



## **2025 WFC Officers Education Conference** ***Class Descriptions***

### **Sweating the Small Stuff: Keeping your People Safe and Alive**

*Rick Lasky*

For those in the private sector the practice of “sweating the small stuff” may come as a nuisance and seem unnecessary, but for those of us in the fire service it’s often the “small stuff” that leads to a firefighter’s injury or worse yet death. In this program Chief Lasky will examine the areas our fire service needs to once again place emphasis on if firefighter safety is to remain paramount.

### **KEYNOTE: I am Your Firefighter**

*Rick Lasky*

Join Chief Lasky as he reminds the public, and yes, even some of our firefighters and officers, what it means to be a firefighter and what it takes to be part of our fire service family

### **Five Alarm Leadership: Real Leadership with Real People**

*Rick Lasky*

Five Alarm Leadership is a dynamic program that is designed to energize and motivate the people in your department to perform and excel in everything they do. This program outlines many of the common situations that fire departments and fire companies find themselves in and presents suggestions and solutions to those situations. Chief Lasky, a 40-plus year veteran of the fire service has experienced many of the challenges and hurdles that your fire department is facing. He has learned through his experience as a company grade officer, command-level officer, and executive officer, how to treat people, how to motivate them, mentor, to coach and counsel them, and in some cases discipline them, so that they want to come back and contribute even more to this great profession. Issues such as integrity, inspiration, interest, innovation, insight and initiative are all discussed and applied to life in the firehouse and on the fireground. Join Chief Lasky as he guides you through your most difficult but vital role as a leader in the fire service.



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### **You're the Training Officer, Now What?**

*Andy McAfee*

This class will cover requirements of training and legal considerations for training. What you should be doing for your training and what you should not. Are you conducting live fire training correctly? What training is required? What certifications are required? Do I need to be certified? Who can teach? What does the National Fire Protection (NFPA) mean to me? Are we required to follow NFPA? What does WAC 296.305 mean?

### **Optimizing Sleep for Physical and Mental Health**

*Brandon Dreiman*

According to a recent study, over 40% of firefighters have a diagnosable sleep disorder, more than doubling the general population. The effects of sleep deprivation can range from simply feeling aggravated to chronic diseases, hormone imbalances, and mental health disorders. This presentation provides an interactive format to discuss what sleep cycles are, why they are important, and how they affect hormone levels. It evaluates powerful and simple sleep hygiene practices that people often overlook. Next, it discusses Cognitive Behavioral Therapy for Insomnia (CBT-I) and how firefighters can utilize CBT-I to get remarkably better sleep in six weeks. Finally, this presentation describes the types and usefulness of various sleep trackers. The information is presented in a way that allows attendees not only to employ the skills but also relay them back to their co-workers.

### **The Firefighter's Mental Health Toolkit**

*Brandon Dreiman*

This interactive presentation focuses on the benefits of behavioral health awareness and self-care for firefighter wellness. Common mental health issues are discussed, and attendees are provided take-home, usable points to employ with themselves and crew members if they suspect behavioral health problems. The presentation will then focus on the reliability of fire service suicide data and what to do when you suspect a colleague is suicidal. Finally, attendees will learn practical, proactive steps they can take to ensure that their self-care needs are being met.



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### **Critical Thinking for the Initial IC**

*Stan Cooke*

On a structure fire the initial incident commander is faced with the expectation of making critical decisions in a compressed time frame. **CRITICAL THINKING for the INITIAL IC** uses Bloom's *Taxonomy* and *Costas' Levels of Intellectual Functioning* methodology in addressing Critical Thinking as applied to the Initial IC when dealing with structure fires.

We look at the components and relationship of "Criteria Based Decision Making" with "Recognition Primed Decision Making" as they apply to fire ground decisions. Students will understand which criteria are critical and how to utilize these criteria in making effective decisions. Concepts involving Reading Smoke, Fire Dynamics, and Building Construction are tied together in an effective way that will improve the students' confidence in size-up and action planning.

Subjects that will also be covered include:

- Applying Critical Thinking to Strategic and Tactical Priorities
- Pitfalls in Decision Making

This is a 16-hour class designed for the Initial Incident Commander, whether the student is a fire fighter, Company Officer or Response Chief. The student will see approximately 60 structure fires in this course. It is highly interactive; the student can expect to develop confidence and demonstrate critical decision-making skills.

### **Closing the Energy Gap**

*Chris Greene*

Energy hazard knowledge is one of the biggest training gaps for our first responders. Nothing exposed this problem more than Lithium-ion battery fires. But don't be fooled, Li battery fires are only 1 piece of a much larger "Energy Battleship". Developing your energy vision will be key to recognizing these hazards before resources are deployed.

- Working with the Energy Providers
- Solar / PV Arrays
- Substations
- Switchgear spaces
- Vaults/Utility spaces
- Transformers / Rectifiers / Traction
- Lithium-Ion Battery Hazards
- AC vs DC
- Overhead and Underground Electrical
- Voltage rated tools and PPE
- Offensive and Defensive Tactics
- Conducting an Energy Hazard size-up
- Energy as part of your RBA



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**Biological Effects for Nutrition, Hydration, and Sleep**

*Pamela Zenzius*

A biological breakdown of Nutrition, Hydration levels and Sleep and how the body reacts to changes in these levels. Explanations about hormonal changes such as Cortisol and Insulin when these levels are compromised and disrupted and how these changes affect organ systems. Discussion about possible solutions to combat these effects.

**Financial and Psychological Effects of Musculoskeletal Injuries**

*Pamela Zenzius*

This session will cover the financial impact to both Fire Department/District, as well as personally to an individual when an injury occurs. Discussion on what the psychological impact is to an individual who has sustained a musculoskeletal injury. Participants will also gain an understanding of how the Psychological and Pain Level correlate.