

MONTHLY SAFETY AND HEALTH PLAN

An interactive guide for Fire Department Chief, Training, and Health and Safety Officers

- Accident Prevention Plans
- Well Being Programs
- Personal Protective Equipment
- Electric Vehicle/Hybrid Vehicle Response
- Heat and Cold Stress
- Technical Rescue Teams
- Hazard Communication
- Health Hazards
- Live Fire Training
- Post Traumatic Stress Prevention
- Emergency Medical Response
- Respiratory Protection

Sample policies, forms, and training resources based on the requirements of WAC 295-305.



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DEPARTMENT SAFETY AND HEALTH POLICY

HOW TO USE THIS DOCUMENT

This was designed as an interactive accident prevention program to meet some of the requirements of WAC 296-305 for Fire Departments. It can be adopted as the basis of our accident prevention program in this format or used as a training tool.

DEPARTMENT:

DATE ADOPTED:

CHIEF'S SIGNATURE:

Departments that adopt individual Standard Operating Procedures or Polices have been provided with samples, where possible, and are noted in the (WFC SAMPLE POLICY 12.____) format.

The Department Safety Committee can review each sample policy and amend your existing district policies or adopt the samples.

Make sure blanks are filled in, charts are completed and training is presented to meet the requirements of the programs.

WAC references and links to resources will be available to help training officers build a safety culture.

NOTE: THIS PLAN DOES NOT MEET ALL THE REQUIREMENTS OF WAC 296-305 FOR DEPARTMENTS, BUT WAS DEVELOPED TO UPDATE AND SUPPLEMENT EXISTING PROGRAMS. SOME TOPICS INCLUDE BEST PRACTICES THAT MAY BE STRICTER THAN EXISTING STANDARDS.

THE SAFETY, HEALTH AND WELL BEING OF OUR FIREFIGHTERS IS AS IMPORTANT AS OUR EMERGENCY RESPONSE FOR OUR COMMUNITIES.

MANAGEMENT RESPONSIBILITY

WAC 296-305-01509

Our department shall establish, supervise, maintain, and enforce:

A safe and healthful working environment, as it applies to both non-emergency and emergency conditions.

This department's accident prevention program will include, but is not limited to:

- Programs for training employees in the fundamentals of accident prevention.
- Procedures to be used by the department Health and Safety Officer and Incident Commander to ensure that emergency medical care is provided for members on duty.
- Instructions covering when personnel should commit to work activities within a hot zone.
- Informing every member of their right to notify a commanding officer of potential life-threatening situations during emergency operations and that they can expect the issue to be addressed.
- Maintaining a safety bulletin board or posting area exclusively for health and safety information and posters shall be provided in each station and include WISHA form F416-081-000, OSHA 300 Logs, Job Safety, Notice to Workers, and Your Rights as a Worker posters.
- Ensuring firefighters are physically capable of performing the duties assigned. Management must not permit employees with known physical limitations reasonably identifiable to

do physically demanding tasks without a release from a qualified licensed health care professional.

MEMBERS RESPONSIBILITY

WAC 296-305-01511

Firefighters must cooperate with the department in efforts to eliminate accidents and comply with all laws relating to their work.

Firefighters and other employees must notify their supervisor or officer of unsafe work practices and unsafe conditions of equipment, apparatus, or workplaces.

Firefighters must use all required safety devices, protective equipment, and safety practices as provided and/or developed by management.

Each firefighter must take proper care of all personal protective equipment.

Firefighters must attend all required safety training.

Members of our department who are under the influence of alcohol or drugs shall not participate in any fire department operations or other functions.

Alcoholic beverages shall not be allowed in stations, except at those times when they are used as community centers, with approval from the Chief.

All members shall cooperate to the fullest extent with this program to ensure the safe return of themselves and their fellow firefighters.

(WFC Sample Policy 12.01.06)

TRAINING AND MEMBER DEVELOPMENT

WAC 296-305-05502

Our department will provide training, education and ongoing development for all members commensurate with those duties and functions that members are expected to perform.

Training and education must be provided to members *before they perform emergency activities*.

Our department will provide officers and training instructors with training and education that is more comprehensive than that provided to the general membership of the fire department.

The fire department shall develop an ongoing proficiency cycle with the goal to prevent skill degradation through training evolutions designed to demonstrate the skills of our members.

Other required and recommended training is covered in the following months of this safety program.

(WFC Sample Policy 12.08.01)

ACCIDENT PREVENTION PROGRAM

WAC 296-305-01505

The Health and Safety Officer will be responsible for ensuring that members/employees are trained and comply with the Accident Prevention/Health and Safety program, including:

- How and when to report injuries, including instruction on the location of first-aid facilities.
- How to report unsafe conditions and practices.
- Training on specific positions/duties deemed by the fire department critical to the safety of responder operations (such as driver operators or support personnel) shall be provided at least annually.

(WFC Sample Policy 12.05.21)

- The proper actions to take in the event of emergencies in the fire station, including the routes of exits. Inspections of fire stations shall be made at least monthly, and records maintained to ensure that stations are reasonably free of recognized hazards.

(WFC Sample Policy 12.01.03)

HEALTH AND SAFETY COMMITTEE

WAC 296-305-01505 (4-7)

Our department will establish a Health and Safety Committee to serve in an advisory capacity to the fire chief.

The Health and Safety Committee will formalize an accident prevention program to recognize and eliminate the cause of accidents.

The frequency of Health and Safety meetings shall be at least one hour per calendar quarter.

Minutes shall be taken of all Health and Safety meetings and posted on the safety bulletin board.

The number of employer-selected members shall not exceed the number of employee-elected members.

Employee members shall be elected by their peers.

Employee-submitted written suggestions or complaints shall be considered. Action recommendations by the committee shall be transmitted in writing to the Fire Chief.

The Health and Safety Committee shall meet to:

- Identify situations that may be a source of danger to members.
- Investigate complaints of violations of the Health and Safety Policy.
- Make recommendations to the department Chief on matters reported to the committee and on rules and regulations promulgated by outside regulatory agencies.
- Evaluate health and safety rules and regulations established by the department to comply with State mandates.
- Review the Annual Injury and Illness report for trends.

(WFC Sample Policy 12.01.05)

HEALTH AND SAFETY OFFICER

WAC 296-305-01507

Our Department Health and Safety Officer has the following duties:

Plan and coordinate safety activities, working closely with the safety committee.

Ensure accidents are investigated.

Devise corrective measures to prevent accidents.

Meet the following requirements for safety training and record keeping:

- Ensure required safety training for all employees is scheduled and attended.
- Ensure safety directives are complied with.
- Ensure that records are kept, but not limited to the following: Accidents, Injuries, Inspections, Exposures, Medical monitoring, Safety meetings, Apparatus, Equipment, Protective clothing, and other fire department safety activities.

Our fire department Health and Safety Officer shall have the authority and responsibility to identify and recommend correction of safety and health hazards as delegated by the Fire Chief.

The fire department Health and Safety Officer shall regularly communicate with staff officers regarding recommended changes in equipment, procedures, and recommended methods to eliminate unsafe practices and reduce existing hazardous conditions.

Additional Reference: NFPA 1521
(WFC Sample Policy 12.01.04)

WELL BEING PROGRAM

Our Department values, believes in, and invests in our members. Everyone who is a member, not just active firefighters, is essential to operation and service to the community.

To support, care for, and appreciate our members, we will continue to encourage the physical, mental, and emotional well-being of our members by participating in programs that encourage a healthy lifestyle.

Our Health and Safety Officer will take the lead in our Member Well Being Program.

Our Member Well Being program is designed for all department personnel, not just our First Responders. We will strive to establish and make improvements in the following areas:

Provide access to medical services, prompt care, and ongoing evaluations for our members.

Provide equipment and facilities for exercise and fitness classes for our members.

Encourage participation in community physical fitness events, such as cancer walks and stair climb events.

Stress healthy eating habits and access to nutrition.

Provide smoking cessation programs and support.

Support or set up a Peer Counseling program for mental and emotional support for our members.

Provide confidential access to mental health counseling and addiction treatment, if needed.

Create events that support the contribution and sacrifices of the family members of our department.

Source programs that offer discounts, incentives and activities that acknowledge the valuable contribution of our members to our communities.

Continue actively recruiting new members to share the load and prevent burnout among responders.

DEPARTMENT ACTION ITEMS

1) Appoint a Health and Safety Officer who meets the requirements of WAC 296-305 and NFPA 1521.

Health and Safety Officer:

2) Elect a Safety Committee

Elect a Safety Committee by ballot with representation of at least three Firefighters. Other members may be appointed by the Chief, but appointed members must not exceed elected members.

Elected _____

Elected _____

Appointed _____

Appointed _____

3) Conduct at least one safety meeting per quarter, for a minimum of one hour, that:

- a. Identifies Dangers
- b. Investigates Complaints
- c. Makes Recommendations to Chief
- d. Reviews WFC Sample Policies and update existing SOPs to meet WAC 296-305
- e. Reviews Annual Injury/Illness Report

(Sample Committee Election Meeting and Safety Committee Meeting)

JANUARY IS ACCIDENT PREVENTION PLAN MONTH

REPORTING OF INJURIES

WAC 296-305-01501

Department Members are required to report injuries, regardless of severity, before the end of their shift but not later than 24 hours after the incident.

Exception: If symptoms of an occupational injury or illness are not apparent at the time of the incident, the must report the symptoms to their employer within 48 hours of becoming aware of the injury or illness.

The Health and Safety Officer shall maintain records of occupational injuries and illnesses. Significant near misses should also be documented with this format. Each report shall relate the following information:

- Location of the incident
- Time of the incident
- Number of fatalities or hospitalized members/employees
- Contact person/Phone number
- A brief description of the incident

Reportable cases include every occupational death, every occupational illness, or each injury that involves one of the following:

1. Unconsciousness
2. Inability to perform all phases of regular duty-related assignment
3. Inability to work full-time on duty
4. Temporary assignment
5. Medical treatment beyond first-aid

A copy of the L&I accident report and medical form will be kept in each employee's file.

Note: These requirements only apply to firefighters covered by L&I's Worker's Compensation.

OSHA 300

WAC 296-305-01501

Our department shall record occupational injury and illnesses on the OSHA 300 Log of Work-related Injuries and Illnesses and OSHA 300A Summary of Work-Related Injuries and Illnesses for all firefighters covered by L&I's Worker's Compensation.

Our department shall post an annual summary of occupational injuries and illnesses on each station's Health and Safety bulletin board. This summary shall consist of a copy of the year's totals from the Form OSHA 300A and the following information from that form: Calendar year covered, company name, establishment name, establishment address, certification signature, title, and date. The summary shall be completed by April 30th. Forms can be found at OSHA.gov.

Any safety deficiencies will be noted and corrected. If no injury occurred, this will be noted in the report.

L&I REPORTING FOR INJURIES OR FATALITIES

WAC 296-305-01501(c)

Departments are required to contact DOSH within 8 hours of a workplace fatality or in-patient hospitalization of any member and within 24 hours of a non-hospitalized amputation or loss of an eye of any employee. Call 1-800-423-7233.

ACCIDENT INVESTIGATION

WAC 296-305-01503

After emergency actions have been taken following incidents that cause serious injuries with immediate symptoms or exposure to occupational disease caused by chemical or physical agents or a near miss that would have caused serious injury, a preliminary

investigation of the cause of the incident shall be conducted.

Equipment involved in an accident resulting in an immediate or probable fatality shall not be moved until a representative of DOSH investigates the accident and releases such equipment, except where removal is essential to prevent further accidents or when necessary to remove the victim.

The investigation shall be conducted by a person designated, trained, and qualified by the Chief or the Department Health and Safety Officer. The findings of the investigation shall be documented for reference at any time following formal investigations based on SOP 12.01.02. The purpose of an investigation is to find the cause of an accident and prevent further occurrences, not to fix blame. An unbiased approach is necessary to obtain objective findings.

Our department shall:

- Preserve all records, photographic materials, audio, video, recordings, or other documentation concerning an accident for a period of seven years.
- Define corrective actions that should be taken to prevent re-occurrence. Timetables must be established as to when the corrective action must be completed. Every investigation should include an action plan.

(WFC Sample Policy 12.01.02)

SAFE PLACE STANDARD

Our department shall furnish and require the use of appropriate health and safety devices and safeguards for all our members and employees. All work methods and operations shall be designed to promote the health and safety of members and employees. Our department will do everything reasonably

necessary to protect the health and safety of members and employees.

No member or department representative shall:

- Remove, displace, damage, destroy, or carry off any health and safety device, safeguard, notice, or warning.
- Interfere in any way with the use of any health and safety device, method, or process adopted to protect any member or employee.

