

# ON SCENE



FOR AND ABOUT THE EMPLOYEES OF THE JACKSONVILLE FIRE AND RESCUE DEPARTMENT

February 2011



**Protection During and After a Fire  
Maybe into Retirement, too**



## DEAR FELLOW FIREFIGHTERS

Everyone goes home.

Many of us have heard that phrase and understand that it's the goal of each firefighter from the time that he or she arrives at the station until shift change the next day.

Let's consider why our safety perspective should extend beyond each 24-hour shift. Far more of us succeed in reaching retirement than lose our lives in the line of duty, and we certainly want to enjoy retirement. We also know how the job takes a physical toll on our bodies and that some health issues might take years to surface, even after

we retire. Research has repeatedly demonstrated how cancer is more common among firefighters. In the fire service, protecting your health is often a matter of limiting your exposure to risk, such as the elevated carcinogen levels associated with fires and overhaul. It's no secret that many of these carcinogens have a link to cancer.

When Division Chief **Kurt Wilson** was a Captain on Tower Ladder 21, he developed a passion for limiting exposure to such carcinogens. It came about when he noticed how many JFRD retirees were succumbing to or had passed away because of cancer. Kurt used his HazMat expertise and researched numerous scientific studies to develop a health and safety presentation last summer. His main message was how to reduce the potential for cancer.

Since that time, and with the help of Engine 7's Lt. **Todd Smith**, Kurt's given dozens of presentations to our department about the dangers of overhaul, focusing on the elevated levels of carcinogens and how to limit exposure. The two men have also taken the presentation on the road, at their own expense, speaking to fire and rescue departments in nearby counties, and throughout Florida and Georgia. Kurt will soon speak at a national conference in Indianapolis, Ind.

Kurt took the presentation a step further and wrote an SOG that makes overhaul safer. SOG 437 covers wearing PPE and SCBAs during overhaul, a requirement of federal law as well as an NFPA standard. SOG 437 also references the Incident Safety Officer's vital role in taking atmospheric readings to determine the level of carcinogens and whether entry into a structure is too risky. The document also offers a variety of guidelines that can minimize exposure to CO levels. Simply put, the SOG is about properly wearing your uniform and using your equipment to protect your health. In fact, following the SOG could save your life in the long run. If you haven't read it, please do.

Kurt's and Todd's actions in the interest of our health took plenty of their time. It also took courage and leadership to effect change in the fire service. JFRD and the fire service are fortunate to have people like Kurt and Todd and those individuals who do not shy away from accountability and who are visionary.

The safety measures that SOG 437 focuses upon and the research that Kurt and Todd have presented are only truly effective when firefighters embrace them, follow them, and require their colleagues to do the same. So as you can see, leadership can manifest itself at many levels. It's even tied to what we all desire – for everyone to go home.

Sincerely,

A handwritten signature in black ink, appearing to read 'C. Moreland', written over a white background.

Dr. Charles E. Moreland  
Director/Fire Chief

# 2011 Firefighter Award Recipients

## 'Odie' Harris — A Very Good Neighbor



Firefighter Theodis Harris is the 2011 recipient of JFRD's Joseph F. Stichway Award and the Gold Medal of Honor.

He goes by a few names: "Theodis," "Odie," and "Otis."

Your choice would likely depend on how well you know Firefighter **Theodis Harris II**.

No matter what you call him, you can certainly call him a good neighbor. Late last year, and while off duty, Harris came to the aid of his neighbors who were victims of a terrifying crime. His heroics included confronting the suspects before they fled the scene and risking his own life in the process.

Because of an ongoing criminal investigation, *ON SCENE* is not sharing the details of Harris' courageous actions. However, his valiant efforts are being recognized. JFRD's Firefighter Awards Committee has selected Harris for this year's **Joseph F. Stichway Award** and the **Gold Medal of Honor**.

The framed certificate for the Stichway Award describes how Harris is "a proud reflection of the values and principles shared by all first responders: the sworn duty to serve both citizens and community in any fashion needed and at any time required."

