THE FIREHOUSE SCENE

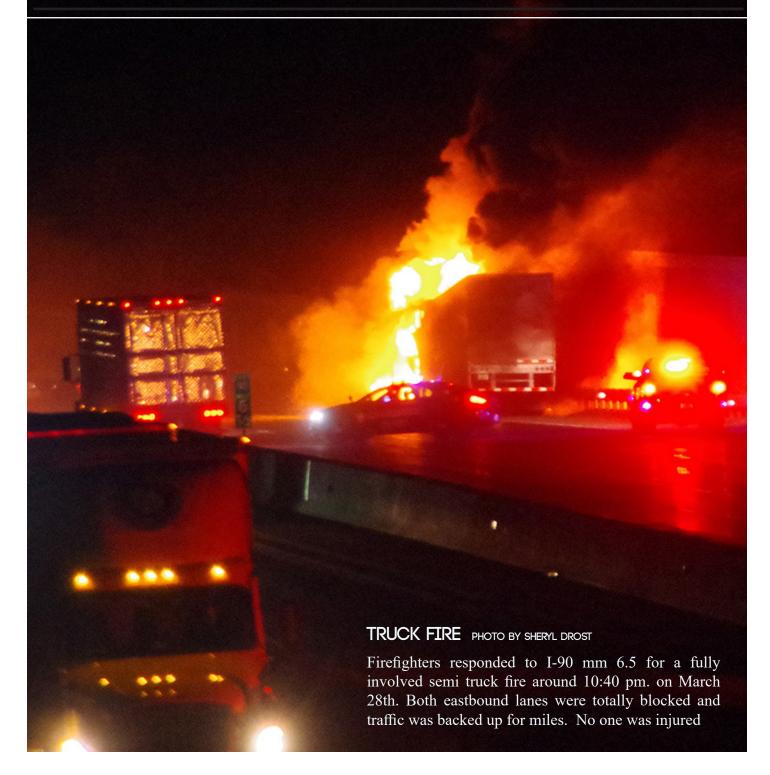
is a publication of the

Harlem-Roscoe Fire Protection District

April 2022

Fire Chief Don Shoevlin

Editor Sheryl Drost







FROM THE CHIEF'S DESK
BY FIRE CHIEF DON SHOEVLIN

A time of anxiety and restlessness. As I write this Tammy and I impatiently wait for grandchild # 9. In fact, our son and daughter in law are at the hospital currently. Nine grandkids. Who would have thought it?

Hey, HAPPY ANNIVERSARY HRFD! On April 4th it was the 82nd anniversary of the Harlem Roscoe Fire Protection District. We as a district are rich in tradition and history. I am attentive to assure our new members learn about our history and realize how much that they become a part of it.

I may have jinxed us a bit. Last month I commented on what a mild winter we have had along with all signs pointing towards spring. Hmmm, the first few days of April has given us more snow days than I believe we may have seen this winter. Well, it was short lived, and we didn't have to shovel.

As the weather does begin turning sunny and warmer, it may find many of us out cleaning our yards from the winter season. Remember there are burning ordinances in place from the boards of the County and Villages. If you are unsure of the ordinance, you can call our business phone line (623-7867) and we will assist you based upon where you live. When burning please be cautious and courteous of your neighbors.

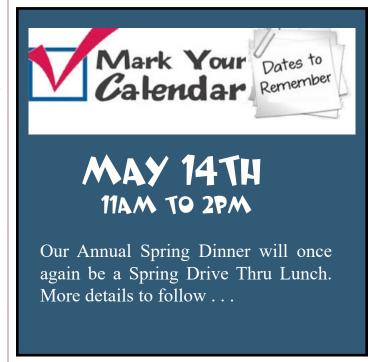
As we are seeing more activities and events planning to return after a couple of years absence, we have begun to receive numerous requests to participate in community functions. I cannot promise we will be able to attend all or be there for long periods. I will assure you we will attempt to attend as many as possible. We do have trainings or commitments already scheduled and we may be on 911 call. However, we would like to participate in as many as possible in our communities.

