



GRETCHEN WHITMER  
GOVERNOR

STATE OF MICHIGAN  
DEPARTMENT OF LICENSING AND REGULATORY AFFAIRS  
LANSING

MARLON I. BROWN, DPA  
DIRECTOR

**AGENDA**  
**MICHIGAN FIRE FIGHTERS TRAINING COUNCIL REGULAR MEETING**

Pine River Township Hall  
1495 West Monroe Rd. St. Louis, MI 48880  
Tuesday, June 11, 2024  
1:30 pm

- I. Call to Order, Moment of Silence, and Determination of Quorum Chairperson Stokes
- II. Approval of Agenda Chairperson Stokes
- III. Approval of Minutes: April 9, 2024 Regular Meeting Chairperson Stokes
- IV. Communications
- V. State Fire Marshal's Report Fire Marshal Sehlmeyer
- VI. Curriculum Committee Update Councilperson Blomstrom
- VII. Old Business:
- VIII. New Business:
  - a. Leftover Fireworks Safety Fee Funding Fire Marshal Sehlmeyer
  - b. Reminder Voting Vice Chairperson at the August Meeting Chairperson Stokes
  - c. Q Course Catalog Update Fire Marshal Sehlmeyer
  - d. Q Course Applications:
    - 1. Family Prevents the Sound of Silence **(FMQ24-018)** Jamie Bevan
    - 2. Emotional Intelligence in Leadership: It's All About You **(FMQ24-019)** Jesse Coulson
    - 3. Fire Up Your Performance Workshop 3 Hour Course **(FMQ24-020)** Alexandria Root
    - 4. Fire Up Your Performance Workshop 6 Hour Course **(FMQ24-021)** Alexandria Root
    - 5. Mental Health Lunchbox Workshop : 6 Hour **(FMQ24-022)** Alexandria Root
    - 6. Coordinated Engine and Truck Ops: Optimizing Your Operations with Predetermined Actions **(FMQ24-023)** Martin Cook
  - e. Disciplinary Hearing # 1 Fire Marshal Sehlmeyer
  - f. Disciplinary Hearing # 2 Fire Marshal Sehlmeyer
- IX. Public Comment
- X. Council Comment
- XI. Adjournment

**Next Meeting:**

Tuesday, August 13, 2024 at 1:30 pm  
Detroit Public Safety Headquarters – 3<sup>rd</sup> Floor, Skylar Conference Room  
1301 3<sup>rd</sup> Street, Detroit, MI 48226

**Agenda Items Due:** 5:00 pm on Tuesday, July 30, 2024



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**MINUTES**  
**MICHIGAN FIRE FIGHTERS TRAINING COUNCIL REGULAR MEETING**

Grand Rapids Fire Department Training Center  
1101 Monroe Ave. NW, Grand Rapids, MI 49503  
Tuesday, April 9, 2024  
1:30 pm

**MEMBERS PRESENT:**

Kevin Beeson, Michigan Townships Association  
Kevin Sehlmeier, State Fire Marshal, Ex-officio Member  
Brian Blomstrom, Michigan Fire Service Instructors Association  
Robert Stokes, Chairperson, Nominee of the State Fire Marshal  
Kyle Svoboda, Vice Chairperson, Michigan Fire Inspectors Society  
Joseph Schehr, Michigan Professional Firefighters Union  
Kurt Corradi, Michigan Association of Fire Chiefs

**MEMBERS ABSENT:**

Steve Richardson, Michigan State Firemen's Association

**BUREAU OF FIRE SERVICES STAFF PRESENT:**

Macie Smith, Department Analyst, Fire Fighter Training Division, Recording Secretary  
Liam A Carroll, Certification Chief, Fire Fighter Training Division  
Aileen Pettinger, Region 2 Training Chief, Fire Fighter Training Division  
Dan Hammerberg, Region 1 Training Chief, Fire Fighter Training Division  
Dakota Curns, Department Technician, Fire Fighter Training Division

**OTHERS IN ATTENDANCE:**

Mark Fankhauser, Grand Rapids Fire  
Department  
Bill Race, Grand Rapids Fire Department  
Mike May, CVFD  
Chris Mantels, Saugatuck Fire  
Mark Cleveland, MAFC  
Corey Miller, Berkley DPS  
Josh Mosher, MFD  
Randy Case, BCDPS

Terry Blackmen, PHFD  
Greg Flynn, West Bloomfield Fire  
Department  
Johnny Menifee, Southfield Fire  
Department  
Chris Stocklein, Canton  
John McKee, Livonia Fire Department  
Steven McKellar, Plainfield Fire Department  
Patrick Durham, Troy Fire Department



**1) CALL TO ORDER AND DETERMINATION OF QUORUM:**

Chairperson Stokes called the regular meeting to order at 1:30 pm. A moment of silence was observed for our fallen firefighters. Roll call was taken by recording secretary, Macie Smith. A quorum was present.

**2) REVIEW AND APPROVAL OF AGENDA:**

**24-04-01**

A **MOTION** was made by **Councilperson Schehr** and seconded by **Councilperson Blomstrom** to approve the April 9, 2024, regular meeting agenda as presented. **MOTION CARRIED.**

**3) REVIEW AND APPROVAL OF MINUTES:**

**24-04-02**

A **MOTION** was made by **Vice Chairperson Svoboda** and seconded by **Councilperson Schehr** to approve the February 13, 2024, regular meeting minutes as presented. **MOTION CARRIED.**

**4) COMMUNICATIONS:**

Fire Marshall, Kevin Sehlmeier, reported there was a letter received from Senator Bumstead, and noted the letter would be in the packet for disciplinary hearing one.

**5) STATE FIRE MARSHAL'S REPORT:**

- a. **FY24 Course Summaries:** Council was provided with updated course summary for FY24 in their meeting packet. Fire Marshal Sehlmeier gave an overview of the handouts.
- b. **FY24 Exam Totals:** Council was provided with graphs in their meeting packet. Fire Marshal Sehlmeier shared that so far during FY24, the Fire Fighter Training Division has sent out 304 exam packets and graded 313 exams. All exams were graded on average within 1 day of the bureau receiving the packet in the office. The data provided on the graphs is broken down to show total certification exams and drivers training exams.
- c. **CTCs:**
  - i. A memo was sent out on March 1, 2024, regarding FY 2024 CTC Elections.
  - ii. Each county should have held their annual election or re-election for a CTC prior to April 1, 2024. The elected CTC will serve for the calendar year beginning April 1, 2024, with a term expiring on March 31, 2025.





## 8) **NEW BUSINESS:**

- a. **NFPA 1010 Overview:** BFS Staff Member, Certification Chief, Liam A. Carroll, shared changes made from NFPA 1010 to NPFA 1001. Chief Carroll reported answering a telephone has been removed as a JPR for Firefighter I, and thermal imaging camera usage has been added as a JPR for Firefighter II.

### b. **Q Course Applications:**

Irons and the Can **(FMQ24-015)**

Instructors: Rob Blasetti

Phone: 239-810-1176

Drive to Survive – The Art of Wheeling the Rig – Online Program **(FMQ24-016)**

Instructor: Christopher Daly

Phone: 610-960-7248

Lithium-Ion Battery Safety and Emergency Response **(FMQ24-017)**

Instructor: Patrick Durham

Phone: 248-550-6135

### **24-04-03**

A **MOTION** was made by **Councilperson Corradi** and seconded by **Councilperson Svoboda** to **approve** Q Course applications **FMQ24-015 through FMQ24-017**.  
**MOTION CARRIED.**

### c. **Disciplinary Hearing #1**

- i. The Michigan Fire Fighters Training Council Members were given the opportunity to review the written documentation that was provided from the Bureau of Fire Services.
- ii. To begin the disciplinary hearing, the individual was asked if they are choosing to partake in an open hearing or a closed hearing. At this time the individual chose to have an open hearing for this disciplinary hearing.
- iii. An opening statement was provided to council from Fire Marshal Sehlmeier. He presented all relevant information of the allegations and shared the investigation findings. Council was able to ask questions to Fire Marshal Sehlmeier for further details or clarification on information presented.
- iv. Next, the individual was able to provide an opening statement to the Michigan Fire Fighter Training Council sharing any relevant information that council may want to know before taking time to make a decision about this case. Council was also able to ask the individual any questions they had.
- v. A closing statement was provided to council from Fire Marshal Sehlmeier. He summarized the reasons why the bureau is recommending suspension of the individuals instructor certification.
- vi. The individual then got an opportunity to provide a closing statement to council. He shared how sorry he is for the mistake and that there was no ill intention with this mistake.