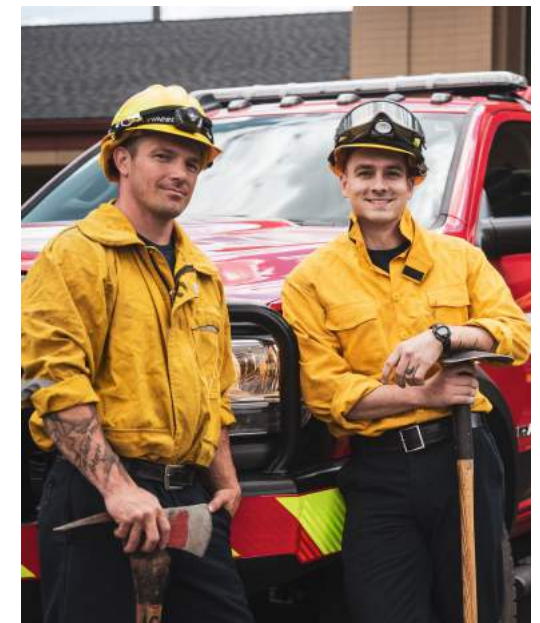
(WFC Sample Policy 12.01.07)

INSPECTIONS OF FIRE DEPARTMENTS

WAC 296-305-01505

Inspections of fire stations must be made at least monthly, and records must be maintained to ensure that stations are reasonably free of recognized hazards. These inspections must include, but not be limited to, tools, apparatus, extinguishers, protective equipment, and life safety equipment

(WFC Sample Policy 12.01.03(2.4))



FIRE DEPARTMENT FACILITIES

WAC 296-305-06503

Any new facility or addition, alteration, or repair to an existing facility shall be in compliance with chapter 19.27 RCW, the State Building Code Act.

Every new fire station shall be equipped with an approved emergency lighting system to light dormitories, hallways, and apparatus bay areas in case of electrical power failure.

Fire stations that incorporate sliding poles or slides in their design must meet the requirements of WAC 296-305-06503.

Firefighters must follow WAC 296-878 when engaged in window-washing operations.

All existing fire stations that undergo a major renovation of more than sixty percent of the assessed evaluation or new fire department facilities shall be fully protected with automatic sprinkler systems.

Eye protection shall be worn by qualified personnel when charging, changing, or adding fluid to storage batteries.

Stairway tread shall be of a nonskid design.

New and remodeled kitchens shall have an alarm-activated service disconnect of fixed cooking appliances.

(WFC Sample Policy 12.10.01)

SANITATION, DISINFECTION, CLEANING, AND STORAGE AREAS

WAC 296-305-06507

Fire departments shall provide facilities vented to an outside environment for disinfecting, cleaning, and storage under the fire department's exposure control plan for protective equipment, portable equipment, emergency medical equipment, and other clothing. Drying areas for protective clothing shall also be well ventilated.

Disinfecting shall not be conducted in the fire station kitchen, living, sleeping, or personal hygiene areas. The disinfecting facility shall contain a sink with hot and cold water faucets. All surfaces shall be nonporous.

Handwashing facilities shall be readily accessible to members.

Protective clothing or equipment that is contaminated or potentially contaminated shall not be allowed in any kitchen, living, sleeping, personal hygiene, or other non-work area.

Emergency medical supplies and equipment stored in fire stations, other than that stored on vehicles, shall be stored in a dedicated enclosure and maintained per manufacturer's instructions and shall not be stored in kitchen, living, sleeping, or personal hygiene areas, nor shall it be stored in personal clothing lockers.

(WFC Sample Policy 12.10.02)

APPARATUS AREAS

WAC 296-305-06509

Three feet of clearance must be maintained around apparatus parked within the station where the station's width permits, which must be kept free of any storage or obstruction.

The station's apparatus floors must be kept free of grease, oil, water, and tripping hazards.

Floors must have slip-resistant surfaces on areas where personnel normally mount or dismount apparatus.

No Class I or Class II flammable liquids must be used for cleaning



JANUARY SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	<i>FIREFIGHTER SKILL REVIEWS AND NEEDS ASSESSMENT FOR YEAR</i>	
WEEK 2 DATE:	<i>SAFETY COMMITTEE (SC-E1) ELECTION- ACCIDENT PREVENTION INTRO AND JANUARY</i>	
WEEK 3 DATE:	<i>RADIO PROCEDURES - SIZE UP PRACTICE REVIEW EXISTING SOP</i>	
WEEK 4 DATE:	<i>SCBA QUARTERLY - SKILL SHEET</i>	
OPTIONAL FULL DAY:		
OPEP DATE:		

purposes to remove grease or dirt from apparatus.

Exhaust systems must be designed to minimize the exposure of firefighters to the exhaust gases and fumes.

SLEEPING AREAS

WAC 296-305-06507

All sleeping areas in fire stations shall be separated from vehicle storage areas by at least one-hour fire-resistive assemblies.

Sleeping areas shall be protected by smoke and carbon monoxide detectors.

TESTING EQUIPMENT

WAC 296-305-06003

All fire suppression and supply hoses must be tested annually, and when there is reason to believe the hoses have been

damaged. Testing must be in accordance with the 2003 edition of NFPA 1962.

Safety nets must be tested annually by dropping a weight of not less than 400 pounds from the highest point to be used above the net (see the WAC for additional instructions.)

The method of testing a lifeline gun must be in accordance with the manufacturer's recommended procedure.

ADDITIONAL STANDARDS

The department will comply with the follow WAC Standards if they utilize any of the following:

- 296-305-06513 Refueling areas.
- 296-305-06515 Hose drying towers.
- 296-305-06517 Drill tower training facilities.
- 296-305-06519 Fire station

FEBRUARY IS PERSONAL PROTECTIVE EQUIPMENT MONTH

PERSONAL PROTECTIVE EQUIPMENT (PPE)

WAC 296-305-02001

PPE must be provided at no cost to members to protect them from the hazards to which the member is or is likely to be exposed.

A hazard analysis for firefighting and related tasks shall be used to develop personal protective equipment (PPE) charts.

Firefighters must be trained in the function, donning and doffing, care, use, inspection, maintenance, and limitations of the protective equipment assigned to them or available for use.

According to NFPA 1841, departments need to keep records of PPE ensembles, including: member issued, date issued, manufacturer's make, model, or series number, month and year of manufacture, and inspection records. All PPE and clothing must meet the standards in WAC 296-305-02001, 02002, 02004, 02012, 02017, and 02019.

Station/work uniforms, if provided, shall meet the requirements of NFPA 1975. Departments are not required to provide station/work uniforms for their members. Members shall not wear any clothing determined to be unsafe due to poor thermal stability or poor flame resistance when engaged in or exposed to the hazards of structural firefighting. The fire department shall inform members of the hazards of fabrics that melt, drip, burn, stick to the skin, and cause burns to the wearer.

(WFC Sample Policy 12.02.02. and 12.02.02.01)

Each firefighter wearing body armor must have equipment that fits correctly and have training on the proper use and limitations of the body armor.

(WFC Sample Policy 12.02.03.02)












PERSONAL ALERT SAFETY SYSTEM (PASS)

WAC 296-305-02017

Each firefighter engaged in structural firefighting requiring the use of SCBA must wear and use a PASS device. PASS devices must meet the requirements of the applicable edition of NFPA 1982.

Our departments should have one spare PASS device for every ten units in service or one spare if we have less than 10 units.

Each PASS device must be tested quarterly to ensure it is ready for use and immediately prior to each use, and shall be

<p><i>Using a Job Hazard Analysis for EACH TASK your Firefighters do, choose the correct Personal protective equipment to the right. Latest requirements for new or updated equipment are cited.</i></p>	 Eye Protection WAC 296-305-02004	 Hearing Protection NFPA 1977	 Hand Protection NFPA 1977	 Wildland Gear NFPA 1977	 Chaps WAC 296-305-07006	 Structural Gear NFPA 1851	 SCBAs NFPA 1981 PASS-DEVICE	 High Visibility Clothing MUTC 2003 Revision 1	 Tech Rescue Gear/Helmet/ Eye Protection/ Gloves	 Body Armor WAC 296-305-02012 DOSH DIRECTIVE	 HAZMAT Level A NFPA 1991
Operating a Pump or any Equipment over 85 db											
Structure Fire - Attacking Interior, Ventilation, RIC/RIT, Search and Rescue											
Attacking Exterior Structure Fire											
Wildland Fires											
Overhaul with no air monitoring											
Overhaul with air monitoring and results under the PELs											
Motor Vehicle Accident/ Extrication/Incident in Traffic											
Operating a chainsaw											
Responding with potential of shots fired											
Responding to an unknown chemical incident											

maintained in accordance with the manufacturers' written procedures for care, use maintenance, and repair.

(WFC Sample Policy 12.02.03.4)

HEARING LOSS PREVENTION PROGRAM

WAC 296-817-100

The purpose of our program is to prevent employee hearing loss by minimizing employee noise exposures and providing hearing protection to mitigate hearing loss.

Our hearing loss Program Administrator is _____.

Our department will participate in a hearing loss program, provided by,

_____.

The program will include training on noise, and the use of hearing protection, noise surveys, protection from noise exposure, and audiometric testing of members.

The program and related data must be evaluated by the Safety Committee periodically.

(WFC Sample Policy 12.02.03.1)

Note: The most important message to get out to our Firefighters is for them to wear their hearing protection in loud environments!

USE, MAINTENANCE, CLEANING

WAC 296-305-02001

Each individual member shall conduct a routine inspection of their PPE after each use.

An advanced inspection by a qualified person must be conducted at least every 6 months. We will document the results and dispose of all damaged equipment at the time of inspection. Our department follows the specific manufacturer's instructions for the care and use of the PPE provided. Basic cleaning procedures for helmets, glasses, ear protection, gloves, and boots are:

- Dust or wipe off dirt with a brush
- If necessary, use warm, soapy water, rinse, and dry thoroughly before use
- Store in a clean, dry place
- Have worn-out or poorly fitting equipment replaced
- Throw away PPE that has been involved in a fall or accident

Follow manufacturer's recommendations for specific PPE, such as fall arrest harnesses, respirators, and welding gear. After each use, any elements that are soiled shall receive routine cleaning.

Departments shall consult with the firefighting clothing manufacturers for instruction on drying gloves, boots, and other PPE. In the absence of manufacturers' instructions, dry gear by placing elements in an area with good ventilation and allowing them to dry thoroughly before re-use. As a general rule, do not dry in direct sunlight.

STRUCTURAL FIREFIGHTING CLOTHING

Structural Firefighting Clothing must meet the requirements of the applicable edition of NFPA 1971.

Firefighters must not wear personal protective clothing manufactured prior to 1991, except for training purposes in nonhazardous areas.

Repairs include any and all alterations, modifications, additions, deletions, or any other change made to the manufacturer's PPE article. Repairs must be performed by manufacturer or manufacturer recognized qualified individuals.

BASIC CLEANING PROCEDURES FOR FIREFIGHTING CLOTHING

WAC 296-305-02001

Soiled or contaminated firefighting clothing can expose firefighters to toxins and carcinogens that enter the body through ingestion, inhalation, or absorption.

Repeated small exposures to some contaminants can add up over time and cause health problems, such as **CANCER**.

Toxins a firefighter will come into contact with are found in soot, trapped within the fibers of soiled gear and equipment, or absorbed into the materials themselves.

Clothing contaminated with blood or other body fluids presents a potential risk of a communicable disease being transmitted to the person coming into contact with the contaminated clothing system.

Regular and advanced cleaning can protect firefighters from negative health effects.

Our fire department will provide for the cleaning of protective clothing and contaminated station/work uniforms at no cost to the employee.

Soiled or contaminated elements shall not be brought into the home, washed in home laundries, or washed in public laundries or dry cleaning facilities, unless the public laundry has a dedicated business to handle firefighting protective clothing.

If the fire department does its own cleaning, it shall follow the manufacturer's recommended cleaning

FEBRUARY SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	HYDRANT - PUMP OPERATIONS EVOLUTION	
WEEK 2 DATE:	HEALTHY IN / HEALTHY OUT REVIEW AND PPE INSPECTION	
WEEK 3 DATE:	R.I.C / MAYDAY CLASSROOM R.I.C. EVOLUTION - EXIT AS A TEAM	
WEEK 4 DATE:	HEARING CONSERVATION PROGRAM TRAINING	
OPTIONAL FULL DAY:		
OTEP DATE:		

procedure or the applicable edition of NFPA 1851.

Contract cleaners shall demonstrate, to the organization's satisfaction, procedures for cleaning and decontamination that do not compromise the performance of firefighting protection clothing.

Every six months, at a minimum, or if routine cleaning does not effectively clean the gear, gear shall receive advanced cleaning.

(WFC Sample Policy 12.02.01 and 12.02.03)

RESOURCES

1. [NFPA 1851 Inspection Training](#)
2. [MSA 7 Steps to Clean Firefighting Turnout Gear Video](#)



Photo: etdecon.com/liquid-co2-cleaning/

MARCH IS ELECTRICAL VEHICLE SAFETY MONTH

INTRODUCTION

Electric Vehicles and Hybrid Electric Vehicles (HEV) have become common in Washington State Response areas. Though incidents involving EV/HEV fires are rare, there is rising concern over response models for this specific type of incident. There also exists a potential for electrocutions when the electrical system is compromised. In addition, struck-by incidents are on the rise due to the quiet nature and easy movement of these vehicles.

