

3rd District Regional Health and Safety Seminar 2024

March 11th- Third District – Albany Union Hall 39 Quail Street, Albany, NY 12206

Starts at 8:30am

SPEAKERS/AGENDA

8:00am – 8:30pm – Light breakfast/coffee/juices

8:30am -10:30am - Steve Jordan is former Navy SEAL and US Naval Academy graduate from Minnesota. He served 7 years as an officer specializing as a ground force commander for high-risk operations in dynamic environments. Today, he consults businesses on team performance and growth through professional accountability.

Topic: "Health & Wellness for the NYSPFFA" We will discuss the health, wellness, and leadership frameworks used by Navy SEALs and other top performers to give firefighters practical tools to increase their resilience, proactivity, and coordination on the calls they answer. These topics will range from diet, exercise, and sleep routines to group mental health dynamics. The intent for the discussion is to educate and enable firefighters with methods that solidify their control in the challenging situations they face daily -- at the fire or the firehouse.

11:00am – 1:00pm – Jim Duffy: More than forty years in the fire service, recently retired battalion chief/shift commander in the Wallingford (CT) Fire Department after 28 years. Jim co-hosts Fireground Strategies on Fire Engineering Talk Radio with Anthony Avillo. He has been published in firefighter trade magazines in Canada and the United States, including Fire Engineering and NYSFCA Size-up.

Topic: " It's Just a Routine House Fire - OR IS IT?".

Private dwelling fires are the most common structure fire in The United States and New York About,75% of fire deaths occur in residential dwellings, about twenty-four hundred civilians die in home fires each and every year as well as a significant number of firefighter injuries and deaths. We lost 2,261 civilians in 2023 and 155 in NY state. 307 Home fire fatalities were reported Jan. 1 – Feb 5, 2024 including 20 in NY. If your fire department is anything like mine, odds are most of your structure fires are in private dwellings. Just because it's the most common fire you go to, it doesn't mean that you let your guard down. This highly interactive and challenging class will explore Safety, Command, Fire-attack, Ventilation, and Search in private dwelling fires, coordinating all fireground tactics with your staffing. We will also briefly cover decision making skills and current scientific studies and how it may or may not relate to your tactics. Lessons learned here can also be applied to other types of structure fires. *Hopefully we will have a little bit of fun at the same time!*

A working lunch will be provided at around noon time at the direction/convenience of the presenter.

1:30pm – 3:30pm – Dick Ruebenacker is a retired Lieutenant out of Ladder 36 in Manhattan. He began his career with the FDNY in Engine 312 in Astoria, Queens before being promoted in 2014. His career was cut short as a result of a gas explosion he had responded to. Since retiring he continues to give presentations to members of different departments on the impacts of traumatic events.

Topic: "Lessons learned at a LODD Death at fatal gas explosion". The presentation centers around the response to what would eventually prove a fatal gas explosion which took the life of one of our Chiefs. The routine gas leak became a much larger incident when a marijuana grow operation was uncovered. The presentation discusses constantly changing size-up in response to what was encountered. The closing portion of the presentation deals with the psychological toll traumatic events take and how as members of the department we serve as each other's support system.

There is no cost to attend the seminar. Breakfast & lunch will be provided by the 3rd District.

*****This seminar is open to all members of the NYSPPFA. Please share this invitation with all members of your department. Members can attend all or any part of the seminar.*****

PLEASE NOTIFY YOUR DISTRICT HEALTH AND SAFETY REPRESENTATIVE MIKE DEMARS (518-369-8076), mdemars.local2825@gmail.com IF YOU ARE PLANNING ON ATTENDING, WE NEED A HEAD COUNT.

Fraternally,

Dave Holleran
Executive VP/ Health & Safety Chairman
NYSPPFA

Michael Demars
3rd District Health and Safety Representative
Amsterdam Local 2825