April is the end of our fiscal year. I look back on some of our accomplishments as well as never forgetting to look forward to what needs we may need so we continue to provide for excellent services in our communities. One strong need is we need you. Have you ever thought of becoming a firefighter, EMT, or paramedic? Now is a great time to explore. See our ad found in this newsletter for more information or call me direct. We are looking to build our roster of dedicated firefighters and EMS personnel.

Your continuous and generous support is greatly appreciated and does not go unnoticed. Please remember we do not solicit for donations. If you have any questions, please don't hesitate to call me, this is your fire department. Don't forget to keep up on the progress of your fire department by visiting our website, www.harlemroscoefire.com. Our new website will be up shortly. You can also find us on Facebook, so go ahead and friend us.

I look forward to seeing everyone on Saturday May 14th at our Spring Lunch Drive through being held at Station #1. Wishing everyone a Happy Easter,

Stay Safe Chief Shoevlin



LIFE SAVING AWARD PHOTOS BY DIV. CHIEF TOM AAKER



HRFD held a special ceremony on March 23rd at Sta#1 where Fire Chief Don Shoevlin presented Jessica

Grann with a recognition award for her quick-action during a cardiac arrest on December 23rd.

Chief Shoevlin said, "Jessica, a good Samaritan that provided life saving CPR to Lonnie Nelson until firefighters arrived and continued his treatment, and transported him to the hospital. Lonnie's family and friends, along with the Firefighters who responded were on hand for the event. Recognition is warranted to individuals who go out of their way to help others at extreme times of need. In this case Jessica stepping up was life saving."







FIELD FIRE PHOTOS BY SHERYL DROST

Firefighters went mutual aid to assist Rockton Fire with a field fire on Moffett Rd. on March 21st.





OUT OF CONTROL BURNING PHOTOS BY BC BRIGGS

Firefighters responded to Stamford Lane on March 20th for an out of control grass fire close to structures. The fire was quickly extinguished





Taling The Cape Offi

How to Lead Through Mental Illness, Unimaginable Grief & Loss

April 16, 2022

At The Hononegah High School PAC 307 Salem Street, Rockton

Doors Open at 8:30 am 9:00 am Presentation

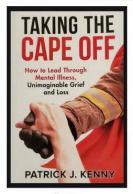
FREE TO ATTEND

Open To ALL area First Responders including HRFD Firefighters, Members and Spouses, Winnebago Fire Departments and Spouses, 911 Dispatchers and Spouses, Local Police Departments and Spouses, Winnebago County Sheriffs Department and Spouses and any family or extended family that you think would find this beneficial are welcome and encouraged to attend.

HOSTED & SPONSORED by:

Harlem Roscoe
Fire Protection District
Roscoe, Illinois





"We need to take care of people - our people." Chief Kenny's story will challenge and inspire you with his words, and he will teach you to teach by example.

It takes strength to reach out. . . THIS may be the most POWERFUL presentation you will see about Mental Health, Grief and Loss. PLEASE ATTEND!

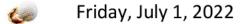
"Taking The Cape Off" will be available for a purchase price of \$25 each at the event and will be offered in paperback. Author & speaker Chief Pat Kenny will be happy to sign your books after the presentation too.

PATRICK J. KENNY has been a member of the fire service for over 38 years, and before retiring in January 2021 served as the Fire Chief in Hinsdale and Western Springs, Illinois. He has been a Chief Officer for over 25 years and a speaker in multiple countries on Mayday for Mental Health⊚ for more than a decade. He is the international best-selling author of TAKING THE CAPE OFF: How to Lead Through Mental Illness, Unimaginable Grief and Loss and has articles published in the areas of mental health, leadership, fire safety, and fire code challenges. He was awarded the Fire Chief of the Year in 2004 by the Illinois Fire Chiefs Association. He was awarded the Fire Engineering/ International Society of Fire Service Instructors (ISFSI) George D. Post Instructor of the Year Award for 2020.

Please RSVP to Fire Chief Don Shoevlin at hrfddshoevlin@gmail.com (I only need number attending and from which department)



Please join us for the "Ignite our Youth's Future" Golf Fundraiser for the Harlem-Roscoe Firefighter's Educational Grant. The grant is awarded annually to in-district schools to assist students in their educational needs in the 21st century.



