



# CKFR WEEKLY

ISSUE: 09/29/2017

CENTRAL KITSAP FIRE & RESCUE

*This year's Kitsap Resuscitation Academy was once again an enormous success! Held on Sept. 18 at Harrison Hospital, 911 Dispatchers, 911 First Responders, and Hospital Staff worked collaboratively to demonstrate the Chain of Survival. A huge thanks to Lead PM Bernt for coordinating the event!*

# 2017 KITSAP RESUSCITATION ACADEMY

# UPCOMING EVENTS

**Saturday, September 30**  
Fire Ops 101 Event  
Kitsap Readiness Center

**Monday, October 9**  
BOC Regular Meeting  
Admin Building (4 PM)

**Monday, October 23**  
BOC Study Session  
Admin Building (4 PM)

**Tuesday, October 31**  
Halloween

**Friday, November 10**  
Admin Office Closed in  
observance of Veterans Day

**Saturday, November 11**  
Veterans Day

**From:** Eileen McSherry

**Sent:** Tuesday, September 26, 2017 7:08 AM

**To:** All Personnel

**Subject:** *Announcement of New Hire -- INFO*

We are pleased to announce the hire of our new IT Technician. Levi Cook, a veteran of Iraq, comes to us with a BS in Computing Technologies and a strong background in the computer world, including both software and hardware experience. He reports to us for the first time on October 23<sup>rd</sup>. Please welcome him to our team!

