe at making these significant lifestyle changes. It almost seems to be easier to eat unhealthy and stay inactive. Don't! To change eating and exercise habits, you must start now. You may not see immediate results, but be patient.

An important point to remember is that you do not have to make drastic changes to reduce the risks of cancer and start on the road to better health. Start slowly by reducing amounts of fats, sweets and alcohol. Once this is accomplished, start increasing your intake of fiber, fruits, and vegetables. Eat more of these foods every day until you have reached your recommended weight level for your height. Breaking bad habits is difficult. But simple changes can make a big difference. Eating fresh fruits rather than sweetened canned fruit, choosing 1 percent low-fat milk over whole

milk and using whole grain breads rather than bleached white bread all contribute to the cause. Take a little time to plan your daily menu. Do not let peer pressure or flavorful whims change your better eating habits.

Should you forget all of those tasty treats you love so much? No way! But eat them only occasionally as a special treat. You do not have to become a nutrition crazed person to benefit from better eating habits. All you have to do is slowly adapt your eating habits so they become healthier over time. The job of firefighting is already dangerous enough. Firefighters are contracting rare forms of cancers hardly seen in the past. That's why taking the necessary precautions to ensure they come back from each call safe and are around for a long time to enjoy family, friends and life is so important. And adopting better safety and nutritional habits are two ways to accomplish this goal.

The use of protective equipment, as well as better eating habits, can reduce the risks of cancer. Supportive training must start at the top and work its way down through the ranks. Firefighters must be made aware that a few simple changes in what they eat, for example, can make a tremendous difference as to how long they will be around to enjoy life. The New Hampshire Local Government Center (LGC) Health Trust offers a variety of health and safety programs to Member Groups through its *Slice of Life* program, including *Fitness 101*, *Nutrition 101*, *Back Safety and Disease Management*. For more information, contact your LGC Health Management Representative directly or visit HealthTrust's Web site at www.healthtrustonline.org.

Ron O'Keefe is a Health and Safety Advisor with the New Hampshire Local Government Center (LGC) and retired Fire Chief from the Town of Durham. Tim Parsons is also a Health and Safety Advisor with LGC.

References:

- As a Matter of Fat*. Durham, New Hampshire: University of New Hampshire Cooperative Extension Services Nutrition Information Program.
- Passwater, Dick. 1989. "Eating Right." *Firehouse Magazine* (June 1989 edition):

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