Atwood Golf Course

8:00 a.m. Shotgun start (Registration starts at 7:00 a.m.)

Register Online: <u>WWW.HRFD-GOLF.COM</u>

\$125/golfer (\$500/foursome)

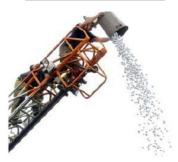
What's Included?

- 18 holes of golf with cart
- Lunch at the Turn and Drinks on the Course
- An "all-inclusive" steak dinner at pavilion (Free alcoholic and non-alcoholic drinks at dinner!)
- A gift certificate for a free future round of golf, <u>cart included</u>, at any of the Winnebago County golf courses!

What Can You Win?

- Longest Drive, Longest Putt, and Closest to the Pin winners will be awarded a TV or Grill.
- · Putting contest winner will be awarded a Grill
- Door prizes, raffle baskets, and 50/50 golf ball drop!

50/50 Golf Ball Drop Raffle



Golf balls will be dropped onto a green at Atwood Golf Course from our aerial truck's ladder on the day of the play day. If your ball lands in the hole you win! 3,000 balls are available, so the raffle prize could be very significant!!!

\$5 per ball or \$20 for 5 balls

Purchase Online at www.hrfd-golf.com

Do not need to be present to win. Winner will be notified.



FIREFIGHTER FITNESS
STANDARDS
Submitted by Lt. Jordan Stark

INTRODUCTION

Firefighters across the United States may be not meeting the recommended fitness levels based on the cardiovascular and metabolic demands of the occupation. Recent

statistics indicate that firefighters are at an increased risk of cardiovascular incidents or injury, which may stem from the strenuous nature of the profession combined with a high prevalence of firefighters being overweight or obese. Although recruits are required to undergo extensive training programs, many departments fail to uphold fitness standards among incumbent firefighters. As individuals settle into firehouse culture, unhealthy behaviors like lack of physical activity, poor sleep habits, and unhealthy diets may arise and leave firefighters physically unprepared for duty. While mandatory annual health screenings and on-duty exercise is encouraged by NFPA as well as IAFF, only an estimated 27% of United States departments actually provide such resources. The purpose of this article is to discuss some of the barriers and solutions to the topic of fitness in the fire service.

BARRIERS

Intrapersonal barriers to physical training may occur at the individual or departmental level. Some examples are firefighters not wanting to be fatigued if they catch a fire, or slowing down response times. A qualitative study analyzing the perception of training initiatives identified that firefighters may avoid working out while on shift for fear that it could interfere with response to an emergency call. For instance, it was reported that training on-duty was avoided so as to not arrive at a scene fatigued. Studies have shown that while exhaustive exercise hindered fireground performance, physically trained firefighters outperformed their untrained and non-fatigued counterparts, even in a fatigued state. Even so, it has been recommended to avoid exhaustive exercise while on-duty.

Interpersonal issues such as lack of motivation can be highly influenced by social groups and are frequently reported deterrents to exercise programs in the fire service. However, interpersonal relationships can have a positive influence on firefighter fitness. Competition and

camaraderie are strong motivators among firefighters. It is possible that the initiation of group-based exercise sessions may improve exercise adherence, shift cohesion, and create a sense of accountability.

Another barrier is institutional. One prominent barrier from the departmental level is a lack of funding, especially among many smaller communities. However, a lack of space or equipment should not be considered an impediment to exercise. If supplying each station with exercise equipment is not possible, then a facility can be put together at a central location. Moreover, body weight exercises and plyometrics can sufficiently improve strength and force production, with the addition of firehouse equipment like hose, and stairs can be used as external weight when appropriate.

BENEFITS

Physical Health

Firefighters are at risk of increased levels of obesity and hypertension. This is of concern because each is considered a risk factor for cardiovascular disease. Of particular importance, high blood pressure has been shown as a strong predictor of fatal cardiovascular incidents. Fortunately, lifestyle changes, such as increased physical activity and improved diet, can help promote favorable body composition and blood panels. Additionally, more fit firefighters have shown fewer cardiac abnormalities during stress testing and fewer injuries than their less fit counterparts.