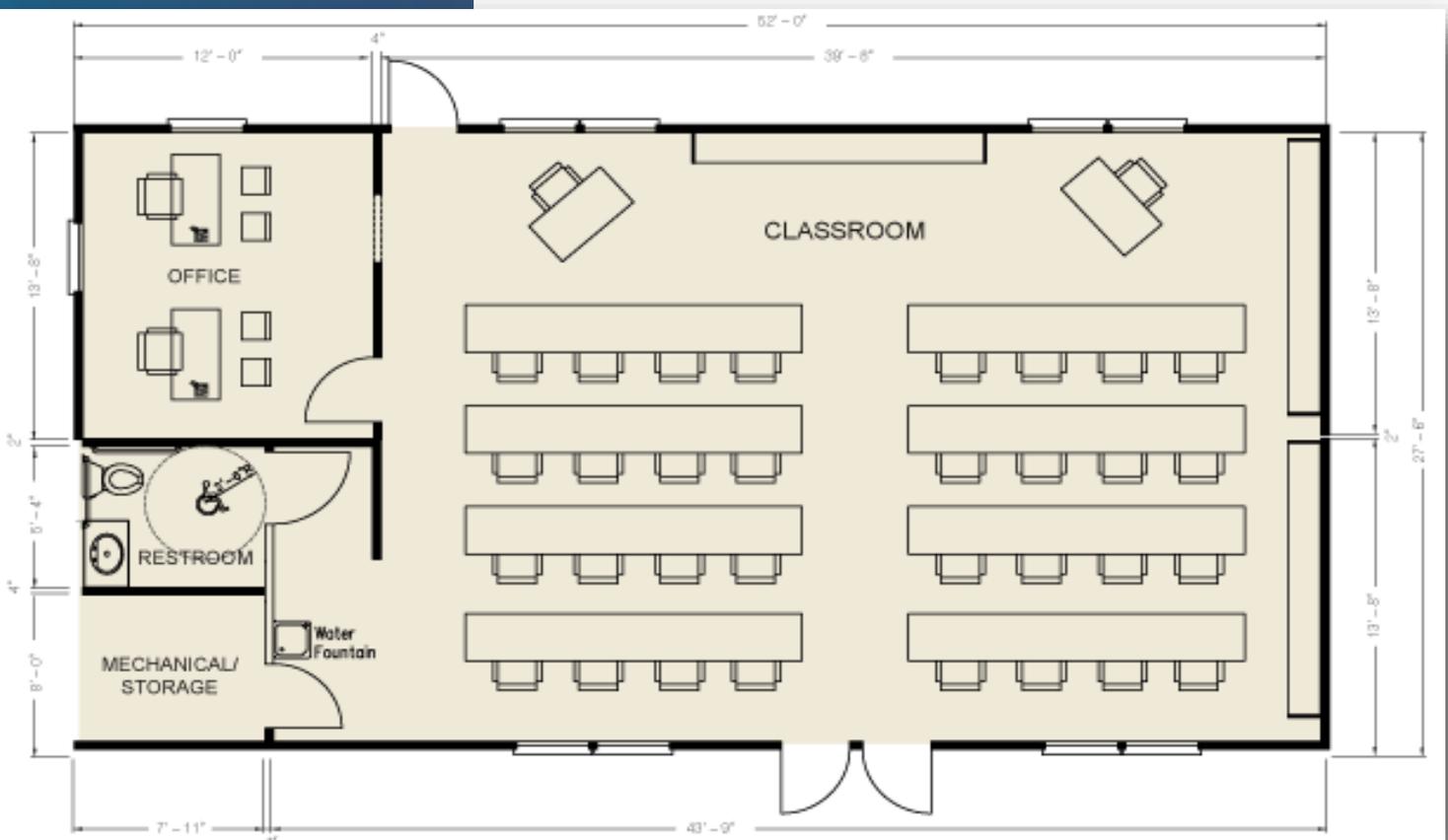
## FLOOR PLAN DRAWING CONTEST

The JMG is working on developing a rough floor plan for a new classroom building at the Kitsap Readiness Center. (Pictured below is a sample only)

**Chief Weninger will provide a reward to the member that provides the best draft floor plan by October 15<sup>th</sup>.**

### Drawing Requirements:

- Total foot print is 60' x 144'
- Restroom facilities including showers
- Several classrooms that can be transitioned into a large meeting space
- Several offices





# OCTOBER CANCER AWARENESS MONTH

**\*We are ordering more L and XL t-shirts\***  
**\*Admin Staff will be wearing pink on Mondays\***

*Many of us know someone who has been significantly impacted by cancer. As an organization, we all need to be focused on cancer prevention.*

*During the month of October, we will be coordinating specific days that all members will be authorized to wear pink CKFR uniform shirts in support of Cancer Awareness.*

*The idea is that by all members participating on a given day, we will raise awareness in the community and all look uniform (the same).*

*The District has placed an order for Pink CKFR uniform t-shirts for all members. One will be issued to each CKFR member (career and volunteer).*

*Shift Battalion Chiefs will need to coordinate and preschedule the dates that their shift will be participating. On-duty personnel may wear a pink CKFR uniform t-shirt in lieu of a Class B button-up uniform shirt while on duty on these dates.*

*Managers will need to coordinate and preschedule the dates that their personnel will be participating. The Administrative Staff will be coordinating on at least one Monday in October so our Board Members can also participate.*

*Let's have some fun, raise awareness, and learn how to prevent cancer from impacting more people.*

## 2017 CAREER LIEUTENANT ELIGIBILITY LIST

**From:** Eileen McSherry

**Sent:** Wednesday, September 27

*We are pleased to announce the attached results from testing for the Lieutenant position. This list is in order of placement on the exam and may be posted immediately. Congratulations to all who participated and worked so hard!*

Posted September 28, 2017

**2017 Career Lt. Eligibility List**

**Effective September 21, 2017**

(This list is maintained for 24 months from the effective date)

The order in which the candidates stand in the next examination process is as follows:

1. Putnam, Kara
2. Bernt, Kevin
3. Johnson, Mark
4. McCracken, Alex
5. Mahoney, Shawn
6. George, Billy
7. Fassett, Terry
8. Wallis, Jeffrey
9. Smith, Ronald
10. Oliver, Marcus
11. Cooper, Joshua
12. Stanley, Trevor
13. Soete, Brian
14. Rye, Jeffrey

## **LEADERSHIP ARTICLES**

1. [To Motivate Employees, Do 3 Things Well](#) (Author: Emma Seppala, Source: The Harvard Business Review)
2. [The Fine Line Between Friendship and Leadership](#) (Author: Lolly Daskal, Source: Lolly Daskal Blog)

# *PIO LiMarzi recognized at Board Meeting*

On Monday, Chief Weninger presented PIO LiMarzi with a certificate of appreciation for her outstanding work in the District's public relations and recent feature in **People Magazine**.