After an initial size up, the EV/HEV response models follow the **Identify, Immobilize, and Disable (IID)** steps.

RESOURCES

[NFPA's Emergency Response Guide - *nfpa.org*](#) Search for information about EV/HEV vehicle models, emergency procedures, and locations of specific equipment can be quickly accessed on scene.

US Department of Energy Alternative Fuels Data Center for Responders. afdc.energy.gov/vehicles/electric_responders.html

See washingtonfirechiefs.com/SHARP for more resources.

IDENTIFY

Assume a vehicle is an EV/HEV vehicle until proven otherwise.

Look for badges or labels on the truck, rear lift gate, or front fenders. Warning labels on trucks, buses, and large vehicles may also help identify an electric vehicle.

QR codes are sometimes found under the hood, and the lack of a motor is always a good clue you have found an

EV/HEV! Orange, yellow or blue cabling also denotes a High or Medium Voltage battery system.

IMMOBILIZE

Approach from the side, never from the front or rear of the vehicle.

Immediately deploy wheel chocks if it is safe to do so. If the vehicle is not involved, engage the emergency brake, and place the vehicle in park. This may be as easy as pushing a button (P) in most newer EV/HEVs.

Most EV/HEV are built with the "Universal Skateboard Design." The battery structure is intended to be a structural member of the vehicle and is required to dissipate crash energy during impacts with minimal penetration into the box itself.

This also changes the weight distribution of a vehicle, as these batteries can weigh as much as, if not more than, 1,500 pounds.

DISABLE

Understanding some basic concepts will help responders disable EV/HEVs.

EV and HEVs contain the following systems:

- High Voltage battery or Medium Voltage battery
- Low Voltage Battery (12 volt)
- High Voltage Cables (orange) or Medium Voltage Cables (yellow/blue)
- Charging Port
- Electric Motor
- DC/DC Converter
- Inverter/converter

To disable the High Voltage system, the 12 Volt Low Voltage system must also be disabled. To disable the Low Voltage (12V) system, start by



removing the fob to a distance of more than 50 away. Using the NFPA Emergency Response Guide for that vehicle, Responders may also cut a negative cable or a manufacturer's emergency cut cable. Be aware manufacturers also have "DO NOT CUT" cables noted in the guides.

To disable the High Voltage or Medium Voltage battery, find the fuse that controls the high voltage system and remove it. If you are not sure, pull all the fuses.

TYPES OF EV BATTERIES

The two primary types of high-voltage batteries found in HEV and EVs are nickel metal hydride and Lithium-ion. Nickel Metal Hydride are found in older EV/HEVs and contain an electrolyte fluid to facilitate the movement of current. Lithium-ion batteries are considered dry cell batteries; each cell has only a small amount of electrolyte in a gel form.

Individual cells are packed together in a battery case that can vary in size and cell design.

Other battery technology is rapidly changing, so our department policy on

HEV/EV response should be reviewed annually, and new technologies should be included.

PHYSICAL HAZARDS

Any amount of the electrolyte should be potentially corrosive, toxic and/or flammable. If damaged, the high-voltage battery may give off harmful or flammable vapors.

When the incident involves batteries, responders must use full PPE and SCBA to protect from fire events and hazardous gas releases. Responders should avoid direct contact with the battery, as it may also present a shock hazard.

ELECTROCUTIONS

EV and HEV contain both AC and DC circuits. Because there is no earth ground reference in EV and HEVs. To receive a shock, you must make contact with, or come between, both hot and neutral sides of the circuit. Current must be flowing in a circuit, and a responder must come into series with that circuit to be electrocuted.

This could happen while cutting a wire, so it is critical that firefighters identify the correct wire to cut in the vehicle.

THERMAL RUNAWAY

Thermal runaway is a condition where abuse to the cell causes a state of uncontrolled self-heating. Components of the battery cell are exposed to heat, failure, or short circuit, causing chemical reactions that release flammable gases and chemical reactions that do not require outside oxygen to burn. The energy released from that individual cell is quickly transferred to the neighboring cells, causing them to fail.

If gases produced in a thermal reaction are contained in a watertight, flameproof box, and pressure builds up, an explosion event can occur.

If gases are released, they can ignite outside the cell by an external ignition source. This, at times, causes a “flame jet” and exposes nearby cells to heat, causing a “propagation” event. Nearby cells continue the thermal runaway sequence and become involved in rapid heating, gas releasing, and expose other nearby cells.

This process continues until cells are sufficiently cooled to stop thermal runaway or all the fuel is burned up.

Current best practice from US car manufacturers suggests firefighters should not try to pry, cut, or remove any part of the battery case to gain access to the fire.

Incident Commander’s should consider both offensive and defensive firefighting options:

- Extinguishing small fires that do not involve the high voltage battery using typical vehicle firefighting procedures.
- Continuous dumping of water for 6-8 hours for larger fires involving the batteries.

- If no exposures are present, consider allowing the batteries to burn completely up.
- Submersing the EV/HEV completely in water.
- Applying fluid-gathering booms or powders to limit runoff contamination.

DISPOSAL

Re-ignition is a major concern and must be kept in mind for disposal of the EV/HEV battery cells. Some departments have the reporting party or the vehicle owner assume disposal responsibility. For smaller batteries, the department may leave them in a bucket or container of water for the owner.

Unfortunately, this may lead to the owner improperly disposing of the battery in a transfer station, leading to another fire.

Some departments have cell overpacking to capture damaged cells and leave onsite or transport with the vehicle.

Second responders such as Tow Truck Companies, Storage Yard Operators, and local or WSDOT clean-up crews should be informed when an EV/HEV has been involved in an accident or fire. EV/HEVs that have been involved in a fire or accident should be stored 50-100 feet from other vehicles and structures after an event and monitored for re-ignition.

The Department of Ecology should be contacted if damaged battery cells have been released in a public area or roadway.

TRAINING FOR DEPARTMENT MEMBERS

All firefighters must be trained on EV/HEV response on an annual basis.

NFPAs Alternative Fuel Vehicles Training Program for Emergency Responders Online Training or similar training may be used as the department initial training program.

MARCH SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	FIRE EXTINGUISHERS	
WEEK 2 DATE:	EVIP	
WEEK 3 DATE:	EVIP	
WEEK 4 DATE:	ELECTRIC VEHICLE/ HYBRID ELECTRIC VEHICLE TRAINING	
OPTIONAL FULL DAY:	EVIP	
OTEP DATE:		

EMERGENCY VEHICLE ACCIDENT PREVENTION

All operators of emergency vehicles shall be trained in the operations of apparatus before they are designated as drivers of such apparatus.

- All drivers of apparatus over 26,000 pounds must obtain a current Emergency Vehicle Incident Prevention (EVIP) training certificate on their person **to be exempt from CDL requirements.**
- Our department shall utilize the Washington Fire Chiefs - Emergency Vehicle Incident Prevention (EVIP) program or other **Washington State Patrol accredited program** to train Emergency Vehicle Operators.
- **EVIP Trainers** must have taken the **new accredited** EVIP Train the Trainer course at least every 5 years.
- Initial EVIP certification includes a classroom session, written test, and **driving course for each apparatus** the operator will drive.
- Yearly EVIP continuing education is required annually OR the class must be taken in its entirety every 3 years.

See Washington Fire Chiefs website, look under Resources for [EVIP](#).

APRIL IS FALL PROTECTION - LADDER SAFETY MONTH

USE OF GROUND LADDERS

WAC 296-305-06006

On an annual basis, firefighters must demonstrate skills associated with the use of ground ladders, roof ladders, and other ladders based on IFSAC FF1 or equivalent skill sheets.

Firefighters shall climb and descend ground ladders with the fly-in, for safety purposes when not in conflict with the manufacturer's recommendations.

Ladders should be carried using appropriate techniques as described in IFSAC Firefighter I skill sheets, with the proper number of personnel for each ladder size.

Lifting of ladders should be done with proper lifting techniques, on the command of one team member.

Ladder lowering should also be done on command.

Ladders should be raised with one fluid movement.

Ladders can be a cause of falls for firefighters. Proper balance must be maintained by working off a ladder with your center of gravity staying between the rails.

Ladders must be "heeled" by another firefighter when personnel are climbing or descending the ladder.

When possible, a ladder used in a position for an extended period of time should be tied off to free personnel for other functions.

When working off the ladder requires both hands of the firefighter, they should secure themselves to the ladder to avoid a fall.

(WFC Sample Policy 12.09.01)

CONSTRUCTION, CARE, AND TESTING OF GROUND LADDERS

WAC 296-305-06006(1-9)

New ground ladders purchased after the effective date of this chapter shall be constructed and certified in accordance with the applicable edition of NFPA 1931, Standard on Design and Design Verification Tests for Fire Department Ground Ladders.

All ground ladders shall be maintained in accordance with the manufacturer's recommendations and visually inspected at least once a month and after every use. The following ladder components shall be visually inspected:

- (a) Heat sensor labels, if provided, for a change indicating heat exposure.
- (b) All rungs for snugness and tightness.
- (c) All bolts and rivets for tightness.
- (d) Welds for any cracks or apparent defects.
- (e) Butt spurs for excessive wear or other defects.
- (f) Halyards for fraying or breaking.
- (g) Roof hooks for sharpness and proper operation.
- (h) Beam and rungs for punctures, wavy conditions, worn serrations or deformation.
- (i) Surface corrosion.

The following wood ladder components shall be checked:

- (a) Beams for dark streaks. When a wood ground ladder develops dark streaks in the beams, the ladder shall be removed from service and service tested.
- (b) Loss of gloss on the protective finish of fiberglass or wood ladders, signifying damage or wear.



Any sign of damage or defect during a visual inspection shall be cause to remove the ladder from service until it has been repaired. Scratches and dents shall not be cause for a ladder to fail a test if it passes the appropriate service test.

If the heat sensor label has an expiration date, and that date has passed, the heat sensor label shall be replaced.

Whenever any ground ladder has been exposed, suspected of having been exposed to direct flame contact, or wherever the heat sensor label has changed to indicate heat exposure, the ladder shall be service tested according to NFPA 1932.

Temporary repairs shall not be made to ground ladders.

When ground ladders are tested, they shall be tested in accordance with the strength service testing procedures of the applicable edition of NFPA 1932, Standard on Use, Maintenance and

Service Testing of In-Service Ground Ladders, section 7.2.

FALL PROTECTION

WAC 296-305-05502(5)

Note: The following section does not apply to training on ladders or during emergency response situations.

When firefighters are engaged in training above 10 feet, where use of lifelines or similar activities are to be undertaken, a safety net or other approved secondary means of fall protection recommended in chapter WAC 296-880, fall protection requirements for construction, shall be used.

Secondary means of protection include: using equipment, such guardrails on props and roofs, safety nets, or an ANSI Class III harness attached to a fall arrest or fall restraint system.

Rope rescue equipment and using a belay line may not meet this standard, unless the lifelines and equipment meet the requirements of WAC 296-880-40025 for fall restraint or fall arrest WAC 296-880-40025.

This includes all portions of the system meeting a 5000 pound minimum maximum breaking strength.

Note: Improperly installed safety nets can fail! Tremendous loads are involved from a fall into a safety net. When safety nets are used, they must be tested annually by dropping a weight of not less than 400 pounds from the highest point to be used above the net. The test weight object may consist of two tightly tied rolls of two-and-one-half inch hose, each 100 feet long, or any other object having similar weight and dimension. More information on the installation and testing safety nets can be found at WAC 296-305-60003(2).

STANDARD GUARDRAILS

WAC 296-880-40005

Temporary or permanent guardrails for fall protection must be 39"- 45" above the work surface at top rail. Guardrails must include a mid-rail and at least a 3 1/2" toe board.

Guardrails must be able to withstand 200 pounds of pressure on the top rail in a downward or outward direction.

FALL PROTECTION EQUIPMENT

296-880-(40020-40030)

A Class III ANSI approved harness is required if being used as fall arrest. The attachment point of the full body harness must be located in the center of the wearer's back near shoulder level, or above the wearer's head.

Fall arrest systems must have anchor points capable of withstanding a minimum impact load of 5000 pounds.

If the fall arrest system is a self-retracting lifeline that limits the maximum free fall distances to two feet or less, or a shock absorbing lanyard

that restricts the forces on the body to 900 pounds or less, a 3000 pound anchor may be used.

Personal fall restraint systems must be rigged to allow the movement of employees only as far as the unprotected sides and edges of the walking/working surface.

Work positioning systems that meet the standard's requirements may also be used.

When designing a fall arrest system, free fall may not exceed 6 feet or allow the wearer to contact a lower level in the event of a fall.