- vii. At this time the Michigan Fire Fighter Training Council took the time to deliberate the allegation against the individual to determine if it is substantiated or unsubstantiated.

**24-04-04**

A **MOTION** was made by **Councilperson Schehr** and seconded by **Vice Chairperson Svoboda** found that the allegation of violation of the following:

- Committed a materially untrue statement by issuing exam eligibility status to a student who was unqualified to attend a Fire Officer I course R29.410a (b)
- Violate the bureau's rules, policies, directives, or bulletins R29.410a (f)
- Violate the annual instructor memorandum of understanding (MOU) R29.410a (g)

by Mark Cleveland has been found substantiated by the Michigan Fire Fighters Training Council. **MOTION CARRIED.**

**04-04-05**

A **MOTION** was made by **Councilperson Corradi** and seconded by **Councilperson Schehr** granting suspension of Mark Cleveland's instructor credential following the conclusion of any open courses for 1 day. Discussion was had and council was informed courses would end June 1, 2024. Discussion was had regarding the timeframe of the suspension. **Motion Withdrawn.**

**04-04-05**

A **MOTION** was made by **Councilperson Blomstrom** and seconded by **Councilperson Beeson** granting suspension of Mark Cleveland's instructor credential starting July 1, 2024 and ending July 30, 2024. A roll call vote was taken.  
Chairperson Stokes – Yes  
Vice Chairperson Svoboda – No  
Councilperson Beeson – Yes  
Councilperson Blomstrom – Yes  
Councilperson Corradi – No  
Councilperson Schehr – No  
Three votes yes and three votes no. **MOTION FAILED.**

**24-04-05**

A **MOTION** was made by **Vice Chairperson Svoboda** and seconded by **Councilperson Corradi** to suspend Mark Cleveland's instructor credential starting July 1, 2024, and ending July 8, 2024. A roll call vote was taken.  
Chairperson Stokes – Yes  
Vice Chairperson Svoboda – Yes  
Councilperson Beeson – Yes  
Councilperson Blomstrom – No  
Councilperson Corradi – Yes  
Councilperson Schehr – Yes

Five votes yes. **MOTION CARRIED.**

- viii. At this time Chairperson Stokes called for a break in the meeting.
- ix. After the meeting was called back to order, council has one motion to add to the Disciplinary Hearing #1 case as a point of clarification.

**24-04-06**

A **MOTION** was made by **Vice Chairperson Svoboda** and seconded by **Councilperson Corradi** clarifying that during the suspension of Mark Cleveland that he cannot instruct any certification courses. **MOTION CARRIED.**

**d. Disciplinary Hearing #2**

- i. The Michigan Fire Fighters Training Council Members were given the opportunity to review the written documentation that was provided from the Bureau of Fire Services.
- ii. To begin the disciplinary hearing, the individual was asked if they are choosing to partake in an open hearing or a closed hearing. At this time the individual chose to have a closed hearing for this disciplinary hearing.

**24-04-07**

A **MOTION** was made by **Councilperson Corradi** and seconded by **Councilperson Blomstrom** to begin a closed hearing for disciplinary hearing #2. **MOTION CARRIED.**

Chairperson Stokes then asked that all meeting attendees please exit the room except for the State Fire Marshal, the individual, and any witnesses.

**24-04-07**

A **MOTION** was made by **Vice Chairperson Svoboda** and seconded by **Councilperson Beeson** to adjourn the closed hearing for disciplinary hearing #2 and reopen the Michigan Fire Fighter Training Council Meeting. **MOTION CARRIED.**

- iii. At this time the Michigan Fire Fighter Training Council took the time to deliberate the allegation against the individual to determine if it is substantiated or unsubstantiated.

**24-04-09**

A **MOTION** was made by **Councilperson Schehr** and seconded by **Councilperson Blomstrom** found that the allegations against William Shagena:

- Committed a materially untrue statement by issuing exam eligibility status to a student who was unqualified to attend a Fire Officer I course R29.410a (b)
- Violate the bureau's rules, policies, directives, or bulletins R29.410a (f)
- Violate the annual instructor memorandum of understanding (MOU) R29.410a (g)

have been found substantiated by the Michigan Fire Fighter Training Council. **MOTION CARRIED.**

**24-04-10**

A **MOTION** was made by **Councilperson Schehr** and seconded by **Councilperson Corradi** to suspend William Shagena's instructor credentials starting on July 1, 2024, and ending July 8, 2024; during this suspension the instructor cannot instruct any certification courses. **MOTION CARRIED.**

**9) PUBLIC COMMENT:**

**William Shagena, Fort Gratiot Charter FD,** thanked the MFFTC and the State Fire Marshall for their due diligence. William extended an invite for everyone to attend the 149th MSFA Conference being held by the Michigan State Firemen's Association on Friday May 17 through Saturday May 18, 2024 at the Kellogg Center.

**John McKee, Livonia FD,** referenced a technical issue that he may have found in the July 12, 2023 memorandum. There are four codes for instructor reciprocity, not listed for the H07 series certificates: O54a O54b O55a O55b.

**Mark Fankhauser, GRPD** expressed gratitude to everyone for coming to Grand Rapids Fire Department, and encouraged continuing to add the Grand Rapids location in the rotation for meeting locations.

**10) COUNCIL COMMENT:**

**Councilperson Corradi** would like to discuss the Instructors Guide and Administrative Manual (IGAM) on the next agenda. Councilperson Corradi noted the IGAM discusses student ethics and conduct, but it does not discuss instructor ethics and conduct. Fire Marshal Sehlmeier thanked Councilperson Corradi for sharing this, and noted the Bureau of Fire Services is aware of needed IGAM updates, and this is work in progress.

**Councilperson Schehr** would like to look into the cost of automating some of the processes in SMOKE versus the staff hours it is taking now.

**Councilperson Beeson** feels like they have opened a floodgate, people now know if they make an error they will be brought before council. Councilperson Beeson feels like this is a waste of taxpayer money since the errors brought forward today could easily be fixed with upgrades to the SMOKE software system. He encouraged asking for support in getting funds to make these upgrades. He also noted the students completing the documentation falsely and then attending a certification course, are just as much at fault as the instructors, and questioned why they weren't brought before council as well.

**Vice Chairperson Svoboda** shared during the disciplinary investigation one of the students stopped talking to the state and didn't want to be involved in the investigation anymore. Vice Chairperson Svoboda questioned if they should be investigated for deception for filling out an application, knowing they did not have the required credentials to attend the certification course.

**Chairperson Stokes** thinks there is culpability and accountability on both the student and instructor when a student signs up to attend a fire officer certification course. Chairperson Stokes shared it is important to have accountability and put components in place, as it

provides substance to what our agency does to make sure the rules are followed.

**Fire Marshal Sehlmeier** would like to celebrate that the application seeking the ability to offer ProBoard certification in Michigan for Fire Fighter I, Fire Fighter II, and Fire Fighter I & II was submitted ProBoard on April 8, 2024. Fire Marshal Sehlmeier shared that those seeking ProBoard certification could receive it for a fee, but getting the ProBoard certification will not be required for all.

**ADJOURNMENT:**

**24-04-11**

A **MOTION** was made by **Vice Chairperson Svoboda** and seconded by **Councilperson Corradi** to **adjourn** the meeting. **MOTION CARRIED.** The meeting adjourned at 5:08 pm.

**APPROVED:**

DRAFT



# "Q" COURSE APPLICATION

Michigan Department of Licensing & Regulatory Affairs  
Bureau of Fire Services, Fire Fighter Training Division  
P.O. Box 30700 Lansing, MI 48909

Email: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV) **FMQ24-018**

To add a seminar/course/workshop to be credentialed in SMOKE, submit this application and all required documents to the following email address: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV). The information provided will be reviewed and if complete will be forwarded to the Michigan Fire Fighters Training Council (MFFTC) for curriculum consideration at the next scheduled MFFTC meeting. All applications must be received by the close of business two weeks before the scheduled MFFTC meeting date to be included on the agenda.

**Name of Instructor:** Jamie Bevan

**Instructor's Street Address:** 600 N Elizabeth St lot 8

**City:** Hillman

**State:** MI

**Zip Code:** 49746

**Instructor's Cell Phone**

**Number:** (989) 884-3479

**Instructor's Email:** [Jamie\\_shorty1989@yahoo.com](mailto:Jamie_shorty1989@yahoo.com)

## SECTION II

**Name of Course/Seminar/Workshop:**

Family Prevents the Sound of Silence

**REQUIRED**

**Flyer Attached:**

**Course Overview:**

**Instructor(s) Biography Attached:**

**Must provide a brief course description (100 words or less):**

This three hour course is intended to challenge, both mentally and emotionally, all emergency responders into taking the next steps to decrease personal trauma occurring from their occupations and provides the framework beyond mental health normalcy for every department "family" unification.