**Sent:** Wednesday, September 13, 2017

I want to recognize PIO Ileana LiMarzi for the outstanding work she does in putting news of CKFR out in the public. We have had several high profile incidents that she has put on social media as well as traditional media outlets. So well respected by the press, she has been called upon by Seattle media outlets for information that didn't happen within CKFR but in our neighboring districts.

This past Monday evening CKFR responded to a kitchen fire in an apartment complex. Her "tweet" on twitter was picked up by the internet version of People Magazine. A compelling story that highlighted what we do here at CKFR. People Pets then put their story on their own twitter and was seen again by several hundred more citizens.

Even before the merger of districts #1 and #15 we have always had a PIO but now with the "always on" nature of the internet and social media Central Kitsap Fire & Rescue is well represented by Ileana as the most professional Public Information Officer we have ever had, confident in front of TV cameras and skilled enough to write full press releases on her iPhone, which amazes me every time.



## *Employment Opportunities*

### **Part-Time HR Generalist for CKFR**

Central Kitsap Fire & Rescue (CKFR) is currently accepting applications to fill a new part-time position of Human Resources Generalist. This is an outstanding opportunity to work in the HR Division and support Human Resources functions across the District. The ideal candidate will demonstrate the highest standards of personal and professional conduct and be comfortable serving in a confidential position. Candidates can expect to work in an environment that is dynamic and service oriented. It is essential for the candidate to be highly skilled in organization and administration, have knowledge of hiring practices and laws, L&I, FMLA, Worker's Compensation and HR best practices. Must have previous experience as an HR Assistant or Generalist. Excellent verbal and written skills, a high level of attention to detail, and the ability to properly explain benefits, laws, and processes to employees. For the position description, go to: <https://www.ckfr.org/join-ckfr/employment-opportunities/>

The application packet is DUE no later than 4:30 PM on Wednesday, October 18, 2017.

### **Part-Time Administrative Assistant for KCEMS**

Under the direction of the Executive Board Chair and Co-Chair, the Administrator is responsible for the daily operations of the Emergency Medical Services (EMS) Office including performing a variety of administrative and accounting duties which may be complex or confidential in nature. Additionally, this position serves as the liaison for the EMS Council and as the primary point of contact both internally and externally. The Administrator supports the needs of the Medical Program Director and Physician Delegates as requested. Interested applicants can email their resume to Chief Weninger: [sweninger@ckfr.org](mailto:sweninger@ckfr.org)

# HOME FOR OUR TROOPS

On Saturday, September 23rd, Station 56B (PM McCracken, FF Rankin, LT Davison, and AO Good) participated in the procession and ribbon cutting ceremony for TSGT Daniel Frye.

Through the work of a charitable organization called "Homes For Our Troops", Daniel and his family received a mortgage-free home that is specifically designed to facilitate his significant needs resulting from severe injuries that he sustained in an explosion while working as an Explosive Ordnance Disposal Technician in Afghanistan.



## Recent fires are a reminder to stay safe

**KITSAP SUN | Letters | Published 9:00 a.m. PT Sept. 17, 2017**

***Ed Wolfe, Kitsap County Commissioner***

On behalf of the Board of County Commissioners, I want to extend our gratitude to all of the emergency responders in Kitsap County, especially Central Kitsap Fire & Rescue, that responded to three brush fires in Central Kitsap this week, including one in Kitsap County's Illahee Preserve Heritage Park and two others along the Clear Creek Trail in Silverdale.

[Continue Reading](#)

# EMS CORNER

BY KEVIN BERNT (B-SHIFT LEAD PARAMEDIC)

# KITSAP RESUSCITATION ACADEMY

I would like to formally thank everyone that participated in the Kitsap Resuscitation Academy. The event turned out to be a great success, and it was inspiring to see everyone work together collaboratively.