Job Performance

Departments may also benefit from health promotion programs as it applies to improved job performance. Occupational tasks can require high amounts of aerobic fitness and muscular strength for extended periods of time. Adding strain caused by the environment, these tasks are performed in protective gear weighing at least 50lbs. If a firefighter is physically unable to execute these tasks in harsh conditions, the safety of the public, engine, and self are placed at risk. Considering the physical demands associated with the job, it is apparent that more fit individuals are more likely to better execute physical job tasks.

Economic

Training programs may also appeal to departments from an economic standpoint. Seven years post implementation, the WFI reports indicate that despite

a 5% increase in total injury claims, the average cost per claim decreased by 23% (18). In comparison, non-WFI compliant departments observed a 22% increase in claims and a 35% increase in average cost per claim (18). Moreover, engaged departments demonstrated fewer missed days and less of an increase in total incurred costs than those not. While a study by Poston and colleagues surprisingly found that departments complying with multiple components of the WFI reported higher workers compensation claims than non-compliant departments.

In agreement with these findings, another study by Poston et al. identified that the number of missed workdays due to injury was proportional to increasing weight status/body mass index (33). Subsequent costs associated with these absences ranged from \$5,076 for healthy weight firefighters to \$25,271 for those that were class I or II obese. There were, however, no differences in the prevalence or type of injury between healthy and overweight or obese firefighters.

While exercise has been shown to be beneficial, it is important that individuals also learn fundamental movement patterns. Strain, sprain, and muscular pains caused by overexertion are consistently among the leading causes of injury within the service (17). These musculoskeletal injuries are often accompanied by poor mobility or flexibility. Given this information, training initiatives should strive to teach proper form and the avoidance of potentially harmful movement patterns.

PRACTICAL APPLICATIONS

Noting the benefits of physical training programs, it is apparent that fire departments should implement, and actively support, exercise initiatives. Barriers of physical health initiatives can often be overcome, and the benefits can occur in health, performance, and economic domains. Baseline health screenings are encouraged to identify weaknesses and contraindications to exercise, although results should not be used for punitive purposes. Furthermore, functional or circuit style training may be highly effective among this population, given the reduced cost and time commitment, as well as the transfer to job-specific tasks. Finally, programs should ideally be under supervision of experienced personnel who emphasize the importance of correct movement patterns. Therefore, departments interested in implementing wellness programs may find success in partnering with strength and conditioning facilities.

2 IN 1 PHOTOELECTRIC SMOKE AND FIRE, CARBON MONOXIDE ALARMS RECALL

Recall number: 22-111

https://www.cpsc.gov/Recalls/2022/Universal-Security-Instruments-Recalls-Combination-Photoelectric-Smoke-Carbon-Monoxide-Alarms-Due-to-Risk-of-Failure-to-Alert-Consumers-to-Hazardous-Levels-of-Carbon-Monoxide



Recall Date: March 31, 2022

Hazard: The alarms can fail to alert consumers to the presence of a hazardous level of carbon monoxide, posing a risk of carbon monoxide poisoning or death. Carbon monoxide (CO) is an odorless, colorless, poisonous gas.

Remedy: Consumers should immediately contact Universal Security Instruments for a free replacement alarm. Consumers should keep using the recalled alarms until they install replacement alarms.

Description: This recall involves two models and two date codes of Universal Security Instruments 2-in-1 Photoelectric Smoke & Fire + Carbon Monoxide alarms. Model MPC322S has 10-year sealed batteries and a manufacturing date code of 2017JUN09. Model MPC122S is a hardwired alarm with 10-year sealed battery backup and a manufacturing date code of 2017JUN02. The brand name "UNIVERSAL SECURITY INSTRUMENTS, INC." or "USI ELECTRIC" is printed on the front of the alarms above "Photoelectric Smoke & Fire + Carbon Monoxide Alarm." The model number and date code are printed on the back of the alarms.