Recognition/planning/evaluation/mitigation strategies will assist in achieving this goal. This presentation utilizes an instructor-led/facilitation, personal stories along with collaboration between students.

The intended audience for this course is for new and experienced fire service/emergency medical services/law enforcement personnel/emergency telecommunications. Members' loved ones are encouraged to attend and help further eliminate the epidemic.

**\*\*Flyer, course overview, budget and biography are attached\*\***

**Must list the applicable NFPA standard(s):** NFPA 1500, 2021 edition, Chapter 12, Section 12.1 and 12.2; NFPA 1500, 2021 edition Chapter 13, Section 13.1; NFPA 1500, 2021 edition Chapter 1, Section 1.1, 1.4, and 1.5; NFPA 1500, 2021 Chapter 4, Section 4.3; NFPA 1021, 2020 edition Chapter 4, Section 4.7.3; NFPA 1021, 2020 edition Chapter 6, Section 6.7.1; NFPA 1583, 2022 edition Chapter 8, Section 8.1.2

**Student Capacity:** 25

**Total Hours of Training:**

3.0

**Total Cost:** \$525.00

**Instructor's Signature:**

**Date:**

03/26/2024

### BFS USE ONLY

**Date Approved by MFFTC:**

**"Q" Course Number Assigned:**

**Date Course Catalog Updated:**

## **Family Prevents the Sound of Silence Course Outline**

### **Course Description**

This three-hour course is intended to challenge, both mentally and emotionally, all emergency responders into taking the next steps to decrease personal trauma occurring from their occupations and provides the framework beyond mental health normalcy for every department “family” unification. Recognition/planning/evaluation/mitigation strategies will assist in achieving this goal.

This collaboration utilizes an instructor-led/facilitation, personal stories along with collaboration between students.

The intended audience for this course is for new and experienced fire service/emergency medical services/law enforcement personnel/emergency telecommunications. Members' loved ones are encouraged to attend and help further eliminate the epidemic.

### **Course Overview**

Since 2001, suicide rates among persons within the US have increased from 10.7 deaths per 100,000 general person population to 14.1 deaths per 100,000 general person population in 2021. Within these statistics, public safety responders account for 18 deaths per year per 100,000 persons. This is a significant increase. Normalizing this process was to provide organizations information on how to seek mental health assistance. While this is a good start, many organizations lack the basic framework in addressing this epidemic within the emergency services profession. This nonexistent framework includes the lack of ability to build stronger ties between personnel. Building and embracing a “family” atmosphere within the organization helps to open the door for those to share those emotionally challenging events in a non-confrontational, supportive setting.

This three (3) hour long course is designed to challenge, both mentally and emotionally, all responders in steps on how to take a more active ‘family’ role, which coincides to a safer and more productive operating unit by providing planning/evaluation/mitigation strategies that will assist in achieving this goal. This presentation utilizes an instructor-led/facilitation approach in delivery of information along with collaboration between students.

The intended audience for this course is for new and experienced fire service/emergency medical services/law enforcement personnel/emergency telecommunications. It is also encouraged that members bring loved ones and or significant others to sit through and learn together. Due to the collaborative and sensitive nature of this course, a maximum of 25 persons is allowed.

## **Objectives**

### **Terminal Objective I**

To provide the fire service professional through classroom collaboration and instruction, a solid background of how occupational hazards can have a negative impact on overall mental health and what progressive steps they can take furthering once the basics are understood.

### **Enabling Objectives**

After completion of this session, participants will be able to do the following:

- Understand it's normal and coping correctly can eliminate negativity.
- Notice signs/symptoms in themselves and others of stress
- Be able to alleviate and assist others in communicating about observations on scene.
- Gaining the capacity to deescalate emotions from high stress events.

### **Terminal Objective II**

To provide the emergency services profession through classroom collaboration and instruction, ways in which one can help in the changing of the culture to promote a 'family' oriented department, which will in turn open the line of communication that will enable those to speak about trauma in a free, nonjudgmental manner.

### **Enabling Objectives**

After completion of this session, participants will be able to do the following:

- Identify deficits and strive for better communication safely within the department.
- Assist in scheduling wellness checks on personnel with regular short interval periods.
- Progressively reach out to a higher ranked individual without retribution to get aid for themselves or other personnel in their or fellow departments.

## **Referenced Standards**

**This course meets and or exceeds the requirements set forth in the following performance standards:**

- **NFPA 1500, 2021 edition, Chapter 12, Section 12.1 and 12.2**
- **NFPA 1500, 2021 edition Chapter 13, Section 13.1**
- **NFPA 1500, 2021 edition Chapter 1, Section 1.1, 1.4, and 1.5**
- **NFPA 1500, 2021 edition Chapter 4, Section 4.3**
- **NFPA 1021, 2020 edition Chapter 4, Section 4.7.3**
- **NFPA 1021, 2020 edition Chapter 6, Section 6.7.1**



- **NFPA 1583, 2022 edition Chapter 8, Section 8.1.2**

### **Support Materials**

WiFi enabled laptop or cellphone.  
HDMI cord with television  
Google slides presentation, slides  
Dry Erase Board  
Classroom with tables and chairs to accompany 25 people.

### **Course Cost Breakdown**

Classroom Instruction: \$165.00 (3.0 hours at \$55.00/hour)  
Class Preparation: \$225.00  
Instructional Materials: \$140.00

**TOTAL COST FOR COURSE: \$ 525.00**

### **Presenter Biography**

Jamie Bevan, FF, ISO, EMT-B

Jamie is one of a kind. She wanted to be a firefighter since kindergarten and then dreamed of becoming a fire jumper by elementary. She didn't believe any of her childhood dreams were possible after becoming pregnant at 18 years old and the flame became an ember. Her daughter tragically drowned in 2007 and was miraculously revived with CPR, then passed away in 2017. Jamie took years to recover and finally she walked up to the local fire department in 2023 and asked to speak with the chief. She signed up and attended the next FF1/FF2/hazmat class and that ember has turned into a flame again. One month in while working full time, she also signed up for Emergency Medical Technical basic class. She had no intention of using her EMT license because fire was in her blood. Upon graduation in 2024 she used her daughter's love as her drive to join Hillman Fire Department and Green Township Fire Department in Michigan. One of Jamie's passion's is learning. She took dozens of classes before signing up for an Incident Safety Officer class. Shortly after she switched careers and joined Hillman EMS. She plans on climbing the ranks in time with firefighting and continuing with EMS, knowing her flame turned into an inferno-bringing light to anyone in need.

# Family Prevents the Sound of Silence

*Presented by: Jamie Bevan, FF, ISO, EMT-B*

Nationwide, there is still a shockingly high number of first responders at all levels with mental, emotional, physical, and behavioral deficits due to typical occupational stressors. Getting the informational help to the Firefighters, EMS providers, law enforcement and public safety telecommunicators to normalize the understated seeking assistance before letting incidents destroy them isn't enough.

Departments of all types need to actively build stronger ties within department personnel to enhance a 'family away from home' atmosphere to feel safe and normalize sharing the tragic and horrifically challenging events first responders see, hear, smell, touch and forever remember before it has a negative impacting outcome.

This 3-hour course is intended to provide understanding that all first responders experience negative thoughts and/or feeling at different levels for different reasons. Mitigating strategies to take while undergoing these emotions or assisting another are one of the main focuses of this course and will complete through collaboration. First and foremost, most first responders have had some type of education on mental health, but do not actively engage in checking in with fellow personnel. This section of the course, instructor lead will undoubtedly challenge all responders to take a more active 'family' role to ensure the safety and security and trust of their department and collaborating departments.

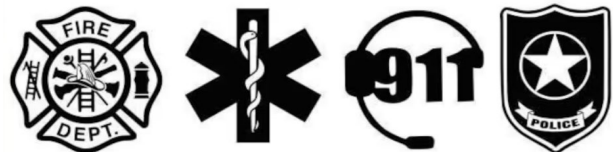
The presentation delivery utilities both instructor lead, personal history events and group collaboration with case study evaluation. Pre-incident planning/evaluation along with response mitigation strategies specific to the fire service will also be covered. Course materials and handouts will be provided to participants.