Lifelines must be placed or protected to prevent abrasion damage.

D-rings, carabiners, and snap hooks must be proof-tested to a minimum tensile load of 3600 pounds (16 kN) without cracking, breaking, or taking permanent deformation. Snap hooks may not be connected to each other, in a D-ring to which another carabiner is attached, to a horizontal lifeline, or directly to loops in webbing, rope or

wire, unless designed to do so by the manufacturer.

Note: Many NFPA Technical-rated carabiners do not meet this standard.

A trained Competent Person must inspect all fall protection components for damage, deformation, wear, UV damage, and mildew before using.

FALL PROTECTION TRAINING

WAC 296-880-10015

Members must be trained on fall hazards, when and what fall protection is to



APRIL SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	FALL PROTECTION (SC MEETING)	
WEEK 2 DATE:	(SDE2) LADDERS/ VENTILATION EVOLUTION	
WEEK 3 DATE:	SCBA QTRLY- STRUCTURE	
WEEK 4 DATE:	WILDLAND 10 FIRE ORDERS AND 18 WATCHOUT, AND 4 COMMON DENOMINATORS	
OPTIONAL FULL DAY:	RED CARD FIELD EXERCISE (OR S-190 FOR INITIAL)	
OPEP DATE:		

be used, the operation and limitations of the fall protection system, and the correct procedures for maintaining and inspecting the equipment.

The training officer shall document in writing that each employee has received and understood the required training. This documentation must include:

- (a) Name of each employee
- (b) Date(s) of training
- (c) Subject(s) of the training, and
- (d) Name or signature of the Competent Person who conducted the training, signature of the employer, or employer's designee.

FALL PROTECTION WORK PLANS

WAC 296-880-10015

Each training site should have the site-specific fall protection plan filled out for training activities over 10 feet.

Each member shall be trained on the fall protection work plan and proper equipment use before using fall protection equipment during training.

Any fall protection systems used in training evolutions shall be inspected by a Competent Person.

The proper donning, doffing, inspection, and use of fall protection equipment must be covered with each member before equipment is used in training evolutions.

(WFC Sample Policy 12.08.03)

MAY IS HEAT AND COLD STRESS AWARENESS MONTH

ENVIRONMENTAL FACTORS

WAC 296-305-05004, 296-305-07004

Heat and cold stress can be deadly to firefighters. It is a contributing factor in many line-of-duty deaths, as it can impair judgment, cause a loss of consciousness, and be fatal on its own. In particular, firefighters are susceptible to heat stress from their PPE and hot conditions from a fire.

HEAT STRESS POLICY

WAC 296-62-09530

Labor and Industries has instituted a heat stress rule that becomes effective at several temperature points list below:

- 52° - Non-breathable clothes, including vapor barrier clothing or PPE such as chemical resistant suits
- 80° - For all other clothing.

At these temperature levels, a written heat stress plan, training, and hydration plans must be instituted.

ENVIRONMENTAL FACTORS

Due to the nature of our activities, our heat stress plan applies to all training and firefighting activities requiring structural or wildland firefighting clothing. This type of PPE can cause heat stress even in cold weather.

TRAINING REQUIREMENTS

Yearly training on the following topics will be provided to all members who may be exposed to heat stress.

Members' susceptibility to heat-related illness can be increased due to an individual's age, degree of acclimatization, medical conditions, drinking water consumption, alcohol use, caffeine use, nicotine use, and use of medications that affect the body's responses to heat.

Members should be personally aware and responsible to keep hydrated by drinking

small amounts of water throughout the day and at the incident or during training.

Training in full PPE will help acclimate members to live firefighting or emergency conditions.

In addition to the member training, shift officers or supervisors must be trained on the requirements of this rule, how to recognize signs and symptoms, and procedures to follow if a firefighter shows signs and symptoms, including emergency response and transport procedures.

Labor and Industries PowerPoints and videos or similar materials may be used to train both supervisors and members for heat stress. Cold stress training includes a review of this section.

BEST PRACTICES

Firefighters are responsible for monitoring their own personal factors for heat-related illness, including consumption of water or other acceptable beverages to ensure hydration. However, the buddy system should be in place to watch out for each other.

The body's temporary adaptation to work in heat occurs as a person is exposed to it over a period of 7 to 14 days, depending on the amount of recent work in the heat and the individual factors. Acclimatization can be lost after seven consecutive days away from working in the heat. Keep firefighters acclimated to heat in all seasons.

Try to do the hottest training evolutions during the cooler parts of the day.

Require members to follow the rehab schedule on both live fires and training evolutions.

Watch members for symptoms of heat-related illness. This is especially important for volunteer members or part-time firefighters, as they may not be acclimated to heat.

If exertion causes someone's heart to pound or makes them gasp for breath, become light-headed, confused, weak, or faint, they should STOP all activity and get to a cool area or at least into the shade, and rest.

HEAT EXHAUSTION AND HEAT STROKE

The two major heat-related illnesses are heat exhaustion and heat stroke.

Heat exhaustion, if untreated, may progress to deadly heat stroke. Heat stroke is very dangerous and frequently fatal. If members show symptoms, always take this seriously and have them take a break and cool down before returning to work. Stay with them. If symptoms worsen or the member does not recover within 15 minutes, call on-site EMS and have them transported and medically evaluated at a hospital. Do not delay transport.

HEAT EXHAUSTION SYMPTOMS

- Heavy sweating
- Exhaustion, weakness
- Fainting/light-headedness
- Paleness
- Headache
- Clumsiness, dizziness
- Nausea or vomiting
- Irritability

HEAT STROKE SYMPTOMS

- Altered level of consciousness
- Sweating may or may not be present
- Red or flushed, hot, dry skin
- Confusion/bizarre behavior
- Convulsions before or during cooling
- Collapse
- Panting/rapid breathing

- Rapid, weak pulse

Note: Heat Stroke may resemble a heart attack.

RESPONSE FOR HEAT EXHAUSTION

Move the member to a cool, shaded area to rest; do not leave them alone.

Loosen and remove heavy clothing or PPE that restricts evaporative cooling.

Give cool water to drink, about a cup every 15 minutes.

Fan the member, spray with cool water, or apply a wet cloth to their skin to increase evaporative cooling.

Recovery should be rapid. If the member does not recover, or symptoms worsen, have on-site EMS transport to a hospital immediately.

Do not further expose the member to heat that day. Have them rest and continue to drink cool water or electrolyte drinks.

Members showing signs or complaining of symptoms of heat-related illness must be relieved from duty for the rest of their shift, provided with sufficient means to reduce body temperature, and monitored to determine whether medical attention is necessary.

RESPONSE FOR HEAT STROKE

Get help immediately from EMS members and transport as soon as possible.

Move the member to a cool, shaded area and remove clothing that restricts cooling.

Seconds count! Cool the member rapidly using whatever methods you can. For example, place the member in a cool shower, spray the member with cool water from a low-pressure hose, sponge the member with cool water, or if the humidity is low, wrap the member in a cool, wet sheet and fan them vigorously. Continue cooling until transported.

If emergency medical personnel are delayed, call the hospital emergency room for further instruction.

REHAB POLICY

The Incident Commander shall make adequate provisions early in the incident for the rest and rehabilitation of all members operating at the scene.

These provisions shall include: A Rehab Officer, a plan to include rapid transport of a member to a medical facility by on-site personnel, shade or air conditioning (for hot weather or a heat stress index above 90° F), a dry, protected area or heated area (for cold or wet weather), medical evaluation, treatment and monitoring, food and fluid replenishment, mental rest, and relief from extreme climatic conditions and the other environmental parameters of the incident.

REHAB AREAS

WAC 296-305-05004

The rehabilitation area (rehab) shall include the provision of Emergency Medical Services (EMS) at the Basic Life Support (BLS) level or higher.

Rehab areas of sufficient size or multiple rehabilitation areas must be set up if the geographical area or size of the scene creates barriers limiting members' access to rehabilitation.

Live fire training requires transport-ready EMS on scene.

Members assigned to the rehab Sector/ Group shall enter and exit rehab as a crew. The crew designation, number of crew members, and the times of entry and exit from the rehab shall be documented by the Rehab Officer or their designee on the Company Check-In/Out Sheet. Crews shall not leave rehab until authorized by the Rehab Officer.

REST TO WORK SCHEDULE

The following list is a general guideline for instituting rehab on a fixed schedule based on NFPA 1584. After members use

two 30 minute SCBA bottles, one 45 to 60 minute SCBA bottle, or perform 40 minutes of strenuous work without an SCBA, the member should go to rehabilitation for a 10 to 20 minute rest and rehydrate.

At drills and fires longer than ___ hours, food and water shall be provided at ___ hour increments to all active firefighters.

One hour is the maximum time individuals can work in high temperatures during Wildland operations in structural protective clothing.

During Wildland operations, Officers may substitute crews to avoid the one-hour benchmark or increase crew size to complete the job in less than one hour.

Members may be reassigned to return to duty throughout the incident cycle once a work-to-rest ratio (company and crew) rehabilitation rotation has been established.

OFFICER IN CHARGE (OIC)

All OICs shall maintain an awareness of the condition of each member operating within their span of control and utilize the command structure to request relief and the reassignment of fatigued crews. OICs shall evaluate their crews every 45 minutes and more often in hot or cold conditions.

WATER

Officers must encourage firefighters to consume at least one quart of water per hour when conditions present heat or cold stress hazards. A rehydration solution should be a 50/50 mixture of water and a commercially prepared activity beverage and administered at about 40° F (ice may be required). Rehydration is important even during cold weather operations. Our department shall provide a sufficient amount of water on the scene to meet the above recommendations.

MAY SUGGESTED TRAINING SCHEDULE		
	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	<i>HEAT STRESS- REHAB</i>	
WEEK 2 DATE:	<i>DECON-HOT ZONE</i>	
WEEK 3 DATE:	<i>SEARCH AND RESCUE</i>	
WEEK 4 DATE:	<i>OVERHAUL</i>	
OPTIONAL FULL DAY:		
OPEP DATE:		

EVALUATIONS

At a minimum, a person trained in basic life support shall be located in the rehabilitation area to conduct medical monitoring and evaluation of crews entering the rehabilitation area.

All medical evaluations shall be recorded on standard forms along with the member's name and complaints and must be signed, dated, and timed by the Rehab Office or their designee.

Employees showing signs or complaining of symptoms of heat-related illness must be relieved from duty, provided with sufficient means to reduce body temperature, and monitored to determine whether medical attention is necessary.

Members shall not be released from rehabilitation until a person trained in basic life support okays their return to work.

(WFC Sample SOP 12.06.05)

COLD STRESS POLICY

When temperatures < 32° when dry, the department shall:

1. Provide warm-up areas in rehab for firefighters with warm fluids and blankets.
2. Have OICs monitor and give access to BLS care for members with potential hypothermia and frostbite.
3. Immediately take to rehab firefighters who cannot stop shivering, are moving slowly, or have waxy or blue skin for evaluation.

Note: For further guidance, sample policies and information please consult the applicable edition of NFPA 1584.

JUNE IS TECHNICAL RESPONSE TEAMS MONTH

TECHNICAL RESCUE OPERATIONS

WAC 296-305-05101

Fire departments that choose to operate for any type of technical rescue operations must determine a level of response as defined in NFPA 2500 Standard on Operations and Training for Technical Rescue Incidents, which replaces NFPA 1670.

Awareness Level

This represents the minimum capability of organizations that provide response to technical rescue incidents or discover technical rescue situations during emergency scene operations and takes no offensive action. This level requires no written procedures.

Operations Level

This level represents the capability of organizations to respond to technical rescue incidents and to identify hazards, use equipment, and apply limited techniques specified in this rule to support and participate in technical rescue incidents.

Technician Level

This level represents the capability of organizations to respond to technical rescue incidents, to identify hazards, use equipment, and apply advanced techniques specified in this rule necessary to coordinate, perform, and supervise technical rescue incidents.

TECHNICAL RESCUE TRAINING

WAC 296-305-05103

The Department will provide Awareness level training on some rescue operational specialties so members can identify technical rescue situations and notify the appropriate agencies. Awareness level training does NOT allow our members to perform technical rescue for the specialty.

Members will not operate at a level that exceeds their level of training.

Training shall be provided to correspond to the operational level of our technical specialty teams.

Continuing education necessary to maintain all requirements of the level of capability must be provided by the fire department.

The training program for each Technical discipline shall be evaluated annually to ensure the fire department is prepared to function at the established operational level.

All required training must be documented. Documentation must be maintained and available for inspection by employees, their representatives, and the Department of Labor and Industries.

Note: The applicable edition of NFPA 1006, Standard for Technical Rescuer Professional Qualifications, outlines the minimum individual Job Performance Requirements for Level I (Operations) and Level II (Technician) rescuers.

TECHNICAL RESCUE STANDARD OPERATING PROCEDURE

WAC 296-305-05105

For all technical rescue disciplines that we operate at above the awareness level, we must establish written standard operating procedures.

