



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **May 26, 2023**

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"The mind that opens up to a new idea never returns to its original size." –

Albert Einstein

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Remember this Memorial Day: Some gave all



The Chief's Desk

Much of this week was spent with fire chiefs, researchers, and a variety of other fire service-related organizations in Washington D.C. at the Congressional Fire Service Institute (CFSI). The Arizona delegation included Phoenix FD, Mesa FD, Scottsdale FD, CAFMA, and Buckskin FD.

CFSI consists of seminar opportunities intermixed with time to walk the halls of the Senate and the House to visit with our respective state legislators. Phoenix took the lead in scheduling meetings with both of our Senators and four of our State Representatives.

Most of the legislators were out of the office, so we spoke directly with their chiefs of staff. Quite honestly, they're the ones tasked with following up on the information we bring, so going direct with staff regarding talking points aligned with the IAFF, IAFC, and the WFCMA can actually be better.

We thanked the senators for supporting the reauthorization of the Assistance to Firefighters Grant (AFG) as well as the Staffing for Adequate Fire and Emergency Response grant (SAFER). The bill reauthorizing both programs is in the House, so it was a good time for us to reinforce the importance of the programs and ask our representatives for their support.

The SAFER grant program is especially important as we're seeing a sharp decrease in resources available for wildfire response due to a lack of staffing and funding. As I've mentioned before, and as we pointed out to those we met with in Washington, Arizona saw a decrease of 50% last year in the availability of local resources. The feds are short 15,000 firefighters, but even at full staffing, local fire agencies are truly the Nation's fire department.

We discussed the wildfire threat at some length to include funding for mitigation as well as suppression. They weren't aware that Prescott National Forest contains the bulk of the top ten fireheds in the country – and we don't have the staffing we need to protect them. I'm hopeful that our talks will inspire even more conversation with FEMA regarding our SAFER grant application. Senators Sinema, Kelly, and Representative Crane already sent a joint letter of support on our behalf. We also asked about speeding up the process for reimbursement to the states for off-district response. As an aside, we ask for this every year... So far, no one's moving any faster at the federal level.

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Upcoming Events:

May 29 – Memorial Day
May 30 – Chief of Vacation
May 31 and June 1 – PFFA conference in Tucson
June 2 – AFCA Board Meeting

Board Meeting:

Board Meeting: June 26
CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830

Firefighters save wedding from ruin

By: William Tilton: News Herald

The Kirtland Fire Department, with the aid of other area firefighters, was able to perform a rapid clean-up of Mooreland Mansion in order for a wedding to be held safely.

According to a Kirtland Fire Department Facebook post, on May 19 the department was dispatched to Mooreland Mansion at Lakeland Community College for a fire alarm. While en route, they received a report of black smoke coming from the building.

According to the post, Eastlake, Mentor, Willoughby and Willoughby Hills were immediately dispatched on automatic aid.

Upon arrival, the building was evacuated, and no visible smoke or fire was found. Kirtland firefighters quickly searched the structure and found water flooding the building due to an activated sprinkler head.

Firefighters noticed the evacuees were nicely dressed, and the staff at Mooreland was pretty frantic. It was soon revealed they were preparing for a wedding, the post stated.

Once it was confirmed there was no fire in the building, the department quickly shut down the sprinkler system. The activated sprinkler head in the main foyer had flooded the main staircase, second floor and reception area. Once they stopped the flow of water, Eastlake, Mentor, Willoughby and Willoughby Hills crews arrived on the scene.

According to the post, with one hour until the wedding and water still raining down from the second floor, firefighters, armed with shop vacs, squeegees, mops and towels immediately sprang into action. While firefighters were working, Kirtland Fire Department met with Lakeland Facilities management, police, Lakeland and Mooreland leadership teams.

[firerescue 1](#)

Don't Let Passion Lead to Burnout on Your Team

By: Joy Bredehorst, Kai Krautter, Jirs Meuris, and Jon M. Jachimowicz

“Do what you love and you’ll never work a day in your life.” So goes the well-worn adage, a ubiquitous mantra that has pushed a generation of workers to try to find (or build) a career that enables them to follow their passions. But is being passionate always a positive?