## 2011 Gold, Silver and Bronze Medal Recipients

### Firefighter Theodis Harris II, Engine 10-A

Joseph F. Stichway Award  
Gold Medal of Honor

### Eng. Robert Hancock, Engine 41-B

Silver Medal of Valor

### Capt. Brad F. Sirmans, Rescue 13-A

Bronze Medal of Bravery

### Firefighter Samuel Oughterson, Engine 13-A

Bronze Medal of Bravery

### Firefighter Elliot Watkins, Engine 13-A

Bronze Medal of Bravery



# 2011 Firefighter Award Recipients

## Kids Do The Darnedest Things

What went up had to come down, and Eng. **Robert Hancock** volunteered to get the job done. It just meant climbing 40 to 50 feet up a maple tree to retrieve an ambitious and fearless 5-year-old.

“It’s the most scared I’ve been on the job,” said Engine 41’s Hancock. “Not for me, but for the little boy. He was 30 feet up when we got there, climbing that tree like a monkey.”



Eng. Robert Hancock (Engine 41-B) used his rope and reach to become the 2011 recipient of JFRD’s Silver Medal of Valor.

Riding in as a single shot, 41’s crew arrived and quickly ruled out the use of a ladder truck and aerial device since the tree was in a backyard area. It was time to go climbing. Hancock grabbed a 24-foot ladder, some rope, tied a double-loop-figure-eight knot for a harness, and started his ascent. By then, the boy was another 10, maybe 15 feet higher, Hancock said. The branches were getting thinner, and by now the boy was swinging from them. Hancock, who has a child of similar age, was not only worried about the branches snapping but that his presence would accidentally cause the child to fall.

“Robert was in a precarious position, but he knew what he was doing,” said Lt. **Larry Bristow**, who’s worked with Hancock about two years.

As Hancock, a member of the USAR team, inched closer, the boy started asking him questions about the fire engine below and if the station had its own dog. Hancock offered to tell the boy all about the engine, if he’d come a little closer to him.

No deal.

Fortunately, Hancock got close enough to grab the boy’s ankle and slip his legs into the harness. As he lowered the boy to safety, the child resisted, trying to grab onto more branches and resume climbing. About 15 minutes after Hancock first started climbing, he and the boy were safely on the ground, but Engine 41’s work wasn’t yet done. They gave the tree a strategic pruning, eliminating some of the lower hanging branches to prevent the boy from climbing again.

Fearing for the boy’s safety not only raised Hancock’s emotions, he said his heart was pounding for about an hour after the call.

“It’s about the most amped up I’ve ever been,” he said. “I didn’t drink energy drinks for a week.”

# 2011 Firefighter Award Recipients

## MEDALS

Joseph F. Stichway Award and Gold Medal of Honor  
FF Theodis Harris II, Engine 10

Silver Medal of Valor  
Eng. Robert Hancock, Engine 41

Bronze Medal of Bravery  
Capt. Brad Sirmans, Rescue 13  
FF Samuel Oughterson, Engine 13  
FF Elliot Watkins, Engine 13

## SPECIAL AWARDS

Lt. Andy Graham Distinguished Service Award  
Division Chief Kurt Wilson

Special Committee Award  
Honored Posthumously  
Capt. Davis Love  
Capt. Richard Morphew  
*For actions taken at an HCL tanker car leak at Union Camp Chemical Plant on Lane Ave on 7/28/1978*

## CERTIFICATES OF COMMENDATION

Lt. Randy Carney, Engine 19  
FF Laurence Washington, Engine 19  
*For actions taken at an EMS call on 3/24/2010*

Lt. Christopher Lewis, Engine 4  
Lt. Colin Aguilar, Ladder 4  
*For actions taken at a structure fire on 4/9/2010*

## UNIT CITATION

**Engine 4-A**  
Lt. Christopher T. Lewis, Eng. James Baity, FF William Gaskins  
**Ladder 4-A**  
Lt. Allen Mallard, Eng. Karl Lewis, Eng. Scott Karpus, FF James Stone, FF Adam Albritton  
**Heavy Rescue 4-A**  
Eng. Rod Ziriak  
*For actions taken at a structure fire on 2/18/2010*