**Date and time: TBD**

**Location:** Green Township  
Fire Department  
15000 Moores Landing Rd  
Lachine, MI 49753

***Utilize SMOKE for registration.***  
***Class is limited to 25 participants.***  
**Cost: FREE**

IN THIS FAMILY



*No One Fights Alone*

For additional information or questions, please contact Jamie Bevan via phone at (989)884-3479 or email [Jamie\\_shorty1989@yahoo.com](mailto:Jamie_shorty1989@yahoo.com)



# “Q” COURSE APPLICATION

Michigan Department of Licensing & Regulatory Affairs  
 Bureau of Fire Services, Fire Fighter Training Division  
 P.O. Box 30700 Lansing, MI 48909  
 Email: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV)

## FMQ24-019

To add a seminar/course/workshop to be credentialed in SMOKE, submit this application and all required documents to the following email address: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV). The information provided will be reviewed and if complete will be forwarded to the Michigan Fire Fighters Training Council (MFFTC) for curriculum consideration at the next scheduled MFFTC meeting. All applications must be received by the close of business two weeks before the scheduled MFFTC meeting date to be included on the agenda.

### SECTION I

Name of Instructor:

Instructor's Street Address:

City:	State:	Zip Code:	Instructor's Cell Phone Number:
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Instructor's Email:

### SECTION II

Name of Course/Seminar/Workshop:

<b>REQUIRED</b>	Flyer Attached:	Course Overview Attached: <small>Goals, Objectives, Course Outline</small>	Instructor(s) Biography Attached:
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Must provide a brief course description (100 words or less):

Must list the applicable NFPA standard(s):

Student Capacity:	Total Hours of Training:	Total Cost:
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### SECTION III

Instructor's Signature:	Date:
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### BFS USE ONLY

Date Approved by MFFTC:	“Q” Course Number Assigned:	Date Course Catalog Updated:
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## **Biography**

Jesse Coulson is a 24-year veteran of the fire service and currently serves as the Fire Chief for Spencer, Iowa. He started as a volunteer paramedic/firefighter, and he went on to become a career firefighter where he served as a Fire Engineer, Lieutenant, Field Training Officer, department Training Coordinator, and HazMat Technician. During his career, he also spent 14 years as a Tactical Medic with the City of Dubuque Police Department's Tactical Team. Besides his duties in the fire service, Jesse is the EMS Program Developer for Northeast Iowa Community College where he created various curriculum for fire, EMS, and law enforcement. As an Emotional Intelligence Practitioner, Jesse has developed a proven curriculum that brings an intentional, deliberate and courageous leadership strategy to help build a culture based on shared values, belonging, and curiosity. This curriculum has been presented to fire services, city government, and community leadership programs throughout Iowa.

Jordan Coulson currently serves as a police officer for the Village of Oregon, Wisconsin. He earned his Bachelors of Science in Criminal Justice from the University of Wisconsin - Platteville in 2019. In his current role, he serves as a Patrol Officer, Field Training Officer, and Lead Drone Operator. Jordan has attended peer support certification training through the State of Wisconsin and First Line Leadership through the International Association of Chiefs of Police. He serves as a role model and offers peer support for his department as needed. Jordan previously served with the Iowa County Sheriff's Department as a correctional officer. Jordan understands the importance of the health and well-being of everyone in these high stress professions and has made it a priority to lead by example and add value to his colleagues. Being born near the end of the Millennial Generation and the beginning of Generation Z, Jordan can be classified as a Zillennial bringing great insight and understanding for both generations.

# **Emotional Intelligence in Leadership: It's All About You**

Presented by:

Jesse Coulson, Fire Chief - Spencer, Iowa

Jordan Coulson, Police Officer - Oregon, Wisconsin

**Course Description:** Leadership can come from any level within an organization, but being a leader worth following requires intentional, deliberate, and consistent action. One critical element to being a strong leader is found with one's Emotional Intelligence. This course will define Emotional Intelligence, explain why it is the foundation of leadership, and provide tools for today's leader to bring out the best in those they lead. Additionally, we will discuss how your leadership style impacts culture, recruitment, retention, and the diverse generations within your organization. Furthermore, we'll discuss the connection between leadership and first responder mental health and well-being. During this training you will hear from two different generations on how your leadership matters!

## **Objectives**

- Define Emotional Intelligence and why it is the foundation for leadership
- Identify how Emotional Intelligence impacts leadership for first responders
- Understand how leadership impacts culture, recruitment, and retention
- Examine the role of Emotional Intelligence in first responder well-being and mental health



# EMOTIONAL INTELLIGENCE IN LEADERSHIP: IT'S ALL ABOUT YOU

Leadership can come from any level within an organization, but being a leader worth following requires intentional, deliberate, and consistent action. One critical element to being a strong leader is found with one's Emotional Intelligence. This course will define Emotional Intelligence, explain why it is the foundation of leadership, and provide tools for today's leader to bring out the best in those they lead. Additionally, we will discuss how your leadership style impacts culture, recruitment, retention, and the diverse generations within your organization. Furthermore, we'll discuss the connection between leadership and first responder mental health and well-being. During this training you will hear from two different generations on how your leadership matters!

## Prerequisites:

None. This course is open to all ranks of first responders.

## Instructors:

Jesse Coulson, Fire Chief - Spencer, Iowa  
Contact: [jcoulson@spenceriowacity.com](mailto:jcoulson@spenceriowacity.com)

Jordan Coulson, Police Officer - Oregon, Wisconsin  
Contact: [jcoulson@vil.oregon.wi.us](mailto:jcoulson@vil.oregon.wi.us)



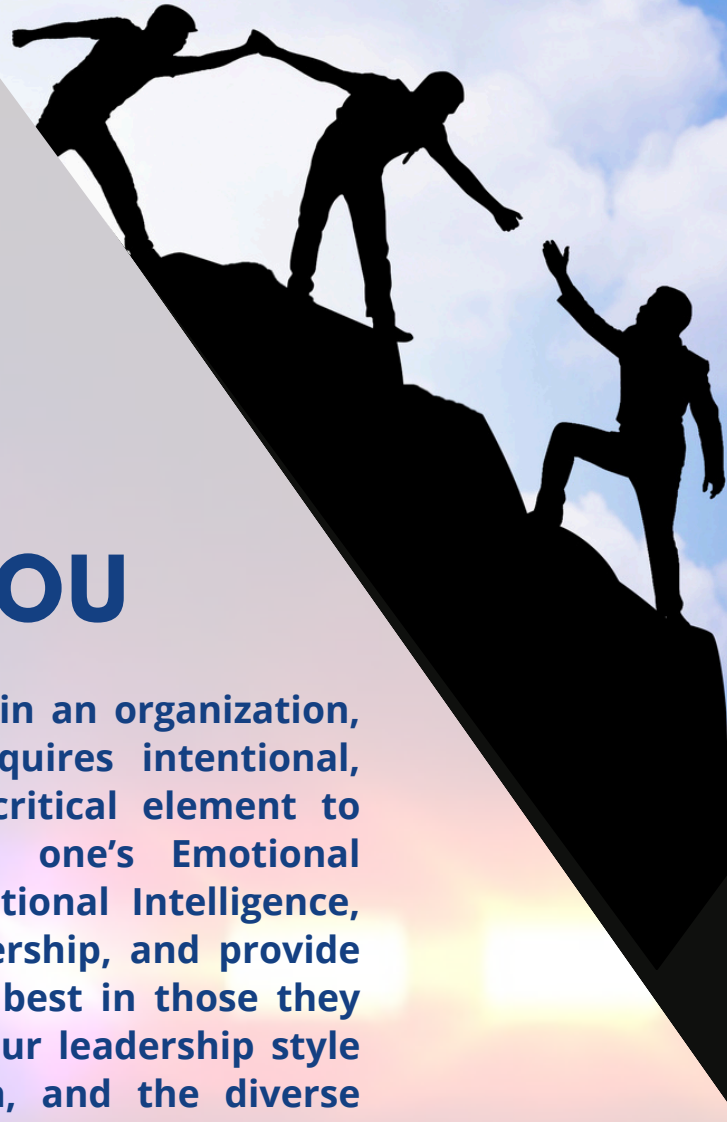
Date: TBD



Time: TBD



Location: TBD





# "Q" COURSE APPLICATION

Michigan Department of Licensing & Regulatory Affairs  
 Bureau of Fire Services, Fire Fighter Training Division  
 P.O. Box 30700 Lansing, MI 48909

## FMQ24-020

Email: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV)

To add a seminar/course/workshop to be credentialed in SMOKE, submit this application and all required documents to the following email address: LARA-BFS-SMOKE@MICHIGAN.GOV. The information provided will be reviewed and if complete will be forwarded to the Michigan Fire Fighters Training Council (MFFTC) for curriculum consideration at the next scheduled MFFTC meeting. All applications must be received by the close of business two weeks before the scheduled MFFTC meeting date to be included on the agenda.