Kitsap 911, 911 Responders, and Hospital Staff worked in coordination to demonstrate the strength of the **Chain of Survival**. I would like to express my deep gratitude to the CK Medic One Foundation for donating their money and time to make this event possible.





Here is the letter in response to the Kitsap Resuscitation Academy from our Kitsap County MPD, Dr. Roger to Dr. Eisenberg of UW Medicine:

*Thank you for your kind words and for sharing your observations.*

*I too am heartened by what I saw yesterday; at least one representative from each of the Kitsap Agencies as well as Olympic Ambulance and CENCOM 911 dispatchers filling the room. Just awesome!*

*My gratitude to you and the entire RA team of Ann, Mike H., Dave, and those who work behind the scenes for taking their time to help us grow in Kitsap. Really, it is a privilege for us.*

*Finally, I have to be overtly clear that the planning, organization and coordination of teams, food, meeting hall logistics, et al., was orchestrated ENTIRELY by FF/PM Kevin Bernt. I can take NO responsibility for the planning and execution and don't want to usurp him in anyway. Kitsap County EMS, the citizens of Kitsap County, and me as the KCEMS MPD are unspeakably fortunate to have him in our midst.*

*I could see H-CPR Olympics in our future, the Puget Sound Utstein Challenge. PSuc. Has a ring to it, no? A trophy transported back and forth across the Sound and housed at the Fire Station with the finest annual performance. (Actually, probably won't have to go back and forth, if you get my drift.)*

*Thank you for your time Mickey, and your note.*

*Best,*

*Jeffrey*





AO Rohr and AO Reed participating in the Tough Mudder!

## KUDOS!

**From:** Division Chief Sorenson

**Sent:** Thursday, September 28, 2017



Recently, CKFR responded to a 911 call in the middle of the night for an ill person. On arrival at the home, M51 found the couple was deaf. Our crew did not know ASL, but they were able to communicate (on a limited basis) using pen and paper while providing patient care. The patient was transported to Harrison Medical Center. En route, the spouse was extremely anxious because of the strained communication. Our crew called the staff at Harrison and they arranged to have an ASL translator ready on arrival via a computer tablet. This technology was a tremendous relief to the patient and spouse. This is an example of the awesome teamwork CKFR and partner agencies use to provide exemplary patient care. Great job!

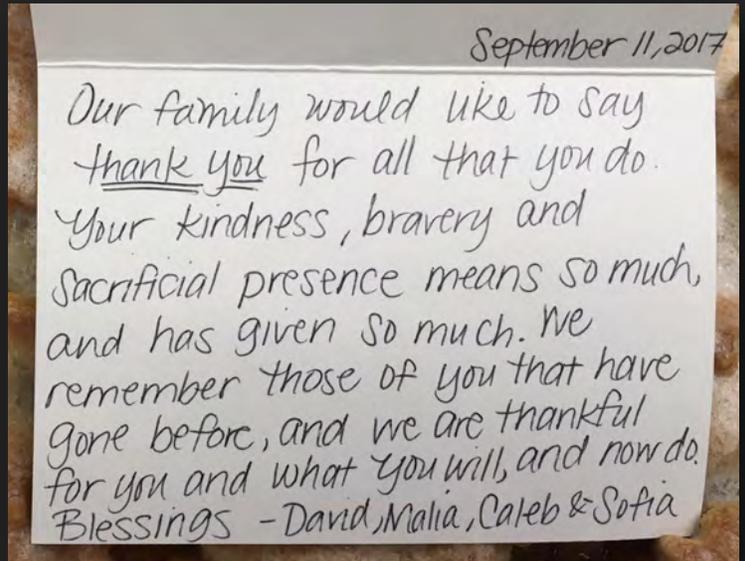


Freshly off probation, FF Bitterman took his AO Practical Exam. At CKFR, AO is a valuable position. To qualify as an AO, members are offered an AO Academy and must complete an AO Task Book, and pass the practical exam to prove competence in this discipline. Pictured above, FF Bitterman tested on flowing water from multiple lines while managing the water supply. Pictured right, Acting BC (Capt.) Stebor and Capt. Christian were evaluators.