Basic life support shall be provided by the fire department at technical incidents.

Our departments must meet all requirements in WAC 296-305-05113, along with all relevant requirements in the specific technical rescue sections, before operating at the Operations or Technician level at a technical rescue incident.

TECHNICAL RESCUE EQUIPMENT

WAC 296-305-05109

Equipment and PPE necessary for specific operations at technical rescue incidents, along with training exercises, shall be provided by the fire department at no cost to the Technical Rescue team members.

Training shall be provided on the care, use, inspection, maintenance and limitations of the protective clothing and equipment according to the manufacturer's instructions.

Members are required to wear the protective clothing and equipment provided by the department's procedures and guidelines for Technical Rescue.

TECHNICAL RESCUE SAFETY

WAC 296-305-05111(1)

All employees must be trained on:

- The hazards and risks associated with the Department's chosen level of technical rescue operations.
- How to conduct technical rescue operations at the Department's chosen level while minimizing threats to rescuers.
- How to use PPE properly.

Employees assigned specific duties and functions must be trained and qualified by their department prior to being assigned those duties or functions.

While a technical rescue team is operating, a basic life support team must be standing by.

EMERGENCY EVACUATION

WAC 296-305-05111(2)

Our department shall establish a procedure for members to abandon the technical rescue area and to account for their safety when an imminent hazard condition is discovered. This shall include

a method for notifying all members in the affected area immediately.

INCIDENT MANAGEMENT AND TECHNICAL RESCUE SAFETY OFFICER

WAC 296-305-05111(3-4)

Departments shall use the ICS at all technical rescue incidents and training exercises.

The Incident Commander shall assign an Incident Safety Officer with the requisite knowledge and responsibility for the identification, evaluation, and authority to correct hazardous conditions and unsafe practices at all emergency scene operations and training exercises.

OPERATIONAL SPECIALTIES

WAC 296-305-05113

If our fire department chooses to operate at the operations or technician level for technical rescues, we must meet the requirements found in WAC 296-305-05113 and the non-conflicting parts of the NFPA 2500. Internal references requiring compliance with further NFPAs or additional resources are not included in these requirements.

Each NFPA standard specifies the minimum technicians needed to perform rescues, annual scenario based training, training documentation, and specific equipment required to respond to these emergencies.

Where our department does not have a Technical Rescue team assigned, and we are dispatched to an emergency requiring technical rescue, we shall request a team from the chart below.

The officer in charge will determine what, if any, basic life support care can be provided while awaiting a Technical Rescue team.

TECHNICAL RESCUE TEAM WAC 296-305-05113	NFPA STANDARD (NFPAS 1670 WAS REPLACED WITH NFPA 2500)	DEPARTMENT LEVEL TRAINING -NA -AWARENESS -OPERATIONS -TECHNICIAN	RESOURCES (INCLUDE CONTACT NUMBER): -DEPARTMENT TEAM -REGIONAL TEAM -OTHER RESOURCE
Rope Rescue	2500 Chapter 5		
Structural Collapse SAR	2500 Chapter 6		
Confined Space Search & Rescue	2500 Chapter 7		
Vehicle Search & Rescue	2500 Chapter 8		
Animal Technical Rescue	2500 Chapter 9		
Wilderness Search & Rescue	2500 Chapter 10		
Trench Search & Rescue	2500 Chapter 11		
Machinery Search & Rescue	2500 Chapter 12		
Cave Search & Rescue	2500 Chapter 13		
Mine & Tunnel Search & Rescue	2500 Chapter 14		
Helicopter Search & Rescue	2500 Chapter 15		
Surface Water Search & Rescue	2500 Chapter 16		
Swiftwater Search & Rescue	2500 Chapter 17		
Dive Search & Rescue	2500 Chapter 18		
Ice Search & Rescue	2500 Chapter 19		
Surf Search & Rescue	2500 Chapter 20		
Watercraft Search & Rescue	2500 Chapter 21		
Flood Search & Rescue	2500 Chapter 22		
Tower Search & Rescue	2500 Chapter 23		
Aircraft Rescue	NFPA 402		
Hazardous Materials Response WAC 296-824, 296-305-03002	NFPA 470		

ADDITIONAL STANDARDS

In addition to the NFPA 1006 and 2500 standards, Labor and Industries references other applicable standards for technical rescue.

Fire departments must comply with Chapter **296-809** WAC for their own confined spaces.

Emergency services that are the designated primary provider of rescue services for operational mines and tunnels under construction are required to comply with the nonconflicting portions of Chapter **296-155** WAC Part Q, Underground Construction.

JUNE SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	<i>TECH RESCUE - RULES FOR TEAMS</i>	
WEEK 2 DATE:	<i>ICS REVIEW</i>	
WEEK 3 DATE:	<i>WATER RELAY EVOLUTION - PORTABLE TANKS</i>	
WEEK 4 DATE:	<i>HAZ MAT - ERG</i>	
OPTIONAL FULL DAY:		
OTEP DATE:		

Members who regularly enter a tunnel under construction as part of their regular duties must receive training meeting the requirements of the safety instruction required by WAC **296-155-730(3)**.

potential chemical hazards.

Training is available for HAZMAT Awareness, Operations, Technician, and On-Scene Incident Command level from <https://www.wsp.wa.gov/other->

HAZARDOUS MATERIALS

WAC 296-305-03002

Fire departments responding to uncontrolled release of hazardous materials must comply with WAC **296-824** Emergency Response.

Fire department personnel involved in hazardous materials incidents must be protected against



MULTI-DEPARTMENT WORK PLACES

It is the responsibility of our department to provide other departments or contractors with members at the work site with the following information:

- Copies of SDSs (or make them available at the job shack or trailer) for any hazardous chemicals that the other employer(s) members may be exposed to while working.
 - * Optional - USB Drive of SDS for other facility, organization, or department
- Inform other employers of any precautionary measures that need to be taken to protect members during normal operating conditions or in foreseeable emergencies.
- Provide other employers with an explanation of the labeling system used at the work site.
- It is also the responsibility of our department to identify and obtain SDSs for the chemicals the other organization, facility, or department is bringing into the work place if SDSs are not available and our members are exposed.

LIST OF HAZARDOUS CHEMICALS

Our department has a list of all known hazardous chemicals used by our members. Further information on each chemical may be obtained by reviewing our HAZCOM program AND SDS book located at _____.

Annually, we will have chemical-specific training on several topics, including Asbestos, Lead, PFAS, and related topics. Firefighters will be asked to find specific chemicals they use in operations, their health hazards, PPE required, and first aid steps if exposed.

PROGRAM REVIEW

The criteria (e.g., label warnings, SDS information, etc.) we use to evaluate our SDS list of chemical hazards is an inventory assessment of chemicals whenever there is a new process or chemical. Members have the opportunity to report chemicals they may have picked up without the HAZCOM Administrator's knowledge during safety meetings.

(WFC Sample Policy 12.01.06)

GHS HAZCOM TRAINING REQUIRED

"Right to Know" or MSDS training has been replaced and updated with the Globally Harmonized System of Classification and Labeling of Chemicals Hazard Communication Training (GHS HAZCOM).

1. Find links to GHS HAZCOM training tools www.nicasafety.com/new-page-1.
2. Train on hazards of chemicals, SDS, Pictograms, and Labels.
3. Make a list of all chemicals used by our department and get SDS sheets for each.
4. Members now have a "Right to Understand" the hazards of the chemicals they are working with by initial training and updates when new chemicals are used.

JULY SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	MAPS / ADDRESS FAMILIARIZATION (SC MEETING)	
WEEK 2 DATE:	GHS HAZCOM - CHEMICAL SPECIFIC	
WEEK 3 DATE:	DRUG LABS/HOMELESS CAMPS	
WEEK 4 DATE:	SCBA QUARTERLY	
OPTIONAL FULL DAY:		
OTEP DATE:		



AUGUST IS HEALTH HAZARDS AWARENESS MONTH

STATION INDOOR AIR QUALITY

WAC 296-305-06511

Air quality must be consistent with Chapter 296-841 WAC, Airborne contaminants, and WAC 296-800-240, Environmental tobacco smoke.

If indoor air monitoring indicates over-exposure to contaminant PELs, engineering controls must be utilized to reduce firefighter exposure to the lowest feasible level.

All fixed internal combustion equipment such as, but not limited to emergency generators, must be effectively exhausted to the exterior of the fire stations.

All facilities dedicated to the maintenance and repair of internal combustion equipment must have means for effective ventilation to the exterior of the building.

All new fire stations must be designed and constructed to conform to ACGIH ventilation recommended criteria for exhaust of internal combustion engines.

Additional reference: Industrial Ventilation Manual of Recommended Practices ISBN No.: 0-936712-65-1.

ASBESTOS AND LEAD IN FACILITIES, BUILDINGS AND PROPERTIES USED BY DEPARTMENT

WAC 296-305-06503 (16),

WAC 296-305-05502 (7,8),

WAC 296-305-05002 (14)

All structures used for any training or work done by members must be surveyed for potential hazardous substances, such as asbestos.

Asbestos surveys must be completed by an AHERA accredited inspector.

Members shall be informed of the presence and location of asbestos-

containing material (ACM) and presumed-asbestos-containing material (PACM) in areas of buildings where employees work. Such areas must be labeled:

Damaged and deteriorating asbestos in fire stations and facilities must be repaired, removed, enclosed, or encapsulated by a licensed Asbestos Abatement Contractor.

If the hazardous substances or ACM are to be disturbed during any training activity, they must be removed prior to beginning that activity. Removal of asbestos $< \text{ or } = 1\%$ is not required prior to live fire training.

For structures built before 1978, you must assume that painted surfaces will likely contain lead, and inform workers of this presumption and direct them not to disturb the material. Surveys for lead containing paints are not required. Lead containing paints are not required to be removed prior to training activities.

(WFC Sample Policy 12.10.01)

ASBESTOS TRAINING

WAC 296-305-05502 (7)(c) and (9)

Firefighters must be provided asbestos awareness 2 hour training prior to initial assignment and annually thereafter. The training must include:

- The physical characteristics of asbestos
- Examples of different types of asbestos and asbestos-containing materials
- The health hazards of asbestos
- How to recognize damaged, deteriorated, and de-lamination of asbestos-containing building materials
- Decontamination and clean-up procedures after a fire response.

- Types of labels that are used within different industries to identify ACM or PACM that is present within structures

- The location and types of ACM or PACM within any fire department-owned or leased structures and the results of any "good faith survey" done on fire department-owned or leased structures.

ASBESTOS EXPOSURE DURING DESTRUCTIVE ACTIVITIES IN ACQUIRED STRUCTURES FOR NON-LIVE FIRE TRAINING

Fire department employees and volunteers are exempt from the requirements of WAC 296-65 and WAC 296-62-077, provided they comply with the following requirements:

Fire departments must obtain an asbestos good faith survey by an AHERA accredited inspector from the property owner/agent prior to disturbing any building materials or any destructive drilling.

Good faith surveys must be shared with all members prior to destructive training opportunities.

Any ACM/PACM must be labeled and may not be disturbed prior to, or during training, **or must be removed by a certified asbestos abatement contractor prior to training activities.**

The Incident Safety Officer for the training must walk all participants through the structure and inform them of the location of all asbestos, reminding them not to disturb any labeled materials.

If the structure is used for a black-out drill, the Incident Safety Officer must instruct members that ACM/PACM is present and take precautions to ensure these materials are not disturbed during

DEFINITIONS:

Asbestos Containing Material (ACM): $> \text{ or } = 1\%$ asbestos.

Presumed Asbestos Containing Material (PACM): thermal system insulation and surfacing materials, including sheet flooring found in buildings constructed before 1980.

the training. A walk-through is not required for black-out drills.

Firefighters must wear SCBAs and turnouts whenever exposed to asbestos.

Firefighters must be provided gross decontamination at the drill site by rinsing or brushing the firefighter's turnouts and SCBA with water. Dry brushing is not permitted..

Hand tools and other asbestos-contaminated equipment will be rinsed off prior to being returned to the apparatus or service.

PPE that may have been contaminated with asbestos must be cleaned in a manner recommended by the manufacturer that prevents exposure to the employee cleaning the PPE.

PPE, hand tools, or other contaminated equipment that cannot be cleaned on-site must be placed in sealed containers until they can be decontaminated.

In structures scheduled for demolition or that will be turned over to another employer, where ACM has been disturbed, the fire department will provide written notice to the owner/agent that asbestos has been disrupted and remains on-site. The fire department will inform the owner/agent, in writing, that access to the property

must be limited to the demolition or asbestos contractor.

The fire department will secure the structure after all drills and at the conclusion of the use of the structure.

Securing the structure may include but not be limited to: Locking or boarding up windows, doors, and wall and roof openings. The site of the structure may also require fencing.