### SECTION I

Name of Instructor:

Instructor's Street Address:

City:	State:	Zip Code:	Instructor's Cell Phone Number:
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Instructor's Email:

### SECTION II

Name of Course/Seminar/Workshop:

<b>REQUIRED</b>	Flyer Attached:	Course Overview Attached: <small>Goals, Objectives, Course Outline</small>	Instructor(s) Biography Attached:
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Must provide a brief course description (100 words or less):

Must list the applicable NFPA standard(s):

Student Capacity:	Total Hours of Training:	Total Cost:
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### SECTION III

Instructor's Signature:	Date:
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### BFS USE ONLY

Date Approved by MFFTC:	"Q" Course Number Assigned:	Date Course Catalog Updated:
-------------------------	-----------------------------	------------------------------

### **Instructor Alexandria Root, M.S. (RDN pending, 2024/25) Biography:**



Alexandria Root, M.S. in Nutrition and Dietetics (RDN pending, 2024/25 testing) and Rooted In Dietetics LLC is a proud U.S. Air Force Veteran. Having served as a military member working in law enforcement and security, Alex understands the unique dietary needs and challenges faced by those in high-stress and physically demanding environments. Currently, Alex is co-author on a research article on creatine supplementation for firefighters (*pending publication*). She also created a 15-week Tactical Athlete Nutrition course for her Master Capstone Project at Eastern Michigan University, bringing awareness to the unique needs of our first responders and military personnel. Knowing firsthand to simply survive is not to thrive, she takes her passion for optimizing performance and well-being, specializing

in tailoring nutrition plans to support individuals in their mission-critical roles. Through Rooted In Dietetics LLC, Alex takes her expertise to support her commitment to ensuring that those who serve are fueled for success holistically.

**Want to work with Alex? Contact her today!**

(313) 676-8648

[rootedindietetics@yahoo.com](mailto:rootedindietetics@yahoo.com)

Instagram & Facebook: @rootedindietetics

### **Instructor Sara Ruhland Biography:**

Sara Ruhland is a Garden City High graduate. She then went on to complete her B.S and M.A in Communication from Eastern Michigan University. She has practiced yoga for over 15 years and quickly realized the benefits of consistent practice. In 2010 she completed a 200-hour training program to become a yoga instructor. She enhanced that certification by completing another 200-hour training focused on yoga as a healing practice, and looking at how yoga, mindfulness, and meditation can be used to help with stress management, pain management, and injury prevention. Sara has been teaching yoga locally for 10 years. She shows students how this practice, when given the opportunity, can be a vessel for strength, resilience, and flexibility physically and mentally. Personally, Sara has been an advocate for health and wellness for many years.



ROOTED IN DIETETICS LLC

# FIRE UP YOUR PERFORMANCE WORKSHOP

Presented by: Alex Root, M.S.  
Program addresses all parts:  
NFPA 1500, 1010, 1584  
Location & Date Chosen by YOU!



**WEBSITE**  
\*Scan or click  
the QR  
code



**FIREFIGHTER  
HYDRATION  
FLYER**  
\*Scan or click

## You are required to go from 0 to 100 and to serve and protect, but who is serving you?

Performance nutrition can mitigate injuries, promote resilience and help firefighters reach longevity. This course is not limited to the following nutrition topics, but may discuss:

- Sleep, mindfulness & stress management
- Injury prevention, recovery, strength & conditioning
- CPAT nutrition
- Mental health & PTSD
- Cost reduction (sick time & insurance)
- LODD prevention
- Improving body composition
- Decreasing inflammation
- Hydration & cardiac health
- Behavior change & awareness
- CRR
- Cooking classes
- Family extension nutrition.

### WHY CHOOSE OUR CLASS:

- Suitable for Preservice, Volunteer & Active Duty Fire Service
- Enhance Flexibility, Strength & Quality of Life
- Thrive, Don't Just Survive
- Flexible Lecture-Style, with Physical Activity Option
- FREE Nutrition .PDF with every class!

**REGISTER IN  
SMOKE  
(SEE SMOKE FOR  
COST  
INFORMATION)**



Contact Alex Root @ (313) 676-8648  
rootedindietetics@yahoo.com

Rooted In Dietetics LLC: [www.rootedindietetics.com](http://www.rootedindietetics.com)

## Fire Up Your Performance Workshop Course Overview: 3-hr

Tactical Athletes (i.e., firefighters) are required to go from 0 to 100. Our first responders are required to serve, but who is serving them? Performance nutrition can mitigate injuries, promote resilience, and help firefighters reach longevity. In this course, the following topics can be discussed (not limited to): sleep hygiene/nutrition, mindfulness (i.e., a stress reduction technique), stress management, injury prevention, strength/conditioning, CPAT nutrition, muscle recovery, mental health/PTSD, LODD prevention, improving body composition, decreasing inflammation, hydration/cardiac health, promoting behavior change/awareness, CRR, cooking demonstrations, and family extension.

Method of Instruction: Lecture-style

- Each competency could be covered through a combination of lectures, hands-on activities, group discussions, and practical applications to ensure firefighters gain a thorough understanding of how nutrition impacts their performance and overall health.

Location: All require a computer with AV equipment.

- Local FDs/PSDs
- County training
- Large venues
- Virtual/Remote Lecture

Course Fee: \$1,750

Travel Fee: Mileage reimbursement comparable to IRS standard mileage rates; 67 cents per mile driven for business use (IRS, 2024). Mileage reimbursement to be adjusted per year according to IRS standards. If the class location is over 2 hours away from home location (Taylor, MI), then hotel fees and per diem included (\$145 per day; GSA, 2024).

### 3-hr training course:

- Lecture-style work
- In-person or virtual

### 9 nutrition course competencies:

1. Understanding Macronutrients:  
Learn about carbohydrates, proteins, and fats, and their role in providing energy and supporting overall health.
2. Hydration Strategies:  
Understand the importance of proper hydration for firefighting performance and learn strategies to maintain adequate fluid intake during shifts.
3. Meal Planning for Shift Work:

Develop skills in planning balanced meals that provide sustained energy throughout long shifts, considering the irregular schedule of firefighting.

4. **Nutrition for Recovery:**  
Learn about post-workout nutrition to support muscle recovery and reduce fatigue, including the importance of protein and carbohydrate intake. This section includes nutrition for firefighter workout events and physical activity, including structure and/or wildfires, extrications, disasters, heavy EMS calls, etc.
5. **Nutrition for Injury Prevention and Healing:**  
Explore how nutrition can play a role in preventing injuries and supporting faster healing in case of injuries.
6. **Stress Management and Emotional Eating:**  
Understand the relationship between stress, emotions, and eating habits, and learn strategies to manage stress and avoid emotional eating.
7. **Nutrition and Sleep:**  
Explore how nutrition can impact sleep quality and quantity, and learn about foods and habits that can promote better sleep for optimal performance.
8. **Nutrition and Mental Health:**  
Understand the connection between nutrition and mental well-being and learn about foods that can support cognitive function and mood regulation.
9. **Evaluating Nutritional Supplements:**  
Understand the role of supplements in the diet and learn how to evaluate their safety and effectiveness for firefighters.
10. **Behavior Change:**  
Develop skills in writing a S.M.A.R.T. goal and develop a behavior modification plan.

**Goals:**

1. Equip firefighters with the knowledge and skills necessary to optimize nutrition, enhancing their physical performance, mental alertness, and overall well-being in the demanding and high stress environment they operate in.
2. Combat the need for improving physical and mental health in the fire service as a team with department leadership, certified yoga instructors and other groups to provide the best foundation possible for the brave men and women in the fire service.
3. “Reduce the RISK of fire service occupational morbidity and mortality while improving the safety and efficiency of firefighters and addresses medical issues of both candidates and incumbents.” -[NFPA 1582](#)

**Nutrition Education Topics:**

Nutrition (includes safe supplementation & caffeination)	Injury prevention, muscle recovery, strength, & conditioning
Sleep hygiene, mindfulness, & stress management	Mental health, PTSD nutrition & LODD Prevention
Pre-service, trainee & CPAT nutrition	Decreasing inflammation

Improving body composition	Hands-on cooking classes (includes food safety talks)
Hydration and cardiac nutrition	Promoting behavior change & increasing awareness
CRR (may include working with departments at open houses and community events)	Family extension nutrition (may include teaching firefighters and their families)

References:

1. Gonzalez DE, McAllister MJ, Waldman HS, et al. International society of sports nutrition position stand: tactical athlete nutrition. *J Int Soc Sports Nutr.* 2022;19(1):267-315. Published 2022 Jun 23. doi:10.1080/15502783.2022.2086017 [International society of sports nutrition position stand: tactical athlete nutrition - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/36111111/)
2. IAFF Guide to NFPA 1582. NFPA 1582. Accessed May 15, 2024. [https://www.iafc.org/docs/default-source/1vcos/vws\\_rrkit\\_nfpa-1582.pdf?sfvrsn=ca9b9f0d\\_2/](https://www.iafc.org/docs/default-source/1vcos/vws_rrkit_nfpa-1582.pdf?sfvrsn=ca9b9f0d_2/).