Incidents/Injuries:Universal Security Instruments has received two reports of units that failed to alarm for the presence of carbon monoxide within the specified time requirement. No injuries have been reported.

Consumer Contact: Universal Security Instruments toll-free at 877-220-0046 from 9 a.m. to 5 p.m. ET, Monday through Friday, or online at https://www.universalsecurity.com/reg-form-2022/alert/ or at www.universalsecurity.com and click on "Important Recall Information" for more information.





<u>Fact</u>: Hundreds of people die each year in the United States due to heat waves, hurricanes, lightning, flash floods, powerful thunderstorm winds, and winter storms or winter cold. Additionally, thousands of people are injured by these weather events each year. Will it happen to you?

<u>Fact</u>: If you are aware of what weather event is about to impact your area, you are more likely to survive such an event. To stay on top of the weather, utilize NOAA Weather Radio All Hazards receiver units that can be purchased at most electronic stores. Make sure the model you purchase has a battery-backup. The programmable types allow you to selectively screen out those county warnings you are not interested in. Most homes have a smoke detector; shouldn't your home also have a weather radio?

You should also obtain the latest weather information from commercial TV/radio, cable TV, the internet/web, and newspapers.

What You Can do Before Severe Weather Strikes

- 1. Develop a disaster plan for you and your family at home, work, school, and when outdoors. The American Red Cross offers planning tips and information on a putting together a disaster supplies kit at: http://www.redcross.org
- 2. Identify a safe place to take shelter. Information on how to build a Safe Room in your home or school is available from the Federal Emergency Management Agency at: http://www.fema.gov/hazard/tornado/to_saferoom.shtm
- 3. Know the county/parish in which you live or visit and in what part of that county you are located. The National Weather Service issues severe weather warnings on a county/parish basis, or for a portion of a county/parish.
- 4. Keep a highway map nearby to follow storm movement from weather bulletins.
- 5. Have a NOAA Weather Radio All Hazards receiver unit with a warning alarm tone and battery back-up to receive warning bulletins.
- 6. National Weather Service (NWS) watches and warnings are also available on the Internet. Select your local NWS office at: http://www.weather.gov/organization.php ...or go to the to the NWS Home Page at http://www.nws.noaa.gov
- 7. Listen to commercial radio or television/cable TV for weather information.
- 8. Check the weather forecast before leaving for extended periods outdoors. Watch for signs of approaching storms.
- 9. If severe weather threatens, check on people who are elderly, very young, or physically or mentally disabled. Don't forget about pets and farm animals.

Tornado Safety Tips:

- Seek shelter in a sturdy building, or a pre-designated shelter. Go to the lowest level of the building, preferably in a basement, and get under a heavy desk or workbench or sit next to the wall and cover your head with your arms/hands. Best bet – have a safe room in the basement.
- 2. If an underground shelter is not available, move to an interior room/hallway put as many wall between you and the outside of the building, and stay away from windows. Other possibilities: get into a bathtub or under a bed or sofa.
- 3. Get out of vehicles they can easily be tossed around do not try to outrun a tornado.
- 4. If caught outside lie flat on the ground and cover your head with your hands. Remember, in tornado situations debris likes to settle in roadside ditches or other low spots. If heavy rains are falling in the area, ditches and low spots may quickly flood. Therefore, laying down in a ditch may not be your best choice.
- are faming in the area, utilities and low spots may querkly froot. Therefore, taying down in a ditent may not be your bestern
- 5. Be aware of flying debris most deaths and injuries are caused by flying debris.
- 6. Manufactured homes (mobile trailers) offer little protection, even if tied down. Leave these for a sturdy shelter before the storm approaches.
- 7. Do not seek shelter under a highway overpass. Wind blow stronger under the overpass due to the wind-tunnel effect. Additionally, flying debris (glass, wood, metal) can pummel you, and the tornado winds may suck you out from under the overpass anyway.
- 8. Don't waste time opening windows and doors to equalize air pressure differences this is a waste of time and buildings have enough air leakage to equalize air pressure differences anyway. Buildings are more likely to explode after the wind gets inside.
- 9. The southwest side of the basement isn't necessarily the safest place to be vehicles can be pushed into basements you can still be crushed no matter where you are in the basement. Even the bricks/stones of a fireplace can crash into the basement and crush you!
- 10. Remember the tornado can occur before there is a visible funnel cloud. A tornado is nothing more than a violently rotating column of air extending from the ground to the cloud base. You may not be able to see the tornado (can't see the rotating air) until enough debris and dirt get swept into the vortex, and/or the visible funnel cloud develops all the way to the ground.
- 11. No place is <u>totally</u> safe from tornadoes (except for a safe room) if weather conditions come together properly, the tornado will go over or through mountains, lakes, rivers, swamps, marshes, bogs, and through downtown areas that have 1000 foot skyscrapers!