## UNIT CITATION

**Engine 4-A**  
Lt. Christopher T. Lewis, Eng. Rod Ziriak, FF William Gaskins  
**Ladder 4-A**  
Lt. Allen Mallard, Eng. Karl Lewis, Eng. Terrance Holmes, FF Jeremy Lee  
**Heavy Rescue 4-A**  
Eng. James E. Baity, Jr.  
**Engine 5-A**  
Lt. Brad Hatcher, Eng. Jason Maddox, FF Berlinda Tookes  
**Engine 7-A**  
Capt. Steven Riska, Eng. Allen Harvill, FF Joseph Brittain, FF Kyle Callahan  
**HazMat 7-A**  
Eng. Aaron Bebernitz, FF Charles Best  
**Rescue 7-A**  
Capt. Chester Clements, Eng. Ronald Burckhard  
**Engine 18-A**  
Lt. Robert Hickson, Eng. Clarence Jones, FF Joshua McCall  
**Ladder 18-A**  
Lt. Ryan Lundy, Eng. Steve Cooney, FF Mark Narcho, FF Cleve Hopper, FF Renaldo Horn  
**Fire 4** District Chief Nealy White  
**Fire 7** District Chief Mike Allen  
**Safety 1** Capt. Scott Gardner  
*For actions taken at a structure fire on 2/23/1010*

## CERTIFICATES OF APPRECIATION

Lt. Joseph Howell, Rescue 21,  
Lt. Michael Williams, Engine 27,  
Eng. Clint Bridier, Rescue 21,  
Eng. George Bunk, Tanker 44,  
Eng. Thomas Shuman, Engine 44,  
FF Gregory Adame, Engine 44  
*For actions taken at an EMS call on 3/26/2010*

## CERTIFICATES OF APPRECIATION

Eng. Jayson Gruentzel, Rescue 55,  
FF Timothy Joubert, Rescue 58,  
Lt. Poline A Metcalf, JBFD,  
FFE Ryan Sheehan, JBFD,  
FFE Patrick McCoy, JBFD  
*For an EMS call in Jacksonville Beach on 11/26/2010*  
  
Lt. Douglas Stephens, Marine 3-A  
Eng Norman Stevens, Marine 3-A  
*For actions at a river rescue on 5/12/2010*

## LETTERS OF RECOGNITION

Capt. Roy Douglas Jr., Engine 28  
Eng. Matthew Kennedy, Engine 28  
FF David Smith, Engine 28  
Eng. Michael Cullen, Rescue 30  
Capt. Richard Beaudoin, Engine 32  
Lt. John Davis III, Rescue 30  
Lt. William Crolley, Engine 30  
Eng. Michael Cullen, Rescue 30  
FF Anthony Principe, Engine 152  
FF Eric Williams, Engine 30  
Lt. Athony Bivins – Tactical Support  
Lt. Daniel Stift, Engine 19  
Eng. Morey Cooksey, Engine 1  
FF Timothy Sullivan, Engine 1  
Lt. Stephen Myers, Rescue 1  
Eng. Gerald Hammett, Rescue 1  
Lt. Jeffery Johnson, Rescue 2  
Eng. Christopher Stover, Rescue 2