When ACM has been disturbed by the fire department's drill activities, the site will be posted with warning signs. These signs will notify entrants onto the site that ACM debris has been left on the site, entry is prohibited by any persons other than the fire department and the demolition/abatement contractor and that SCBAs, full turnouts, and decontamination is required for fire department members who enter the structure.

ACQUIRED STRUCTURES FOR LIVE FIRE TRAINING

When using structures for live fire suppression training, activities shall be conducted according to the applicable edition of NFPA 1403, Standard on Live Fire Training Evolutions.

According to NFPA 1403, 5.2.5.1 All forms of asbestos deemed hazardous shall be removed by an approved manner and documentation provided to the Authority Having Jurisdiction (AHJ).

Before live fire training all ACM and PACM must be removed from the acquired training structure by a licensed abatement contractor.

EXPOSURES DURING EMERGENCY FIRE OPERATIONS

SCBAs shall be worn during overhaul and after overhaul unless the officer in charge conducts an exposure evaluation to determine or reasonably estimate whether an employee is or could be exposed to either an airborne contaminant above a permissible

exposure limit (PEL) for hazardous materials.

During the overhaul phase, officers shall identify materials likely to contain asbestos, limiting the breaching of structural materials to that which is necessary to prevent rekindling.

Prior to removing firefighting ensembles worn in the hot zone, a gross decontamination shall be performed.

VOLATILE ORGANIC COMPOUNDS (VOCs)

Firefighters are exposed to volatile organic compounds (VOCs) during structural fire responses and training fires, several of which (e.g., benzene, acrolein, styrene) are known or probable carcinogens. Chemicals like benzene have been found in firefighter's urine, even when self-contained breathing apparatus (SCBA) are worn, suggesting that dermal absorption contributes to potentially harmful exposures.

Firefighters must be made aware of these risks and the importance of cleaning the skin as rapidly and thoroughly as possible.

POLYFLUOROALKYL SUBSTANCES (PFAS)

The presence of a class of chemicals called perfluoroalkyl and polyfluoroalkyl substances (PFAS) — some of which have been linked to cancer.

PFAS, found in many products due to their oil and water-resistant properties, do not break down easily and persist in our bodies and the environment, earning them the name of "forever chemicals."

Researchers have shown that firefighters are burdened by comparatively high levels of at least one type of PFAS.

The National Institute of Standards and Technology (NIST) has released a report on the presence of perfluoroalkyl and polyfluoroalkyl substances (PFAS) in

AUGUST SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	<i>ACTIVE SHOOTER - PUBLIC RESPONSE AWARENESS</i>	
WEEK 2 DATE:	<i>ASBESTOS AWARENESS</i>	
WEEK 3 DATE:	<i>EXTRICATON - CLASSROOM</i>	
WEEK 4 DATE:	<i>CANCER PREVENTION</i>	
OPTIONAL FULL DAY:		
OPEP DATE:		

firefighter turnout gear. The results of the study suggest that selecting optimal combinations of fabrics for each layer could significantly reduce the amount of PFAS present in turnout gear.

Our department Safety Committee should review safer structural firefighting gear for future purchases.

EXPOSURE REDUCTION

Several steps should be considered in reducing our responder's exposure to hazardous chemicals.

Proper PPE and Respiratory Protection worn in all exposure zones, including during overhaul, is critical. Replacement hoods are a best practice after leaving an IDLH area.

Gross decontamination or Preliminary Exposure Reduction (PER) should be established on scene, including wet or dry mitigation.

After PER, a handwashing station or disposable wipes should be available for firefighters who need to eat or drink on scene.

Contaminated gear should be transported back to the station in a single-use bag, stored outside the cab. Contaminated gear must be handled with disposable gloves.

Members must shower after returning to the station or as soon as possible.

All equipment must be decontaminated as soon as possible.

REFERENCES

Healthy In, Healthy Out

[wscff.org/health/healthy-in-healthy-out/](https://www.wscff.org/health/healthy-in-healthy-out/)

CDC PFAS Webpage

https://www.cdc.gov/biomonitoring/PFAS_FactSheet.html

SEPTEMBER IS LIVE FIRE TRAINING MONTH

LIVE FIRE TRAINING

WAC 296-305-05502(7)

Live fire training is designed to ensure firefighters can operate safely in IDLH conditions and to get some experience in live fire conditions. Some Line of Duty Deaths have occurred during live fire training. The following standards have been developed to ensure the safety of our members during live fire training.

This section is based on our fire department conducting our own training **at a non-permanent burn structure**, using a designed evolution. It does not include liquefied petroleum gas props, other non-wood fire props, or training done in acquired structures. Training done in acquired structures must meet NFPA 1403, Chapter 5, involving extensive surveys, abatement, structural repairs and other requirements that are not covered in this section.

CONTINUING EDUCATION LIVE FIRE TRAINING

All members who engage in interior structural firefighting in IDLH conditions shall be provided live fire training at least every three years, which is appropriate to their assigned duties and the functions they are expected to perform.

Firefighters who do not receive this training in a three-year period will not be eligible to return to an interior structural firefighting assignment until they do.

Responding to a fire scene with a full alarm assignment, an ICS established, and a post-incident analysis will meet the continuing education requirement, but for no more than (2) three year training periods.

NFPA 1403

When conducting their own training, fire departments must meet the requirements set out in the applicable edition of the NFPA 1403, Standard on Live Fire Training Evolutions for live fire suppression training and structures used in the evolutions.

The Incident Commander, Instructor in Charge, additional Instructors, and Safety Officer shall have read NFPA 1403 in its entirety and demonstrate competence to the Chief before being assigned to the live fire training evolution.

STUDENT PREREQUISITES

All students shall provide documentation that they have received training to meet the minimum job performance requirements for Fire Fighter I in the following topics.

1. Safety
2. Fire behavior
3. Portable extinguishers
4. Personal protective equipment
5. Ladders
6. Fire hose and streams
7. Overhaul
8. Water supply
9. Ventilation
10. Forcible entry
11. Building Construction

INSTRUCTOR PREREQUISITES

The Live Fire instructor-in-charge must meet the requirements of the applicable version of NFPA 1403 in accordance with NFPA 1041. (Current versions require a Fire Instructor II, as of 2023, the WAC only requires compliance with the 2007 edition of the NFPA 1403, which only requires a Fire Instructor I).

One additional instructor shall be a Fire Instructor I in accordance with NFPA 1041 will be assigned to each functional crew and backup line, each of which shall not exceed five students.

The Instructors and the Safety Officer responsible for conducting live fire training evolutions with a gas-fueled training system or with other specialty props (such as a flashover simulator) shall be trained in the complete operation of the system and the props by a trainer authorized by the manufacturer of the prop.

The instructors and safety officers responsible for conducting live fire training evolutions with flow path and ventilation-controlled conditions shall be trained in the means to develop the evolutions.

SAFETY OFFICER

A qualified Safety Officer, authorized by the AHJ with no other duties, must be assigned to the burn and have the authority, regardless of rank, to prevent unsafe acts and eliminate unsafe conditions.

FIRE CONTROL TEAM

A fire control team shall consist of a minimum of two personnel; one person who is not a student or Safety Officer shall be designated as the "Ignition Officer" to ignite, maintain, and control the materials being burned. The second member shall be in the area to observe the Ignition Officer ignite and maintain the fire and to recognize, report, and respond to any adverse conditions.

The fire control team shall wear full personal protective clothing, including SCBA with a charged hose line when performing this control function.

Fires shall not be ignited without an instructor visually confirming that the flame area is clear of personnel being trained.

All students, instructors, safety personnel, and other personnel shall wear all protective clothing per applicable standards of NFPA 1971, use SCBAs per applicable standards of NFPA 1981, and PASS devices per applicable standards NFPA 1982. All equipment and PPE will be used according to manufacturer's instructions.

SCBAs must be worn in potential or actual oxygen deficient atmospheres, combustion areas, and below ground level.

COMMUNICATIONS

A method of fire ground communications shall be established and communicated among the Incident Commander, the interior and exterior sectors, the Safety Officer, and external requests for assistance.

A building evacuation plan shall be established, including an evacuation signal to be demonstrated to all participants in an interior live fire training evolution.

EMERGENCY MEDICAL SERVICES

Basic life support (BLS) emergency medical services with transport capabilities shall be available on-site to handle injuries in a designated area.

Written reports shall be completed and submitted on all injuries and all medical aid rendered.

REHAB AREAS

WAC 296-305-05004

The rehabilitation area (rehab) shall include the provision of Emergency Medical Services (EMS) at the Basic Life Support (BLS) level or higher.

Live fire training requires transport-ready EMS on scene.

Members assigned to the rehab Sector/ Group shall enter and exit rehab as a

crew. The crew designation, number of crew members, and the times of entry and exit from the rehab shall be documented by the Rehab Officer or their designee on the Company Check-In/Out Sheet.

Crews shall not leave rehab until authorized by the Rehab Officer.

WATER SUPPLY

Training evolutions shall meet the criteria identified in NFPA 1142, Standard on Water Supplies for Suburban and Rural Fire Fighting. Separate water sources shall be utilized for the supply of attack lines and backup lines in order to preclude the loss of both water supply sources at the same time.

A single water source shall be sufficient at a training center facility where the water system has been engineered to provide adequate volume.

Each hose line and backup line(s) shall be capable of delivering a minimum of 95 gpm (360 L/min). A minimum reserve of additional water in the amount of 50 percent of the fire flow

demand, determined in accordance with NFPA 1142, Appendix H.

FUEL MATERIALS

The fuels utilized in live fire training evolutions shall only be wood products and documented in the training evolution. Fuel-fired buildings and props are permitted to use the appropriate fuels for the design of the building or prop. Flammable liquids, Pressure-treated wood, rubber, plastic, tar paper, polyurethane foam, upholstered furniture, carpeting, and chemically treated or pesticide-treated straw or hay **shall not** be used. Fuel materials shall be used only in the amounts necessary to create the desired fire size and to avoid conditions that could cause an uncontrolled flashover or backdraft.

PARKING / STAGING / SPECTATORS

Areas for the staging, operating, and parking of fire apparatus that are used in the live fire training evolution shall be designated.

SEPTEMBER SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	<i>DENVER DRILL</i>	
WEEK 2 DATE:	<i>PROPANE PROP</i>	
WEEK 3 DATE:	<i>LIVE FIRE EVOLUTION</i>	
WEEK 4 DATE:	<i>PUMPS NOZZELS HOSES DRAFTING</i>	
OPTIONAL FULL DAY:	<i>LIVE FIRE</i>	
OPEP DATE:		



Ingress and egress routes shall be designated, identified, and monitored during the training evolutions to ensure their availability in the event of an emergency. All spectators shall be restricted to an area outside the operations area perimeter established by the Safety Officer.

PRE-BURN PLAN

A pre-burn plan shall be prepared and shall be utilized. Prior to conducting actual live fire training evolutions, a pre-burn briefing session and walk through for familiarity of the prop shall be conducted by the Instructor-in-charge with the Safety Officer for all participants.

Written learning objectives shall be required for all live fire training evolutions.

A Fire Training Evolution Form, which meets all the requirements of NFPA 1403, may be used as the pre-burn plan.

Exits will be marked in the prop to help participants if they become disoriented.

Property adjacent to the training site that could be affected by the smoke from the live fire training evolution, such as roadways, railroads, airports or heliports, nursing homes, hospitals, or other similar facilities, shall be identified.

(WFC Sample Policy 12.05.02)

A sample Live Fire Evolution, Pre-Burn Plan and Training Documentation form is available at www.washingtonfirechiefs.com/SHARP.

OCTOBER IS MENTAL HEALTH MONTH

POST TRAUMATIC STRESS INJURY (PTSI)

PTSD, Post-Traumatic Stress Disorder, has become a common term and diagnosis for those in the Fire Service. A new, more accurate description, Post Traumatic Stress Injury, or PTSI, has started to be used to more accurately describe the cause and effects to firefighters of exposure to traumatic incidents. These events cause mental health injuries that, when treated, firefighters can heal from them.

CAUSES

There is not a single cause of PTSI. The following types of events can be stressors that contribute to mental health injuries to responders.

- Demanding physical nature of the job
- Personal safety being compromised
- Exposure to a horrific incident
- Mass casualty
- Calls involving children or vulnerable people
- Responding to a call involving friends or family members
- Unrelenting call volume
- Cumulative exposure to trauma
- Sleep deprivation

SIGNS AND SYMPTOMS OF PTSI

PTSI symptoms can begin to appear for various reasons. They can be from one traumatic event, a personally relatable event, a series of events, or the lack of a resiliency-building lifestyle.

The following behaviors are often associated with PTSI:

- Hyper-vigilance
- Isolation, apathy, and anxiety in public situations.

- Sleep Deprivation, intrusive thoughts, flashbacks, and nightmares.
- Substance abuse, including alcohol, drugs, gambling, and pornography.
- Losing the ability to function and make decisions on day-to-day basis
- Lack of communication with family and friends.