 Web sites: http://www.spc.noaa.gov/faq/tornado/index.html

Using a search engine on the Internet/YouTube, type in these key words for additional web sites: skywarn, tornado, thunderstorm, downburst, tornadoproject, storm chaser, vortex, derecho, severe weather. Enhanced Fujita Scale, safe room, lightning, jet stream



Lightning Safety Tips:

- 1. Postpone outdoor activities if thunderstorms are imminent. Lightning can travel 5-10 miles away from the thunderstorm and strike the ground with blue sky overhead. The storm doesn't have to be overhead in order for you to be struck.
- 2. Move to a sturdy shelter or vehicle. Do not take shelter in a small shed, under isolated trees, or in a convertible-top vehicle. Stay away from tall objects such as trees or towers or poles.
- 3. If in your vehicle when lightning strikes don't touch a metal surface. You are safer in a vehicle than being outdoors.
- 4. Remember that utility lines or pipes can carry the electrical current underground or through a building. Avoid electrical appliances and use telephones or computers only in an emergency.
- 5. If you feel your hair standing on end get down into a baseball catcher's position and plug your ears with your finger tips so if lightning does hit it will not blow your ear drums out. Do not lie flat!
- 6. 30/30 rule if the time between lighting and thunder is 30 seconds or less, go to a safe shelter. Stay there until 30 minutes after the last rumble of thunder.

Web site: http://www.lightningsafety.noaa.gov

Flash Flood/Flood Safety Tips:

- Nearly half of all fatalities in a flash flood involve a person driving a vehicle. Do not drive into a flooded area Turn Around Don't Drown! It takes only 2 feet of water to float away most cars. It's amazing how powerful we feel when we get behind the wheel don't do it!
- 2. It takes only 6 inches of fast-moving water to sweep a person off their feet don't walk through a flooded area!
- 3. If you are camping in a river valley, move to higher ground if thunderstorms with heavy rains are in the area. Do not attempt to drive away.
- 4. Don't operate electrical tools in flooded areas.
- 5. Most flash flood deaths occur in the middle of the night when it is more difficult to see rising water levels judge the depth of water covering road surfaces.

Web sites: http://www.weather.gov/os/brochures.shtml (to find the "Flash Floods and Floods...The Awesome Power"brochure)
http://www.srh.noaa.gov/srh/tadd/ (for information on Turn Around Don't Drown)

Severe Thunderstorm Straight-line Winds:

- Don't underestimate the power of strong thunderstorm winds known as straight-line winds they can reach speeds of 100 to 150 mph. Hurricane-force winds start at 74 mph. Wisconsin does experience these kinds of winds!
- If a severe thunderstorm warning contains hurricane-force wind speeds seek shelter immediately (as you would for a tornado situation).
- 3. Stay away from windows and go to the basement or interior room/hallway. Do not use electrical appliances.
- 4. Be aware that tall trees near a building can be uprooted by straight-line winds that tree can come crashing through the roof of a home and crush a person to death.
- 5. Powerful straight-line winds can overturn a vehicle or even make a person air-borne when they get up over 100 mph!
- 6. One type of a straight-line wind event is a downburst, which is a small area of rapidly descending rain-cooled air and rain beneath a thunderstorm. A downburst can cause damage equivalent to a strong tornado!