### Example of Q-Course Student Evaluations:

Student course evaluations will be provided at the end of each class (example below):

1. First and Last Name (optional)
2. E-mail Address (optional):
3. Training Date(s):
4. Training Class/Dept.:
5. Was the facility comfortable for this type of training? Yes or No (circle one)
6. Was the facility easy to find? Yes or No (circle one)
7. Any comments or concerns regarding this location for future sessions?
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17. Was there sufficient time allotted for a question-and-answer session? Yes or No (circle one)
18. Do you have any other comments concerning the training? Yes or No (circle one)  
If yes, please explain.



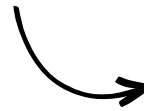
# HOW TO GUIDE ON

# HYDRATION

## FIREFIGHTER EDITION



### URINE COLOR CHART:



## WHO CARES?

**Heart attacks are the #1 cause of death for Firefighters:**

- **45%** of on-duty deaths
- **30%** of total deaths

**Dehydration** increases blood pressure (makes your heart work harder) & increases the chance of a heart attack.

### Sweat Loss:

### Too much of a good thing:

### Rehydration protocol:

- Exercise
  - **8 - 16 oz per hour lost**
  - Moderate to high workout
- Fireground
  - **40 oz (1.2 L) per 30 mins lost**
- Let's be practical!
  - Oral rehydration solutions rehydrate you **2-3x faster** than "just water"

**OVERHYDRATION:**  
Electrolytes & Carbohydrates matter!

- Water follows sodium into cells
- Glucose (a carb) helps move sodium into cells

Too much water + not enough electrolytes = deadly!

- Clear urine + (muscle cramps, vomiting, confusion &/or a headache)

**Beat the heat:**

- Start practicing hydration techniques **NOW**, but especially starting in **May through September**

For every 1 lb lost replenish with...

- **16 to 24 oz of fluid per lb**

**Goal:**

- **90-125 oz of fluids every day**

### The Fix in 3 Easy Steps:

- 1 Daily Routine:**
  1. Wake up & ask: "**Am I thirsty?**"
  2. Compare your urine to a **urine color chart (see above)**
  3. Start of shift **weight & weight** after a burn

- 2 What is in your kit aka "Portables":**
  1. Oral rehydration solution packets: **DripDrop or Liquid I.V.**

\*More effective:  
**34%** than water &  
**20%** than sports drinks

  2. A quick snack:  
Apple Sauce Pouches

- 3 Advocate for your people:**
  1. **Provide** oral rehydration solution packets
  2. **Provide** a Registered Dietitian as a Speaker for nutrition & hydration education
  3. **Provide** Urinal Hydration Sensors

\*Example: **InFlow (link in references)**







# "Q" COURSE APPLICATION

Michigan Department of Licensing & Regulatory Affairs  
Bureau of Fire Services, Fire Fighter Training Division  
P.O. Box 30700 Lansing, MI 48909  
Email: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV)

## FMQ24-021

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Instructor's Street Address:

City:	State:	Zip Code:	Instructor's Cell Phone Number:
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Instructor's Email:

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Name of Course/Seminar/Workshop:


<b>REQUIRED</b>	Flyer Attached:	Course Overview Attached: <small>Goals, Objectives, Course Outline</small>	Instructor(s) Biography Attached:
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Must provide a brief course description (100 words or less):

Must list the applicable NFPA standard(s):

Student Capacity:	Total Hours of Training:	Total Cost:
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### SECTION III

Instructor's Signature: 	Date:
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### BFS USE ONLY

Date Approved by MFFTC:	"Q" Course Number Assigned:	Date Course Catalog Updated:
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Instagram & Facebook: @rootedindietetics

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ROOTED IN DIETETICS LLC

# FIRE UP YOUR PERFORMANCE WORKSHOP

Presented by: Alex Root, M.S.  
Program addresses all parts:  
NFPA 1500, 1010, 1584  
Location & Date Chosen by YOU!



**WEBSITE**  
\*Scan or click  
the QR  
code



**FIREFIGHTER  
HYDRATION  
FLYER**  
\*Scan or click

## You are required to go from 0 to 100 and to serve and protect, but who is serving you?

Performance nutrition can mitigate injuries, promote resilience and help firefighters reach longevity. This course is not limited to the following nutrition topics, but may discuss:

- Sleep, mindfulness & stress management
- Injury prevention, recovery, strength & conditioning
- CPAT nutrition
- Mental health & PTSD
- Cost reduction (sick time & insurance)
- LODD prevention
- Improving body composition
- Decreasing inflammation
- Hydration & cardiac health
- Behavior change & awareness
- CRR
- Cooking classes
- Family extension nutrition.

### WHY CHOOSE OUR CLASS:

- Suitable for Preservice, Volunteer & Active Duty Fire Service
- Enhance Flexibility, Strength & Quality of Life
- Thrive, Don't Just Survive
- Flexible Lecture-Style, with Physical Activity Option
- FREE Nutrition .PDF with every class!

**REGISTER IN  
SMOKE  
(SEE SMOKE FOR  
COST  
INFORMATION)**



Contact Alex Root @ (313) 676-8648  
rootedindietetics@yahoo.com

Rooted In Dietetics LLC: [www.rootedindietetics.com](http://www.rootedindietetics.com)

## **Fire Up Your Performance Workshop Course Overview: 6-hr**

Tactical Athletes (i.e., firefighters) are required to go from 0 to 100. Our first responders are required to serve, but who is serving them? Performance nutrition can mitigate injuries, promote resilience, and help firefighters reach longevity. In this course, the following topics can be discussed (not limited to): sleep hygiene/nutrition, mindfulness (i.e., a stress reduction technique), stress management, injury prevention, strength/conditioning, CPAT nutrition, muscle recovery, mental health/PTSD, LODD prevention, improving body composition, decreasing inflammation, hydration/cardiac health, promoting behavior change/awareness, CRR, cooking demonstrations, and family extension.

Method of Instruction: Lecture-style

- Each competency could be covered through a combination of lectures, hands-on activities, group discussions, and practical applications to ensure firefighters gain a thorough understanding of how nutrition impacts their performance and overall health.

Location: All require a computer with AV equipment; the physical movement option requires a room large enough to complete the yoga session, or a large enough outdoor space with fair weather.

- Local FDs/PSDs
- County training
- Large venues
- Virtual/Remote Lecture

Course Fee: \$3,000

Travel Fee: Mileage reimbursement comparable to IRS standard mileage rates; 67 cents per mile driven for business use (IRS, 2024). Mileage reimbursement to be adjusted per year according to IRS standards. If the class location is over 2 hours away from home location (Taylor, MI), then hotel fees and per diem included (\$145 per day; GSA, 2024).

### **6-hr training course option (\$3,000):**

- May include physical movement and mindfulness activity, plus lecture-style work from a certified yoga instructor to be paired with nutrition education from primary instructor.
- If a yoga instructor is requested, then the class must be in-person.

### **12 nutrition course competencies:**

1. Understanding Macronutrients:  
Learn about carbohydrates, proteins, and fats, and their role in providing energy and supporting overall health.
2. Hydration Strategies:

Understand the importance of proper hydration for firefighting performance and learn strategies to maintain adequate fluid intake during shifts.

3. Meal Planning for Shift Work:

Develop skills in planning balanced meals that provide sustained energy throughout long shifts, considering the irregular schedule of firefighting.

4. Nutrition for Recovery:

Learn about post-workout nutrition to support muscle recovery and reduce fatigue, including the importance of protein and carbohydrate intake. This section includes nutrition for firefighter workout events and physical activity, including structure and/or wildfires, extrications, disasters, heavy EMS calls, etc.

5. Nutrition for Injury Prevention and Healing:

Explore how nutrition can play a role in preventing injuries and supporting faster healing in case of injuries.

6. Stress Management and Emotional Eating:

Understand the relationship between stress, emotions, and eating habits, and learn strategies to manage stress and avoid emotional eating.

7. Nutrition and Sleep:

Explore how nutrition can impact sleep quality and quantity, and learn about foods and habits that can promote better sleep for optimal performance.

8. Nutrition and Mental Health:

Understand the connection between nutrition and mental well-being and learn about foods that can support cognitive function and mood regulation.

9. Special Dietary Considerations:

Learn about dietary considerations for firefighters with specific dietary needs, such as allergies, intolerances, or medical conditions like diabetes or hypertension.