ESCALATION TO SUICIDAL THOUGHTS

When left unaddressed, PTSI can sometimes escalate to suicide. Suicidal thoughts are often expressed in the following ways:

- Talking about feeling trapped or wanting to die
- Expressing feelings of hopelessness or like there is no reason to live
- Worrying about being a burden to others
- Increasing drug and alcohol use
- Partaking in reckless behavior
- Sleeping too much or too little
- Withdrawing or isolating from the crew
- Displaying extreme mood swings

Suicidal thoughts can be addressed, treated, and recovered from. We need to get firefighters the help they need.

WHAT DEPARTMENTS CAN DO

Focus on the good things about being in the Fire Service!

Create an atmosphere of camaraderie, support, and humor in your departments.

Regularly participate in community events, share positive responses from calls, and commend responders for their good work.

Remind each other of the value of fire and EMS services provided to the community.

Research programs that may help reduce some of the causes of stress for firefighters.

Successful Community Medic, Social Work, and Nursing programs benefit not only the community but internally it benefits firefighters by reducing call volume. In addition, these teams address some of the most challenging calls that don't have a quick resolution, something firefighters are always looking for on the scene.

Departments can reduce the stigma around mental health by regularly addressing the topic in training. They can strive to normalize conversations around mental health and mental health injuries in informal settings.

In addition, departments can put in place the following programs and treatment options:

- Wellness programs
 - Peer support programs
 - CISM programs
 - Mental Health First Aid
 - Access to professional counseling, including:
 - Cognitive-Behavioral Therapy (CBT)
 - Exposure Therapy
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - GRIT - Grounded Resiliency Immersive Training for First Responders
 - Rapid access to Addiction Treatment for Drug/Alcohol Abuse
 - Post information for Suicide and Crisis Hotlines (Code 4 NW and 988)
- Chiefs must empower their Safety and Health officers to approach firefighters

who show warning signs in a positive and compassionate manner.

The goal is to get the firefighter healthy for themselves, their family, their department, and their community.

PEER SUPPORT PROGRAMS

Peer support may include listening and other types of emotional support. Peer support can help responders get help to cope with mental stress, lower stigma about getting professional help, and build team camaraderie.

Peer support members understand stressors their peers face that other health care professionals or family members may not.

Training for peer support includes modeling healthy behaviors, sharing information about sources of support, and the need for confidentiality.

RCW 43.101.425 ensures that all communications to crisis referral services by employees and volunteers of law enforcement, correctional, firefighting, and emergency services agencies, and all records related to the communications, shall be confidential. Crisis referral services include all public or private organizations that advise employees and volunteers of such agencies about sources of consultation and treatment for personal problems, including mental health issues, chemical dependency, domestic violence, gambling, financial problems, and other personal crises.

DEALING WITH ADDICTION

Some responders have started to deal with the mental stressors of the job by self-medicating with drugs and alcohol. If this process begins to interfere with their family, work, or other relationships, a responder may choose to seek treatment.

The Washington State Council of Firefighters has partnered with several

treatment centers specializing in First Responder's care.

Deer Hollow is a treatment center specializing in First Responder wellness. Their team has extensive experience assisting First Responders with PTSD, anxiety, cumulative stress, behavioral addictions, and substance abuse. They understand how to apply the most effective and comprehensive treatments and therapies to help First Responders heal the invisible wounds brought on by the trauma of their profession. Call 888-5WE-KNOW.

The IAFF Center of Excellence for Behavioral Health Treatment and Recovery is a one-of-a-kind treatment facility specializing in PTSI for professional fire service members who struggle with trauma, substance use, addiction, and other related behavioral health challenges. It is a safe haven for members to receive the help they need in taking the first steps toward recovery, and share experiences with other members who have faced or overcome similar challenges.

WELLNESS PROGRAM

Firefighters have a long history of dealing with traumas. Those most successful in building resiliency have learned the importance of mental wellness and the need to take care of themselves emotionally, mentally, and physically. Key components in building resiliency include:

- Healthy relationships
- Physical fitness
- Healthy diet
- Adequate sleep
- Access to mental health care

Our department will participate in the following wellness program focused on building resilience in our members:

Each November, we will make it a point to focus on PTSI and Suicide prevention at one of the trainings.

The Health and Safety Officer will post mental health crisis numbers on our Safety and Health bulletin board.

The firefighter wellness program will be reviewed at our Safety Committee meeting this month.

CODE 4 NORTHWEST

One Call, a Community of Support
 Code 4 Northwest was created to ensure Washington State's First Responders have access to the best help possible when in crisis.
 Code 4 is dedicated to providing the best personalized service and resources to those individuals experiencing a crisis. Your call will be answered by a live person who understands the issues you are confronting. All call-takers are current or former First Responders or work in the public safety/EMS field in Washington State.

Confidentiality when calling Code 4 is protected by RCW 43.101.425.

PRESUMPTIVE DIAGNOSIS OF PTSD

For career firefighters, Washington State has presumptive legislation for firefighters diagnosed with PTSD. The presumptive legislation includes provisions such as:

- Eligibility for Workers' Compensation through Labor and Industries. Firefighters diagnosed with PTSD are eligible for Workers' Compensation benefits, which may cover medical treatment, counseling, and wage replacement while they are unable to work.
- Limited Requirement to Prove Causation: The law presumes that the condition is work-related if exposed to traumatic situations. However, it's best to document particularly disturbing incidents for later reference.
- Expedited Claims Process: Claims for Workers' Compensation benefits related to PTSD are often processed more quickly, recognizing the urgency of addressing mental health conditions.

OCTOBER SUGGESTED TRAINING SCHEDULE		
	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	<i>PTSI/SUICIDE PREVENTION AWARENESS TRAINING</i>	
WEEK 2 DATE:	<i>TOOLS/ELECTRICAL SAFETY (SC MEETING ON WELLNESS)</i>	
WEEK 3 DATE:	<i>WORKPLACE VIOLENCE</i>	
WEEK 4 DATE:	<i>SCBA QTRLY - STRUCTURAL FIREFIGHTING EVOLUTION</i>	
OPTIONAL FULL DAY:		
OTEP DATE:		

This fought for law is intended to support the mental health and well-being of firefighters by reducing the barriers to seeking help and treatment for PTSD.

VOLUNTEER AND COMBINATION DEPARTMENT CHALLENGES

Many of the programs listed above, such as access to care through Workers' Compensation, are not in place for volunteer firefighters. However, their exposure to trauma on-calls and the related impacts on their lives is similar. Chiefs and Health and Safety officers of volunteer and combination departments must work vigilantly to find resources for their responders to address mental well-being, PTSI, and suicide prevention.

Even with limited budgets, small departments can have successful wellness programs by investing in Peer Support training, participating in free health and safety initiatives, applying for wellness grants, and reaching out to departments with successful wellness programs for mentoring and resources.

Additional resources for volunteer fire departments can be found at <https://bvff.wa.gov/>.

REFERENCES:

- Recognize PTSI, Prevent Suicide (Youtube)**
- The Call We Carry - Confronting PTSD In The Fire Service (YouTube)**

NOVEMBER IS EMERGENCY MEDICAL MONTH

FIRST AID AND EMERGENCY MEDICAL REQUIREMENTS

WAC 296-305-01515

All firefighters, except directors of fire departments and the directors' designated personnel, shall have, as a minimum, first-aid training as evidenced by a current, valid first-aid card, EMT or First Responder certification within 90 days of the date of their membership.

Our stations and equipment providing emergency medical services to the public shall conform to the requirements of chapter 18.73 RCW Emergency Care and Transportation Services (*and if applicable, WAC 248-17 Ambulance Rules and Regulations*), which require additional first-aid equipment.

EMERGENCY MEDICAL PERSONAL PROTECTION EQUIPMENT

Members who perform emergency medical care or otherwise may be exposed to blood or other body fluids shall be provided with emergency medical face protection devices and emergency medical garments that meet the applicable requirements of the applicable edition of NFPA 1999, Standard on Protective Clothing for Emergency Medical Operations.

Firefighters shall don emergency medical gloves and eye protection prior to initiating any emergency patient care.

Firefighters shall don emergency medical garments prior to any patient care during which splashes of body

fluids can occur, such as situations involving spurting blood or childbirth.

Note: *Firefighter turnout gear and gloves with vapor barriers may be used in lieu of emergency medical gloves and garments.*

When the potential for occupational exposure exists, the department provides, at no cost to the employee, personal protective equipment such as, but not limited to, gloves, gowns, laboratory coats, face shields or masks, eye protection, mouthpieces, resuscitation bags, pocket masks, or other ventilation devices.

Contaminated emergency medical garments, emergency medical face and eye protection, gloves, devices, and emergency medical disposable gloves shall be cleaned and disinfected or disposed of here:

SUMMARY





Firefighters must have at least a valid first aid card within 90 days of membership.

All emergency vehicles and stations must have a First Aid Kits that have at least the equipment listed in WAC 296-305-01517.

All firefighters must wear disposable gloves and eye protection as a minimum for any EMS response.

Departments must have an Infection Control Plan that complies with the Bloodborne Pathogen (BBP) standard.

Firefighters must know protocols for vaccinations, PPE, exposure monitoring, exposure reporting, self care of exposures, and cleaning and disinfecting procedures for performing emergency medical care.

EMS PERSONAL PROTECTION EQUIPMENT SELECTION CHART				
Members shall wear the following PPE when performing the following tasks. Members may opt for a higher level of protection if they consider it necessary to protect themselves from communicable diseases or airborne, bloodborne, or other pathogens.				
	Eye Protection, Gloves	N-95 Face Mask, Eye Protection, and Gloves	N-95 Face Mask, Eye Protection, Face Shield, Gown, and Gloves	PAPR., Eye Protection, Face Shield, Gown, and Gloves
Patient Contact				
Patient with Flu-like Symptoms or Suspected COVID				
Potential Spurting Body Fluids, such as Childbirth				
EMS Response to vehicle accidents				
EMS with Potential Highly Contagious Exposure - CDC Guidelines				
Disinfecting Apparatus or Equipment				

INFECTIOUS CONTROL PROGRAM

WAC 296-823

Infection Control Officer:

Our department's written Infection Control Plan's purpose is to provide a high level of protection against communicable diseases for all members while providing fire, rescue, and emergency medical services.

Our written program is found:

(WFC Sample Policy 12.01.09)

The Infection Control Officer shall be responsible for establishing personnel exposure protocols so that a process for dealing with exposures is in writing and available to all personnel.

Members shall be trained in the proper use of PPE, exposure protection, post-exposure protocols, and disease modes of transmission.

The Infection Control Officer or their designee will function as a liaison between area hospitals and fire department members to provide notification that a communicable disease exposure is suspected or has been determined by hospital medical personnel.

The department's Infection Control Officer will institute the established exposure protocols immediately after the report of an exposure. The Infection Control Officer shall follow the confidentiality requirements of WAC 246-100 and the medical protocol requirements of WAC 296-802.

The Infection Control Officer and Officer in Charge of response apparatus shall monitor members' compliance with the established guidelines for PPE and disinfecting protocols, using our

AFTER EMS DISINFECTING GUIDELINES FOR EQUIPMENT	
Equipment used in Patient Contact or with potential body fluid exposure.	Wipe down with (product):
Response Apparatus	Disinfect (product): _____ Wipe down all surfaces, door handles, floors, and equipment.
Materials (example: gloves, materials that can release biohazards and other used disposable equipment) contaminated with liquid or semi-liquid blood or potentially infectious material, sharps, and pathological or microbiological waste	Potentially infectious waste must be disposed in RED BIOHAZARD BAG. Dispose the bag at the following locations: Clothing and blankets must be cleaned using the following protocol:
Used Sharps or materials that can cause cuts or punctures.	Dispose of in a Sharps container. Additional Instructions:

department's disciplinary action policy as a means for correcting noncompliance.

IF EXPOSED TO A BODY FLUID OR POTENTIALLY INFECTIOUS MATERIAL

Initiate self-care by washing the wound or affected area with disinfectant, soap, and water; flush eyes, nose, or mouth exposures with water or Ringer's solution.

LIST ADDITIONAL STEPS HERE OR PROCEDURES HERE:

AFTER SELF CARE, IMMEDIATELY REPORT ALL POTENTIAL OR ACTUAL EXPOSURES TO THE INFECTION CONTROL OFFICER:

TUBERCULOSIS (TB) EXPOSURE AND RESPIRATORY PROTECTION

Firefighters shall wear, at a minimum, a NIOSH-approved N-95 when entering areas occupied by individuals with suspected or confirmed TB or providing close-up care.

Member tuberculosis screening shall be provided in accordance with current U.S. Centers for Disease Control and Prevention guidelines.

Note: If possible, the rear windows of a vehicle transporting patients with confirmed, suspected, or active tuberculosis should be kept open, and the heater or air conditioner set on a non-circulating cycle.