Web site: http://www.spc.noaa.gov/misc/AbtDerechos/derechofacts.htm (information on strong straight-line wind events)

Large Hail:

- 1. Although it is rare, people have been killed by large hail stones after sustaining head injuries. Additionally, several people are injured by large hail stones each year in the U.S.
- 2. Some thunderstorms can produce large hail stones that can reach the size of baseballs, softballs. These large hail stones can fall at speeds over 100 mph! that's why they are dangerous! The largest hail stone in Wisconsin was over 7 inches in diameter!
- 3. If a severe storm is producing large hail stones, seek a sturdy shelter and stay away from windows that can easily be smashed.
- 4. If you are in your vehicle before the hail storm starts, get out of it and go to a sturdy shelter. Glass windows in vehicles can easily be smashed by the hail stones. If you can't get out of your vehicle, then come to a stop and cover your head with your arms and hands.





- When do monkeys fall from the sky? During Ape-ril showers!
- Can February March? No, but April May!
- Why is everyone so tired on April 1? Because they've just finished a long, 31 day March!
- What season is it when you are on a trampoline? Spring-time!
- What flowers grow on faces? Tulips (Two-lips)!

- Why are trees very forgiving? Because in the fall they "Let It go" and in the spring they "turn over a new leaf".
- Why is the letter A like a flower? A bee (B) comes after it!
- What do you get when you pour hot water down a rabbit hole? A hot cross bunny
- What did the tree say to spring? What a re-leaf.
- What do you call a girl with a frog on her head? Lily!
- What does the Easter Bunny order at a Chinese Restaurant? Hop Suey!
- What do you call a rabbit with fleas? Bugs Bunny!



ACCIDENTS PHOTOS BY PHOTOGRAPHER SHERYL DROST AND DUTY OFFICERS





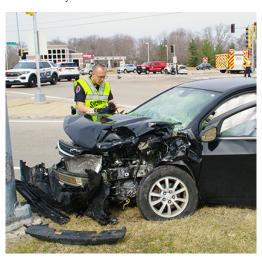


 $03/18/22\ Hwy\ 251$ and $Hwy\ 173$

03/18/22 Hononegah Rd. and Baneberry Dr.



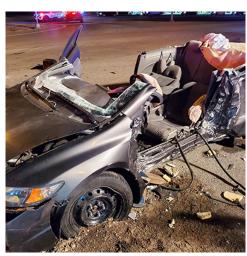




03/21/22 Hwy 251 and Bridge St.







03/27/22 Hwy 251 and McDonald Rd.







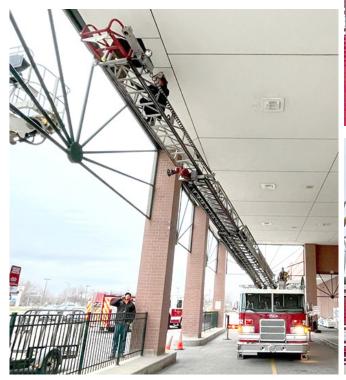


04/01/22 Anjali Way

04/04/22 White School Rd. and Prairie Hill Rd.

BOOM RESCUE PHOTOS BY BC BRIGGS

Firefighters safely rescued two workers on March 29th that were stranded 30 feet in the air after their boom lift failed. The workers were working on a sign on a commercial building on Hononegah Rd. The department's aerial, Quint 752, was used to successfully rescue the men. No one was injured.









Seriously, snow in April?

hAPPY BIRThDay

25th

Ryan Sarver

APRIL

14th

17th

22nd

22nd

3rdNate Sarver29thCecilia Young7thChris Witcik30thBrian Mayer10thColleen Bloyer

Tom Vojtech
Zeb Wolfe
John Morgan
Aaron Morley

MAY

23rd Rob Lukowski

30th Michael Craglow
31st Jordan Stark

The Firehouse Scene

The Firehouse Scene is a monthly newsletter produced by the Harlem-Roscoe Fire Prot. Dist.

Fire Chief - Don Shoevlin Editor & Layout - Sheryl Drost

The Firehouse Scene is available at Station One - 10544 Main Street in Roscoe and on the department's website after the second Sunday each month.

E-mail submissions to: Sheryl at: sdrost@harlemroscoefire.org



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