10. Evaluating Nutritional Supplements:

Understand the role of supplements in the diet and learn how to evaluate their safety and effectiveness for firefighters.

11. Behavior Change:

Develop skills in writing a S.M.A.R.T. goal and develop a behavior modification plan.

12. Community Nutrition and Outreach:

Learn about the importance of promoting healthy eating habits within the firefighting community and explore ways to educate and support colleagues in adopting healthier nutrition practices.

**3 physical movement competencies:**

1. Yoga & Stretching:

Learn about the importance of movement and the link between flexibility and injury prevention.

2. Meditation:

Learn what meditation is and become more confident in meditating.

3. Mindfulness:

Practice mindfulness and learn various mindfulness strategies to reduce stress and improve mental health.

**Goals:**

1. Equip firefighters with the knowledge and skills necessary to optimize nutrition, enhancing their physical performance, mental alertness, and overall well-being in the demanding and high stress environment they operate in.
2. Combat the need for improving physical and mental health in the fire service as a team with department leadership, certified yoga instructors and other groups to provide the best foundation possible for the brave men and women in the fire service.
3. “Reduce the RISK of fire service occupational morbidity and mortality while improving the safety and efficiency of firefighters and addresses medical issues of both candidates and incumbents.” -[NFPA 1582](#)

**Nutrition Education Topics:**

Nutrition (includes safe supplementation & caffeination)	Injury prevention, muscle recovery, strength, & conditioning
Sleep hygiene, mindfulness, & stress management	Mental health, PTSD nutrition & LODD Prevention
Pre-service, trainee & CPAT nutrition Improving body composition	Decreasing inflammation Hands-on cooking classes (includes food safety talks)
Hydration and cardiac nutrition	Promoting behavior change & increasing awareness
CRR (may include working with departments at open houses and community events)	Family extension nutrition (may include teaching firefighters and their families)

**References:**

1. Gonzalez DE, McAllister MJ, Waldman HS, et al. International society of sports nutrition position stand: tactical athlete nutrition. *J Int Soc Sports Nutr.* 2022;19(1):267-315. Published 2022 Jun 23. doi:10.1080/15502783.2022.2086017 [International society of sports nutrition position stand: tactical athlete nutrition - PubMed \(nih.gov\)](#)
2. IAFF Guide to NFPA 1582. NFPA 1582. Accessed May 15, 2024. [https://www.iafc.org/docs/default-source/1vcos/vws\\_rkit\\_nfpa-1582.pdf?sfvrsn=ca9b9f0d\\_2/](https://www.iafc.org/docs/default-source/1vcos/vws_rkit_nfpa-1582.pdf?sfvrsn=ca9b9f0d_2/).

### Example of Q-Course Student Evaluations:

Student course evaluations will be provided at the end of each class (example below):

1. First and Last Name (optional)
2. E-mail Address (optional):
3. Training Date(s):
4. Training Class/Dept.:
5. Was the facility comfortable for this type of training? Yes or No (circle one)
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18. Do you have any other comments concerning the training? Yes or No (circle one)  
If yes, please explain.





# HOW TO GUIDE ON

# HYDRATION

## FIREFIGHTER EDITION



### URINE COLOR CHART:



## WHO CARES?

**Heart attacks are the #1 cause of death for Firefighters:**

- **45%** of on-duty deaths
- **30%** of total deaths

**Dehydration** increases blood pressure (makes your heart work harder) & increases the chance of a heart attack.

### Sweat Loss:

### Too much of a good thing:

### Rehydration protocol:

- Exercise
  - **8 - 16 oz per hour lost**
  - Moderate to high workout
- Fireground
  - **40 oz (1.2 L) per 30 mins lost**
- Let's be practical!
  - Oral rehydration solutions rehydrate you **2-3x faster** than "just water"

**OVERHYDRATION:**  
Electrolytes & Carbohydrates matter!

- Water follows sodium into cells
- Glucose (a carb) helps move sodium into cells

Too much water + not enough electrolytes = deadly!

- Clear urine + (muscle cramps, vomiting, confusion &/or a headache)

**Beat the heat:**

- Start practicing hydration techniques **NOW**, but especially starting in **May through September**

For every 1 lb lost replenish with...

- **16 to 24 oz of fluid per lb**

**Goal:**

- **90-125 oz of fluids every day**

### The Fix in 3 Easy Steps:

- 1 Daily Routine:**
  1. Wake up & ask: "**Am I thirsty?**"
  2. Compare your urine to a **urine color chart (see above)**
  3. Start of shift **weight & weight** after a burn

- 2 What is in your kit aka "Portables":**
  1. Oral rehydration solution packets: **DripDrop or Liquid I.V.**

\*More effective:  
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**20%** than sports drinks

  2. A quick snack:  
Apple Sauce Pouches

- 3 Advocate for your people:**
  1. **Provide** oral rehydration solution packets
  2. **Provide** a Registered Dietitian as a Speaker for nutrition & hydration education
  3. **Provide** Urinal Hydration Sensors

\*Example: **InFlow (link in references)**





# “Q” COURSE APPLICATION

Michigan Department of Licensing & Regulatory Affairs  
Bureau of Fire Services, Fire Fighter Training Division  
P.O. Box 30700 Lansing, MI 48909  
Email: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV)

## FMQ24-022

To add a seminar/course/workshop to be credentialed in SMOKE, submit this application and all required documents to the following email address: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV). The information provided will be reviewed and if complete will be forwarded to the Michigan Fire Fighters Training Council (MFFTC) for curriculum consideration at the next scheduled MFFTC meeting. All applications must be received by the close of business two weeks before the scheduled MFFTC meeting date to be included on the agenda.

### SECTION I

Name of Instructor:

Instructor's Street Address:

City:	State:	Zip Code:	Instructor's Cell Phone Number:
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Instructor's Email:

### SECTION II

Name of Course/Seminar/Workshop:

<b>REQUIRED</b>	Flyer Attached:	Course Overview Attached: <small>Goals, Objectives, Course Outline</small>	Instructor(s) Biography Attached:
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Must provide a brief course description (100 words or less):

Must list the applicable NFPA standard(s):

Student Capacity:	Total Hours of Training:	Total Cost:
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### SECTION III

Instructor's Signature: 	Date:
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### BFS USE ONLY

Date Approved by MFFTC:	“Q” Course Number Assigned:	Date Course Catalog Updated:
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## **Mental Health Lunchbox Workshop Course Overview: 6-hr**

Firefighters are required to experience trauma on a regular basis, whether it be their own or the trauma of others. Our first responders are required to serve, but what tools and support are helping them avoid mental injuries or recover from them? Mental health nutrition can mitigate injuries, promote resilience, and help firefighters reach longevity. In this course, the following topics can be discussed (not limited to): sleep hygiene/nutrition, stress management, mental health and PTSD, awareness of alcohol impacts, LODD and suicide prevention, decreasing inflammation, promoting behavior change/awareness, CRR, and family extension.

Method of Instruction: Lecture-style

- Each competency could be covered through a combination of lectures, hands-on activities, group discussions, and practical applications to ensure firefighters gain a thorough understanding of how nutrition impacts their mental health and overall health, but also how to navigate PTSD and mental injuries.

Location: All require a computer with AV equipment.

- Local FDs/PSDs
- County training
- Large venues
- Virtual/Remote Lecture

Course Fee: \$3,000

Travel Fee: Mileage reimbursement comparable to IRS standard mileage rates; 67 cents per mile driven for business use (IRS, 2024). Mileage reimbursement to be adjusted per year according to IRS standards. If the class location is over 2 hours away from home location (Taylor, MI), then hotel fees and per diem included (\$145 per day; GSA, 2024).

**Course competencies:**

1. Understanding Macronutrients and Mental Health:  
Learn about carbohydrates, proteins, and fats, and their role in providing energy and supporting overall health, including brain health and cognition. This section includes an overview of nutrition for firefighter workout events and physical activity, including structure and/or wildfires, extrications, disasters, heavy EMS calls, etc.
2. Nutrition and Mental Health:  
Understand the connection between nutrition and mental well-being and learn about foods that can support cognitive function and mood regulation.
3. Hydration Strategies:



Understand the importance of proper hydration and alcohol avoidance for firefighter optimal performance and learn strategies to maintain adequate fluid intake during shifts.