## Tips for Reducing Unhealthy Fats in Your Diet



- Use olive and canola oils when cooking instead of margarine and butter.
- Eat 3 ounces of fish at least 2-3 times a week.
- Eat soy products – tofu, cereals with added soy protein, edamame (Japanese soy beans in green pods), soy milk.
- Use walnuts, almonds, and other nuts more frequently as a topping for cereal, yogurt or salads.
- Add ground flaxseed to your diet (salads, cereals).
- Check food labels carefully and limit products with hydrogenated oils, palm kernel oil, coconut oil, and palm oil.
- Choose whole-grains over refined and processed products for small amounts of good-for-you fats.
- Limit eggs to no more than three a week.
- Use avocado as a spread or dip instead of butter, mayonnaise and salad dressings.
- Use two egg whites for every whole egg in recipes.
- Choose lean cuts of meat and trim any visible fat. Choose fish and white, skinless poultry more often.
- Keep portions of all meats moderate at no more than 6 ounces a day (*Rule of thumb: 3 ounces of meat is roughly the same size as a deck of cards.*)
- Eat meatless meals a few times a week, or use small portions of meat as flavoring, not the major item.
- Limit high saturated fat, processed meats like sausage, hot dogs, bacon, salami, and bologna.
- Bake, broil, microwave, or poach meats and vegetables instead of frying.
- For sautéing, use olive oil instead of butter/margarine.
- Use fat-free ingredients like fruit juice, cooking wine, or defatted broth to baste meats and poultry.
- Choose non-fat dairy products like skim milk, fat-free cheeses, non-fat yogurt, and fat-free sour cream.
- Use evaporated skim milk instead of cream in recipes.
- Limit baked goods with large amounts of trans and saturated fatty acids such as croissants, biscuits, doughnuts, muffins, coffee cakes, pastries, and commercially prepared pies, cakes and cookies.
- Try fruit or a blended fruit smoothie for dessert instead of high fat products like cheesecake, ice cream, brownies and cakes.
- Use applesauce or prune puree instead of oil in recipes for baked goods.





Eng. Jason Kerr escorts his mother Jessie-Lynne Kerr, a Florida Times-Union reporter, during a surprise event Feb. 22 honoring her long and esteemed career in journalism. Jessie-Lynne, who is fighting cancer, has been a friend to JFRD for decades. To help honor his mother, Jason worked with City Council to designate the section of Riverside Avenue in front of the Times-Union as the “Jessie-Lynne Kerr Parkway.” The media room in the new Duval County Courthouse will also be named after Jessie-Lynne.

## CALL VOLUMES January 2011

<b>ENGINES (Top 30)</b> E28 .....381 E31 .....365 E51 .....326 E30 .....318 E22 .....316 E19 .....315 E18 .....308 E44 .....293 E152 .....289 E10 .....288 E21 .....287 E32 .....287 E1 .....281 E25 .....281 E9 .....281 E24 .....266 E20 .....252 E27 .....245 E34 .....233 E42 .....233 E36 .....232	E4 .....227 E17 .....226 E13 .....222 E2 .....220 E7 .....217 E154 .....213 E58 .....203 E135 .....197 E150 .....194 <b>RESCUES (Top 25)</b> R31 .....351 R28 .....340 R22 .....338 R1 .....330 R19 .....324 R2 .....322 R36 .....318 R17 .....317 R20 .....316 R4 .....316 R30 .....309 R21 .....307	R51 .....301 R24 .....300 R7 .....299 R5 .....293 R34 .....281 R13 .....280 R25 .....275 R15 .....274 R32 .....272 R52 .....259 R54 .....258 R35 .....255 R27 .....237 <b>LADDERS (Top 10)</b> L28 .....188 L31 .....151 L18 .....136 L30 .....133 TL21 .....129 L10 .....128 L44 .....128 L1 .....112	L32 .....103 L34 .....100 L4 .....98 TL9 .....82 <b>BRUSH TRUCKS (Top 5)</b> BR42 .....85 BR31 .....74 BR32 .....67 BR43 .....57 BR50 .....50 <b>TANKERS (Top 5)</b> T42 .....71 T28 .....69 T31 .....66 T52 .....64 T44 .....47 <b>MARINE UNITS</b> M3 .....11 M1 .....8 <b>FIRE PREVENTION</b> Inspections ...255 Plans Reviewed .243 Investigations ...33	<b>FIELD CHIEFS</b> F3 .....125 F4 .....91 F7 .....86 R105 .....84 R104 .....83 F6 .....81 R103 .....80 F1 .....63 F9 .....63 F2 .....61 F5 .....57 F8 .....43  <b>MONTHLY TOTALS</b> EMS .....7,707 FIRE .....1,495 NON EMR ....312 <b>Total: .....9,514</b>
--	--	---	--	---