## Sweet Citizens

Attached are pictures of cards and pie that was delivered to St. 51 on Sept. 11 by a family, that included two small children. It was touching to see their genuine support of local firefighters on Patriot Day. ~ **BC Platz**



## TDU to the Rescue

On Thursday, The TDU and PIO conducted a home safety survey and installed smoke alarms for citizens Bob and Sharon Gakin, who recently moved to this area. The crew also tested existing smoke alarms, installed the couple's CO detectors, and helped replace smoke alarm batteries in the vaulted ceiling.

It was a pleasure to meet the Gakins and we welcome them to Central Kitsap! ~ **PIO LiMarzi**



# Health & Wellness: 5 Exercises to Prevent Back Injuries

BY [AARON ZAMZOW](#) ON SEP 1, 2017

ARTICLE & PHOTO SOURCE: FIREHOUSE MAGAZINE

<http://www.firehouse.com/article/12354459/health-wellness-5-exercises-to-prevent-back-injuries>



Last week, my crew and I were at the scene of an extrication, using a background to remove a patient from a vehicle. I was at the foot of the board and was following the lead of the those in the front. As we twisted and stepped, my foot slipped off the curb and I tweaked my back. I was still able to maintain enough control to get the patient to the cot, but my back was already starting to tighten.

This is a very common occurrence on the fire and rescue ground. Due to the nature of our jobs, firefighters, EMTs and paramedics are at increased risk of back injury compared to other professions. According to the International Association of Fire Fighters (IAFF), sprains and strains routinely account for approximately 50 percent of all line-of-duty injuries, and back injuries account for approximately 50 percent of all line-of-duty injury retirements each year. These back injuries result in significant lost time, medical expense and obviously have a huge impact on daily living.

## Why are firefighters more susceptible to injury?

To uncover the reasons and rationale of firefighter back injuries, I consulted with Luis Rivera, an athletic trainer/physical therapist and CEO/cofounder of Tactical Athlete Health and Performance Institute in Milwaukee, WI.

“The main causes of work-related back injuries among firefighters include repetitive lifting of heavy objects, awkward positions and postures, and forceful and repetitive exertion in unstable plains,” he says. “Musculoskeletal disorders of the spine can be the result of an acute event, but are usually due to chronic exposures over time. The risk of musculoskeletal disorders of the spine increases with the frequency, duration and intensity of exposures.”

These unstable and unpredictable situations will always have the potential for injury—and this cannot be eliminated. But there are some ways that we can minimize our risk.



## Preventing back injuries

Many common workplace interventions that target musculoskeletal disorders, such as redesigning workstations or reducing workload, are obviously not applicable to the fire service. Teaching proper lifting techniques can be helpful but are not always realistic due to the nature of the job.

Rivera explains that the number one way to prevent back injury is to exercise the body properly: “A proper exercise program that incorporates applicable movements to the fireground and addresses the musculoskeletal demands that firefighters face is the best prevention to back injuries.”

In order to determine which exercises are best to minimize the risk of back injury, Rivera and I analyzed the data and the demands of the job, as well as a variety of sources, a process that ultimately led us to the following exercises. We suggest incorporating these exercises into your workouts or completing them together as one workout.

As with any exercise, if not done with proper technique, it will be ineffective and could lead to injury. In the case of these exercises, the order in which they are performed is very important as well. One builds on the next. For example, it is imperative to stretch the tight muscles first, followed by working the weak muscles to get your body to operate efficiently. Stability balls, bands and progressing to single-leg movements are ways to make these exercises more difficult as you continually challenge your body to improve.

[CONTINUE READING](#) FOR THE EXERCISES



# YETI RAFFLE



**\$5.00 PER TICKET OR  
5 TICKETS FOR \$20.00**



**Drawing on October 24th  
(CKFR Administration Building)**

**Contact Kim Peterson for Tickets**

**360-990-0814**



**All proceeds benefit the  
Central Kitsap  
Medic One Foundation.**