



1st District Regional Health and Safety Seminar 2024

April 25th – 1st District – Rochester Union Hall - 65 Hudson Ave., Rochester, NY, United States, New York

Starts at 8:30am

SPEAKERS/AGENDA

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

8:30am -10:30am - Bonita S. Frazer, MS, CTS, FAAETS is the former Mental Health Emergency Planning Coordinator for Erie County. Through volunteer and professional venues, she has 30+ years' experience responding to untoward events and disasters, and providing crisis intervention and critical incident stress management services to survivors and emergency services personnel who suffer psychological consequences. Bonita serves as the President Emeritus of the WNY Law Enforcement Helpline.

Topic: "Fit for Duty: Life After Critical Incidents"

On a day-to-day basis, our stress, whether good or bad, leaves no lasting impact. However, critical incident stress can be of sufficient intensity and duration that it has the potential produce long-term physiological and psychological effects. It is estimated that rates of PTSD are as high as 31% in urban firefighters and 23% in EMS personnel. This presentation will provide a basis for understanding the impact of stress on the body and mind, how stress can increase the risk for suicide and other mental health conditions, indicators of self-harm, factors that affect recovery, and the benefits of a comprehensive self-care and stress management approach to promote and maintain wellness.

11:00am – 1:00pm – Barry Nechis has 42 years of fire and EMS experience and has a master's degree in public administration. He recently retired as a fire captain/paramedic, having spent almost 36 years with the New Rochelle Fire Department. He managed multiple aspects, including ICS implementation, Command Post Operations, development of electronic fireground accountability, SOP development, firefighter cancer prevention, budgeting, apparatus purchasing, EMS training, grant writing, Disaster Planning, Hazmat, and USAR Team Development.

Topic: " Personnel Accountability, P.A.R.'s and the Mayday"

Most departments use some form of tag for accountability, but this only tells you if the member is at the incident (if they remembered to tag in). We will present where accountability has failed and ways to improve accountability on the fireground. This includes introducing modern electronic tracking to help manage incidents while providing greater safety for members.

Because every NIOSH firefighter LODD report references communications, command, air management, and/or accountability deficiencies. We will also go over the most common Mayday mistakes and how to avoid them. This course introduces the advantages of an electronic tracking system to a larger fire service spectrum. Students will learn the advantages, disadvantages, and pitfalls of traditional personnel accountability tags and modern electronic tracking.

Almost fourteen years ago, we modified and implemented a system originally developed for FDNY. When utilized, it dramatically improves member safety. It's now expanded to Boston, Hartford, Baltimore, Chicago, Detroit, Houston, Kansas City, Albuquerque, Charleston, Memphis, New Haven, Seminole County, Fl., and many others. This technology works for any size department. Every department that has implemented it says it has changed its operations. In January, a battalion chief in Houston, Texas, reported that it prevented a line of death during a Mayday event.

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

1:30pm – 3:30pm – Captain Edward Tracey has more than 25 years of experience as a full-time firefighter and holds the rank of captain with the Rochester, NY, Fire Department where he serves as the Rescue Company captain. In addition to serving the Rochester Fire Department, Tracey has spent more than 22 years as a fire/rescue instructor teaching firefighting, technical rescue, firefighter safety, and hazardous materials courses at the state and local levels. Tracey has a B.S. in fire science administration from the University of New Haven; a master's of public administration from SUNY – Brockport College, and a doctorate in education from the University of Rochester. Tracey teaches higher education courses on fire service issues at Monroe Community College, Ocean County College and the Rochester Institute of Technology.

Topic: “New Technology – Designing Engaging Training Sessions”. This workshop is designed for fire service instructors, fire officers, and anyone else who conducts training. This session will explore the research & best practices that promote student learning and engagement in the classroom and on the training ground. The session will provide participants with a review of the research on student engagement, learner attention span, learning retention, and then recommend multiple engaging instructional practices. The session exposes students to modern learning concepts such as microlearning, gamification, active learning, AI, and workplace learning theories.

Breakfast & lunch costs will be \$25/person for those attending the seminar.

******This seminar is open to all members of the NYSPFFA. 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 NICK HASKILL (716-491-6425), nick.haskill@gmail.com IF YOU ARE PLANNING ON ATTENDING, WE NEED A HEAD COUNT.

Fraternally,

**Dave Holleran
Executive VP/ Health & Safety Chairman
NYSPFFA**

**Nick Haskill
1st District Health and Safety Representative
Local 859 - Tonawanda**