HEPATITIS B VIRUS (HBV) VACCINATIONS

WAC 296-823-13005

The department shall make available HBV vaccinations to all members at no cost.

NOVEMBER SUGGESTED TRAINING SCHEDULE		
	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	TECH RESCUE - TRENCH AWARENESS	
WEEK 2 DATE:	PANDEMIC RESPONSE POLICY	
WEEK 3 DATE:	HIPPA / INFECTIOUS DISEASE / BBP	
WEEK 4 DATE:	COLD WEATHER OPS	
OPTIONAL FULL DAY:		
OTEP DATE:		

The vaccine shall be made available for a licensed health care professional within 10 working days of initial assignment.

If an HBV vaccine was initially declined, it must be made available at no cost at a later date if requested by the member.

(WFC Sample Policy 12.01.09)

COVID-19 AND VIRAL CONTAGIONS

After facing the COVID-19 pandemic, many lessons were learned.

As a department, we must keep supplies of eye protection, gloves, N-95 respirators, and gowns at high levels.

We encourage vaccination among members, being respectful of varying personal beliefs.

We must understand protocols and information may evolve during a crisis and keep our members informed. If we

avoid being "absolute" in our approach, we can maintain credibility.

However, the basic components of standard precautions for emergency medical response have never changed.

- Promote hand hygiene and make wash stations and sanitizing available.
- Use of appropriate PPE based on the expectation of possible exposure.
- Training on respiratory hygiene and cough etiquette. Have N-95s available for viral response.
- Practice proper cleaning and disinfection and careful handling of textiles and laundry.
- Ensure safe injection practices and handling of sharps.

DECEMBER IS RESPIRATORY PROTECTION MONTH

RESPIRATOR PROGRAM

WAC 296-305-04001, WAC 296-842

PROGRAM ADMINISTRATOR:

MEMBER TRAINING

All firefighters will be trained annually on the selection, use, limitations, and maintenance of respirators per the manufacturer's instructions.

More than just SCBAs are used in the fire service. Each type of respirator selected and used must meet the requirements of this program, including SCBAs, Supplied Air Respirators, Air Purifying Respirators (APRs), and disposable particulate masks (N95s).

Firefighters shall be thoroughly trained in accordance with the manufacturer's instructions on emergency procedures, such as the use of a regulator bypass valve, corrective action for facepiece and breathing tube damage, and breathing directly from the regulator (where applicable).

Firefighters shall be tested, at least annually, on the knowledge of respiratory protection equipment operation, safety, organizational policies and procedures, and facepiece seals to the fire department's standard, and document results.

After completing such training, each firefighter shall practice, at least quarterly, for each type and manufacturer of respirator available for use, the step-by-step procedure for donning the respirator and checking it for proper function.

RESPIRATOR SELECTION

Only firefighters with a properly fitting facepiece shall be permitted by the fire department to function in a hazardous atmosphere wearing a SCBA.

Firefighters shall only use department-issued respirators, cartridges, and filters on the included chart. If additional products or

activities requiring a respirator are done by a member, the Respirator Program Administrator will use a respirator selection guide, the SDS sheet, the AHJ adopted NFPA standard or the manufacturer's recommendation for the proper respirator cartridge and filter, and update the selection and change schedule chart on this page. A negative pressure respirator, any self-contained breathing apparatus, or any respirator that is used in an atmosphere immediately dangerous to life or health (IDLH) equipped with a facepiece shall not be worn if facial hair comes between the sealing periphery of the facepiece and the face, or if facial hair interferes with the valve function.

The wearer of a respirator shall not be allowed to wear contact lenses if their use increases the risk of eye damage.

MEDICAL EVALUATIONS

Every firefighter who must wear a respirator will be required to have an approved medical evaluation before they are allowed to use the respirator. We will use:

as our medical evaluator. Completed questionnaires are confidential and will be sent directly to the medical provider without review by the department. We will get a recommendation from this medical provider on whether or not the firefighter is medically able to wear a respirator. Failure to pass a respirator medical evaluation will result in the inability to perform structural firefighting duties of any kind.

Additional Medical Evaluations required:

- Our medical provider recommends it.

<i>Fill-in General Product used or Activity Below</i>	<i>Requirements for Respirator</i>	<i>Department Issued Model of Respirator and Cartridge Used</i>	<i>Fill-In Frequency of Cartridge Change Response Conditions</i>
<i>Fire Fighting Activities in IDLH or Hazardous Atmospheres</i>	<i>SCBA - NIOSH OR NFPA 1981 Compliant Model</i>		<i>N/A</i>
<i>Overhaul where air monitoring is incomplete or shows hazards</i>	<i>SCBA - NIOSH OR NFPA 1981 Compliant Model</i>		<i>N/A</i>
<i>Asbestos Present</i>	<i>SCBA - NIOSH OR NFPA 1981 Compliant Model</i>		<i>N/A</i>
<i>IDLH/Hazardous Atmosphere Responses</i>	<i>SCBA - NIOSH OR NFPA 1981 Compliant Model</i>		<i>N/A</i>
<i>EMS Calls with possible TB Exposure</i>	<i>NIOSH-approved, 95% efficient particulate APR</i>		<i>After each response, or if plugged, damaged or soaked change cartridge, filter or mask immediately</i>
<i>EMS Calls with Aggressive Viral or Airborne Pathogens</i>	<i>Current CDC Recommended Guidelines</i>		<i>After each response, or if plugged, damaged or soaked change cartridge, filter or mask immediately</i>

- Our Respirator Program Administrator decides it is needed.
- A firefighter shows signs of breathing difficulty.
- Changes in work conditions that increase firefighter physical stress (such as confined spaces).

RESPIRATOR FIT TESTING

All firefighters who wear tight fitting respirators will be fit-tested before using their respirators. Firefighters will only be allowed to use the specific size and model of respirators they are fit tested for. Fit testing will be repeated at least annually. Fit testing will also be done when a different respirator facepiece is chosen, when there is a physical change in a firefighter's face that would affect fit, or when our firefighters or medical provider notify us that the fit is unacceptable.

No facial hair is allowed between the skin and the sealing surface of the mask for fit testing or tight fitting respirator use.

Respirators are chosen for fit testing following procedures in WAC 296-842. We perform fit testing annually using one or more of the following fit testing protocols or using a quantitative fit testing instrument:

The fit testing instruments we use for the following types of respirators:

SCBAs

Air Purifying Respirators

N95 or P95 Disposable Mask Respirators

Testing is done by quantitative fit testing with a manufacturer approved test piece only. The fit testing is done only in a negative-pressure mode. If the face piece is modified for fit testing, the modification shall not affect the normal fit of the device. Such modified devices shall only be used for fit testing.

Documentation of our fit test results is kept in each firefighter's personnel file at the station.

USER SEAL CHECK PROCEDURES

The user of a respirator needs to conduct a positive and a negative seal check each time they put their respirator on to make sure the respirator is properly positioned to prevent leakage during use and to detect functional problems. If they can't pass both parts and their respirator is not functioning properly, then see the OIC for further instruction.

RESPIRATOR CLEANING, STORAGE, AND MAINTENANCE

Our non-disposable respirators will be stored in the following clean locations:

Respirators will be **cleaned and sanitized after every use in a training or emergency setting** (this does not apply to disposable N95 or P95 masks, which are disposed of daily). Respirators will be cleaned according to the attached and manufacturer's instructions.

RESPIRATOR CLEANING PROCEDURE

- Remove filters, cartridges, canisters, speaking diaphragms, demand and pressure valve assemblies, hoses, or any components recommended by the manufacturer. Discard and repair any defective parts.
- Wash components in warm 110°F maximum water with a mild detergent or with a cleaner recommended by the manufacturer.
- Rinse components thoroughly in clean, warm 110°F maximum, preferably running water.
Note: *The importance of thorough rinsing can't be overemphasized.*
- Drain components.
- Air or hand dry components with a clean, lint-free cloth.
- Reassemble the facepiece components. Replace filters,

cartridges, and canisters, if necessary.

- Test the respirator to make sure all components work properly.

In cases where there is a reported failure of a respirator, it shall be removed from service, tagged and recorded as such, and tested before being returned to service.

SCBA cylinders shall be hydrostatically tested within the periods specified by the manufacturer and the applicable governmental agencies.

(WFC Sample Policy 12.04.01)

RESPIRATOR RECORDS

Records will be kept at the

_____. Records will be kept for the length of service plus 30 years in each member's personnel file. Members will have access to their own personnel records. Records include:

- A copy of this completed respirator program.
- Firefighters' latest fit-test results.
- Firefighter training records.
- Written recommendations from our medical provider.

BREATHING AIR FOR SCBA BOTTLES

When the fire department makes its own breathing air or uses vendor supplied breathing air, they shall maintain documentation certifying breathing air quality. The breathing air shall:

- Be tested at least quarterly by using an air sample taken from the same outlet and in the same manner as the respirator breathing air cylinders are filled, or air line respirators are connected.
- Meet the requirements of either the applicable edition of NFPA 1989, Standard on Breathing Air Quality for Fire and Emergency Services Respiratory Protection or the 1997 edition of ANSI/CGA G6-1 -

DECEMBER SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	RESPIRATOR PROGRAM REVIEW AND FIT TESTING	
WEEK 2 DATE:	REHAB REQUIREMENTS	
WEEK 3 DATE:	OPTIONAL	
WEEK 4 DATE:	OPTIONAL	
OPTIONAL FULL DAY:		
OTEP DATE:		

Commodity Specification for Air, with a minimum air quality of grade.

- Meet a water vapor level of 24 ppm or less.
- SCBA cylinders shall be hydrostatically tested within the periods specified by the manufacturer and the applicable governmental agencies.

RESPIRATOR PROGRAM EVALUATION

We annually evaluate our respiratory program for effectiveness by the following:

1. Checking fit test results and health provider evaluations to identify trends.
2. Asking firefighters who wear respirators: How do they fit? Do they

feel the respirator is adequately protecting them? Do they notice any difficulties in breathing while wearing them? Do they notice any odors while wearing them? Etc.

3. Periodically checking firefighter job duties for changes in chemical exposure.
4. Periodically checking maintenance and storage of respirators.
5. Periodically checking how firefighters use their respirators.
6. Date Reviewed by Department Respirator Program Administrator:

A DIGITAL VERSION OF THIS CALENDAR AVAILABLE IS AVAILABLE AT **WashingtonFireChiefs.com/SHARP**

OTHER RESOURCES AVAILABLE ONLINE

TWO YEAR TRAINING CALENDAR FOR TRAINING
OFFICERS

SAMPLE STANDARD OPERATING PROCEDURES

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LINKS, PROGRAMS, AND ADDITIONAL RESOURCES
FOR HEALTH AND SAFETY OFFICERS



605 11th Ave SE, Suite 211 Olympia WA 98501 (360) 352-0161 wfc@washingtonfirechiefs.com

EMPLOYEES AND VOLUNTEERS:

You have the legal right to a safe and healthy workplace. The law requires your employer to provide a safe and healthy workplace and protects your right to report workplace hazards. Your employer may not fire you or take disciplinary actions against you for raising safety concerns. Learn more about your workplace rights at: www.lni.wa.gov/workers-rights/ or call 1-800-423-7233.

CAREER DEPARTMENTS:

Free safety consultations are available through L&I. Their knowledgeable consultants can help you prevent injuries and reduce costs. At your request, a L&I consultant will visit your department and:

- Clarify safety and health rules for your department.
- Review or help develop your required Safety and Health programs.

Resources for Firefighter Injury and Illness Reduction (FIIRE) can also be found at <https://www.lni.wa.gov/fiire>.

For more information, lni.wa.gov or the L&I office nearest you.

KNOW THE RULES:

Fire departments are subject to the Core Safety and Health rules found in WAC 296-800, in addition to the Safety Standards for Firefighters in WAC 296-305. The Respiratory Protection standard can be found in WAC 296-842, and Hazard Communication plans are required by WAC 296-901. Other Safety Standards may also apply. Take the time to get to know the rules!

DISCLAIMER:

Just adopting this document does not ensure a department is in compliance with WAC 296-305. This calendar is intended as an aid to help both paid and volunteer departments develop a process to identify and build a comprehensive dynamic accident prevention program and culture of safety. Every section requires review by the Chief and Safety Committee and will need to be tailored to individual departments' needs. You must put into practice the AHJ reviewed programs in this document, and all members must be familiar with all the aspects of each section. This calendar does not cover every situation that a department will face. If your department performs services beyond those covered in this plan, you will need additional and specific training and accident prevention programs (for example, Incident Response Procedures, Wildland Firefighting, Confined Space, Swift Water Rescue, etc.) This plan does not meet every WAC applicable to fire departments, and additional plans and topics will need to be covered in each department's SOPs.

CONTRIBUTORS:

Contributors to this document for photos, video and the online version include City of Spokane Fire Department, Gig Harbor Fire, Lacey Fire Department, Renton Regional Fire Authority and Puget Sound Fire.

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