Studies have shown that passion is associated with a host of positive outcomes, from a reduction in stress to a boost in productivity and career growth. But in our recent research, we found that feeling passionate about work can also come at a cost: It can lead to exhaustion — and even burnout.

Passion Disrupts Recovery

To understand the short- and long-term effects of passion, we asked more than 700 full-time U.S.-based employees across various industries to provide daily responses about how passionate and burned out they felt at the beginning and end of each workday. And consistent with prior research, the employees reported feeling less burned out on days when they felt more passionate about their work. But on the day following a particularly passionate day, employees actually felt more burned out than usual.

This is because on days when employees experienced higher levels of passion, they also felt more energized. This energy boost made their work seem easier, and so they ended up investing more time and energy into it — but this also caused employees to overlook their own needs, fail to prioritize rest and recovery, and ruminate about work rather than mentally switching off from their jobs when the workday was over. In other words, feeling more passionate both led workers to exert more energy at work and left them with fewer mental resources to recover from the extra-demanding day they had just experienced. This in turn resulted in these employees feeling especially burned out the next day, their energy levels so depleted that they were unable to maintain their passion for work.

[HBR.org](https://www.hbr.org)

The Chief's Desk Cont.

We spoke at length about the need to support our collective efforts to mitigate the cancer risks in the Fire Service, as well as mental and behavioral health. Many of the cancer screenings being offered in Arizona today are being covered by some form of federal grant like AFG. We also requested more studies relating to the dangers of lithium-ion batteries. Fires involving electric vehicles are labor intensive, require significant water, and present a secondary environmental hazard from water runoff. I shared with them that we had two investigators lose time from work because of exposure while investigating an EV fire.

Additionally, Underwriter Laboratories (UL) presented findings regarding lithium-ion battery thermal runaway involving battery walls, and e-bikes at the Baggers Seminar last Friday. During testing, the battery wall exploded so violently that it blew the garage door upwards of 150' away from the house. They didn't have anything else in the garage as part of the test, so we didn't get to see the secondary damage or what would surely be the resulting fire. Regarding the tests on the e-bike, from the first visible off-gassing to flash over was 26 seconds. The explosion was violent and the fire was intense. It took the smoke detector 16 seconds to sound, leaving only 10 seconds to escape the room. In short, it would've been fatal for anyone sleeping in the room of origin.

According to FDNY, lithium-ion batteries have become the leading cause of fire-related deaths in the city. A recent fire at a Washington Heights apartment complex resulted in four deaths; those deaths bring the death toll from lithium-ion battery fires in New York to nine so far this year. In 2022, NY realized 220 lithium-ion battery fires that led to six deaths and 147 injuries.

Late Tuesday afternoon, Phoenix AC Scott Walker, Mesa FD Chief Mary Cameli, Scottsdale Fire Chief Tom Shannon, and I sat with some of the leading researchers in the country on firefighter health and safety. They have a grant to perform additional studies into firefighter physical fitness, resiliency, and

training. Our agencies are working to partner with them in a study regarding our collective approach to training recruits. Everything from how we train them physically, mentally, and cognitively, to how we screen potential candidates for resiliency.

We hope to develop strategies that will help attract and retain personnel who are both physically and mentally capable of performing the job, while also maintaining a healthy lifestyle both inside and outside of work. A key component to this will be studying ways to better integrate families as part of the overall process once a firefighter is hired. We'll be sharing our Partners Academy outline as part of the process and will be engaging Chiefs Feddema and Parra, as well as Captain Merrill.

One of the first steps for us is introducing Dr. Ritterbush to Kepra Jack, owner of HeartFit for Duty. Kepra works very closely with Dr. Sara Jahnke and Dr. Denise Smith along with their teams studying the effects of our job on our bodies and minds. I'm hopeful that the recruit academies of Phoenix, CAFMA, and Mesa will all be used in the potential study.

On a final note, not related to Baggers or CFSI, Chief Rose is working with ADOT and the Central Yavapai Metro Planning Organization (CYMPO) for some level of traffic control at Station 54 and 169. We may not be able to get exactly what we want because it's a state route, but we may be able to get something that would at least offer some level of safety when 54 has to access 169 for a call. Stay tuned, more to come on this one.

Lots of moving parts and good things happening! Happy Memorial Day weekend 😊
