

Cherokee County
Firefighters Association
13677 N. Ridge Dr.
Hulbert, Oklahoma 74441

February Meeting
is at the LOWREY
Fire Dept.



www.cherokeecountyfirefightersassociation.com

NIMS Training Requirements "Who Needs Training?"

A good general rule to follow is to ask the following question:

"Is the employee or volunteer remotely involved with any emergency planning duties, or will they respond to, or give support to, an emergency operation at or away from their agency or organization?" **Awareness Level** - Required Training: All

First Responders, Single Resources, First Line/Field Supervisors - FEMA IS-700: NIMS, an Introduction, ICS-100: Introduction to ICS or equivalent, ICS-200: Basic ICS or equivalent. **Personnel** - Federal/State/Local/Tribal/Private Sector & Non-governmental personnel to include entry-level first responders and disaster workers – **Emergency Medical Service** personnel, **Firefighters**, Hospital staff, Law Enforcement personnel, Public Health personnel, Public Works/Utility personnel, Skilled Support Personnel, First line supervisors, Single resource leaders, Field supervisors, **Other** emergency management response, **support**, **volunteer** personnel at all levels.

Advanced and Practicum Level Required Training: Command and General Staff - FEMA IS-700: NIMS, an Introduction, FEMA IS-800: National Response Framework, an Introduction, ICS-100: Introduction to ICS or equivalent, ICS-200: Basic ICS or equivalent, ICS-300: Intermediate ICS or equivalent, ICS-400: Advanced ICS or equivalent. Personnel - Federal/State/Local/Tribal/Private Sector & Non-governmental personnel to include: Select department heads with multi-agency coordination system responsibilities, Area commanders, Emergency managers, and Emergency operations center and multi-agency coordination system managers. NIMS/ICS Training is available either by instructor led courses in the **classroom**, or on the **internet**.

CHEROKEE COUNTY FIREFIGHTERS ASSOCIATION

CHARGE THE LINE!

FEBRUARY 2009

February is American Heart Month

It is American Heart Month, and the Heart-Healthy Firefighter Program has all of the resources, tools, and information you need to keep your heart strong. It is critically important to make focusing on your heart a priority. Cardiovascular disease, including heart attack and stroke, cause almost thirty percent of all deaths each year in the U.S., and it is the number one cause of line-of-duty firefighter deaths. Heart disease affects men and women of all ages, races, and professions.

To recognize the nation's ongoing fight against heart disease, Congress issued a joint resolution in 1963 requesting that the President issue a proclamation each year designating February as American Heart Month. The purpose of this annual proclamation is to renew the nation's commitment to fighting this deadly disease and increase public awareness of how to prevent cardiovascular illnesses.

This month, focus on your heart by utilizing the resources, tools, and information available from the Heart-Healthy Firefighter Program to reduce your risk of heart disease. To help you adopt and maintain a heart-healthy lifestyle, the Program's [web site](#) features healthy recipes, motivational success stories, facts about heart disease, and more. In addition, individuals and departments can now [adopt the program](#) to access even more tools and resources, including the Fired Up For Fitness Challenge.

Making even small changes can help you lead a longer, healthier life. Eat a well-rounded, healthy diet; make a commitment to be more physically active; get cholesterol, blood pressure, and blood glucose screenings regularly; and if you smoke, try to quit. Keep your heart strong for those who depend on you: your family, your friends, and your community.

The Heart-Healthy Firefighter Program is the only national program dedicated to saving America's firefighters and EMS personnel from heart disease. [Learn more](#) on the Heart-Healthy Firefighter Program web site.

February meeting at Lowrey—
March meeting-board to present 5 candidates for board offices.
May meeting election of officers
July new fiscal year begins

MEMBER DEPARTMENTS

CHICKEN CREEK
COOKSON
GIDEON
HULBERT
ILLINOIS RIVER
KEYS
LOWREY
NORWOOD
OKLA. FORESTRY
PEGGS
SPARROW HAWK
SPRING VALLEY
TAHLEQUAH
WELLING/BRIGGS ELDON
WOODALL

2009
LODD
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**2009 Safety, Health and Survival Week Theme Announced:
Protect Yourself: Your Safety, Health and Survival Are Your Responsibility**

Fairfax, Va., Feb. 3, 2009... The International Association of Fire Chiefs ([IAFC](#)) and the International Association of Fire Fighters ([IAFF](#)) are pleased to announce the theme *Protect Yourself: Your Safety, Health and Survival Are Your Responsibility* for the [2009 Safety, Health and Survival Week](#), scheduled for June 14-20.

We encourage all fire/EMS departments to devote this week to reviewing safety policies, evaluating the progress of existing initiatives and discussing health and fitness. Fire/EMS departments should make a concerted effort during the week to correct safety deficiencies and to provide training as needed. An entire week is provided to ensure that each shift and volunteer duty crew can spend one day focusing on fire fighter safety, health and survival.

Protect Yourself: Your Safety, Health and Survival Are Your Responsibility encourages chiefs and fire/EMS personnel to focus on what they personally can do to manage risk and enhance their health and safety. This year's theme reflects the need for personal responsibility and accountability within a strong safety culture.

"Fire fighter safety is a full-time job for all of us, all of the time. We can't rely on someone else to do it for us. It takes personal commitment," said IAFC President Chief Larry Grorud, CFO, MIFireE.

"The Safety, Health and Survival Week is an opportunity for IAFF members and their fire chiefs to take defensive action against dangers that can be controlled or prevented and make a long-term commitment to staying safe and healthy," said IAFF General President Harold Schaitberger.

Deputy Chief Billy Goldfeder, chair of the IAFC's Safety, Health and Survival (SHS) Section said, "While some fire fighter injury and death cannot be avoided, so much of it can be, and it so often falls to each of us taking responsibility for ourselves and each other. A very critical factor in success is the role of fire officers and chiefs developing policy, providing training and enforcing the policy based on training to each and every member. The IAFC SHS Section proactively leads and supports any department, anywhere, in accomplishing these goals."

Recommended activities and materials will incorporate four key areas where standard operating procedures, policies and initiatives—along with the training and enforcement that support them—can limit fire/EMS personnel's risk of injury or death:

Safety – Emergency Driving (*Enough is Enough—End Senseless Death*)

- Lower speeds—stop racing to the scene. Drive safely and arrive alive to help others.
- Utilize seat belts—never drive or ride without them.
- Stop at every intersection—look in all directions and then proceed in a safe manner.

Health – Fire Fighter Heart Disease and Cancer Education and Prevention

- Don't smoke or use tobacco products.
- Get active.
- Eat a heart-healthy diet.
- Maintain a healthy weight.

Be sure to contact the Tahlequah Fire Department to schedule the Safety Trailer for your schools.

Survival – Structural Size-Up and Situational Awareness

- Keep apprised of different types of building materials and construction used in your community.
- Develop a comprehensive size-up checklist.
- Always complete a 360° walk of the structure to collect valuable, operational decision-making information.
- Learn the practice of reading smoke.
- Be familiar with the accepted rules of engagement.
- Learn your accountability system and use it.
- Master your tools and equipment.
- Remain calm and concentrate.

Chiefs – Be the Leader in Safety

- Become personally engaged in safety and make it part of your strategic vision for the department.
- Be willing to make the tough decisions regarding safety policies and practices and their implementation.
- Hold members of the organization accountable for their safety and the safety of those with whom they work.
- Ensure that resources are available to accomplish activities safely and effectively.

Keep watching www.iafc.org/safetyweek for more information on this year's program and planning resources developed by the IAFC Safety, Health and Survival Section.

Section C: Dues - Assessed dues shall be paid within sixty (60) days of the beginning of the fiscal year to the association treasurer. (The fiscal year begins July 1 of the current year and ends June 30 of the following year.)

Dues shall be assessed at:

- \$10.00 per fiscal year per fire department for full unit membership.
- \$ 2.00 per fiscal year per active firefighter of a member unit for a full individual membership.
- \$10.00 per fiscal year per organized non-fire fighting department for an associate organization membership.
- \$2.00 per fiscal year per member of a non-member fire department or per non-active firefighter for an associate individual membership.

TRAINING COURSE	LOCATION	DATE
FIREFIGHTER DANGER	TAHLEQUAH	FEB 23 & 25
BOB SMITH WILDLAND ROUNDUP	MCALESTER	MAR 6,7, 8
NE REGIONAL FIRE SCHOOL	OKMULGEE	MAR 13,14,15
STRUCTURAL/ADVANCED FIREFIGHTER	TAHLEQUAH	MAR 10, 12, 17, 19