4. Alcohol Abuse Disorder:  
Learn about alcohol intake and what it does to the body and mind by changing how the body interacts with macronutrients and micronutrients.
5. Mental Health Resources:  
Explore mental health resources in your department (e.g., EAP), within the IAFF, from peer-support groups, from local health providers and provided for veterans by the VA, as many firefighters are military veterans.
6. Stress Management and Emotional Eating:  
Understand the relationship between stress, emotions, and eating habits, and learn strategies to manage stress and avoid emotional eating.
7. Nutrition and Sleep:  
Explore how sleep impacts nutrition, sleep quality and quantity, and about foods and habits that can promote better sleep for optimal performance to improve quality of life.
8. Evaluating Nutritional Supplements:  
Understand the role of supplements in the diet to aid mental health and sleep quantity/quality and learn how to evaluate their safety and effectiveness for firefighters.
9. Behavior Change:  
Develop skills in writing a S.M.A.R.T. goal and develop a behavior modification plan.
10. Mental Health Strategies:  
Learn how to cope with trauma as a first responder and find what tools may work the best.
11. Rewiring the Brain Post-Trauma  
Understand what happens to the brain during and post trauma, and how firefighters (and their families) may be impacted.
12. PTSD  
Learn the definition, signs, and symptoms, and how to seek and recommend help.

#### **Goals:**

1. Equip firefighters with the knowledge and skills necessary to optimize mental health, enhancing their physical performance, mental wellbeing, family life, and overall well-being in the demanding and high stress environment they operate in.
2. Combat the need for improving physical and mental health in the fire service as a team with department leadership, interpersonal therapist, and other groups to provide the best foundation possible for the brave men and women in the fire service.
3. “Reduce the RISK of fire service occupational morbidity and mortality while improving the safety and efficiency of firefighters and addresses medical issues of both candidates and incumbents.” -[NFPA 1582](#)

#### **Nutrition Education Topics:**

Nutrition (includes safe supplementation & caffeination)	Mental injury prevention, recovery, & coping skills
Sleep hygiene, therapy, & stress management	Mental health, PTSD nutrition & LODD Prevention
Promoting behavior change to improve mental health and occupational performance	Decreasing neuroinflammation
Hydration and alcohol impacts	Hands-on cooking class (may include demonstrating how to create easy meals when motivation is lacking)
CRR (may include working with departments at open houses and community events)	Family extension nutrition (may include teaching firefighters and their families about mental health and PTSD nutrition and coping skills)

References:

1. Gonzalez DE, McAllister MJ, Waldman HS, et al. International society of sports nutrition position stand: tactical athlete nutrition. *J Int Soc Sports Nutr.* 2022;19(1):267-315. Published 2022 Jun 23. doi:10.1080/15502783.2022.2086017 [International society of sports nutrition position stand: tactical athlete nutrition - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/35811111/)
2. IAFF Guide to NFPA 1582. NFPA 1582. Accessed May 15, 2024. [https://www.iafc.org/docs/default-source/1vcos/vws\\_rrkit\\_nfpa-1582.pdf?sfvrsn=ca9b9f0d\\_2/](https://www.iafc.org/docs/default-source/1vcos/vws_rrkit_nfpa-1582.pdf?sfvrsn=ca9b9f0d_2/).
3. Miloslavich K, Leonard SJ, Wardle MC, Vujanovic AA. Alcohol Use Severity, Anger and Drinking Motives among Firefighters. *Subst Use Misuse.* 2023;58(5):601-609. doi:10.1080/10826084.2023.2177113 [Alcohol Use Severity, Anger and Drinking Motives among Firefighters - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/41111111/)

### Example of Q-Course Student Evaluations:

Student course evaluations will be provided at the end of each class (example below):

1. First and Last Name (optional)
2. E-mail Address (optional):
3. Training Date(s):
4. Training Class/Dept.:
5. Was the facility comfortable for this type of training? Yes or No (circle one)
6. Was the facility easy to find? Yes or No (circle one)
7. Any comments or concerns regarding this location for future sessions?
8. Did you receive adequate notice of training dates and times? Yes or No (circle one)
9. Was the training presented in an organized and systematic manner? Yes or No (circle one)
10. Were the training materials organized and helpful? Yes or No (circle one)
11. Was enough time spent on each aspect of the training? Yes or No (circle one)
12. If answered no, briefly provide details of the deficiencies.
13. Overall, do you feel that the training provided all the necessary information to allow you to perform your duties as required? Yes or No (circle one)
14. Was the instructor while prepared? Yes or No (circle one)
15. Did the instructor explain the material in a comprehensive manner? Yes or No (circle one)
16. Were questions encouraged? Yes or No (circle one)
17. Was there sufficient time allotted for a question-and-answer session? Yes or No (circle one)
18. Do you have any other comments concerning the training? Yes or No (circle one)  
If yes, please explain.

### **Instructor Alexandria Root, M.S. (RDN pending, 2024/25) Biography:**



Alexandria Root, M.S. in Nutrition and Dietetics (RDN pending, 2024/25 testing) and Rooted In Dietetics LLC is a proud U.S. Air Force Veteran. Having served as a military member working in law enforcement and security, Alex understands the unique dietary needs and challenges faced by those in high-stress and physically demanding environments. Currently, Alex is co-author on a research article on creatine supplementation for firefighters (*pending publication*). She also created a 15-week Tactical Athlete Nutrition course for her Master Capstone Project at Eastern Michigan University, bringing awareness to the unique needs of our first responders and military personnel. Knowing firsthand to simply survive is not to thrive, she takes her passion for optimizing performance and well-being, specializing

in tailoring nutrition plans to support individuals in their mission-critical roles. Through Rooted In Dietetics LLC, Alex takes her expertise to support her commitment to ensuring that those who serve are fueled for success holistically.

**Want to work with Alex? Contact her today!**

(313) 676-8648

[rootedindietetics@yahoo.com](mailto:rootedindietetics@yahoo.com)

Instagram & Facebook: @rootedindietetics

### **Instructor Kate Castle Biography:**



Kate Castle, LLMSW is social worker by training and currently practices interpersonal therapy at Prime Counseling Services in Trenton, MI. She is also a doctoral student in Sociology and a predoctoral trainee in social demography at the Institute for Social Research at the University of Michigan. Her research interests primarily focus on contextual influences on health outcomes (i.e. social identity, access to resources and psychosocial stressors).

Previously Kate has worked in public health research at the Guttmacher Institute in New York, and in homeless services as a case worker at Fort Street Presbyterian Open Door Program in Detroit. Kate's interest in health disparities in the United States is grounded in her direct care experiences in reproductive healthcare and as a doula. She holds a B.A. in Politics from Mount Holyoke College.



ROOTED IN DIETETICS LLC

# MENTAL HEALTH LUNCHBOX WORKSHOP



Alex Root, M.S. RDN (*pending*) & Kate Castle, LLMSW

Program addresses all parts: NFPA 1500, 1010, 1584

Location & Date Chosen by YOU!

**WEBSITE**  
\*Scan or click the QR code



**FIREFIGHTER HYDRATION FLYER**  
\*Scan or click

**Our first responders are required to experience trauma on a regular basis, but what tools and support are helping them avoid mental injuries or recover from them?**

Mental health nutrition can mitigate injuries, promote resilience, and help firefighters reach longevity. In this course, the following topics can be discussed (not limited to):

- Sleep hygiene and stress management
- Mental injury prevention, recovery, & tools
- Mental health & PTSD
- Cost reduction (sick time & insurance)

- Reducing neuroinflammation
- Dehydration & alcohol impacts
- Behavior change & awareness
- CRR
- Cooking classes
- Family extension nutrition
- LODD & suicide prevention

## WHY CHOOSE OUR CLASS:

- Suitable for Preservice, Volunteer & Active Duty Fire Service
- Enhance Resilience, Mental Strength & Quality of Life
- Thrive, Don't Just Survive
- Flexible Lecture-Style, with Stress Management Activities
- FREE Nutrition .PDF with every class!

**REGISTER IN SMOKE  
(SEE SMOKE FOR COST INFORMATION)**



Contact Alex Root @ (313) 676-8648  
rootedindietetics@yahoo.com

Rooted In Dietetics LLC: [www.rootedindietetics.com](http://www.rootedindietetics.com)





# "Q" COURSE APPLICATION

Michigan Department of Licensing & Regulatory Affairs  
 Bureau of Fire Services, Fire Fighter Training Division  
 P.O. Box 30700 Lansing, MI 48909  
 Email: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV)

## FMQ24-023

To add a seminar/course/workshop to be credentialed in SMOKE, submit this application and all required documents to the following email address: [LARA-BFS-SMOKE@MICHIGAN.GOV](mailto:LARA-BFS-SMOKE@MICHIGAN.GOV). The information provided will be reviewed and if complete will be forwarded to the Michigan Fire Fighters Training Council (MFFTC) for curriculum consideration at the next scheduled MFFTC meeting. All applications must be received by the close of business two weeks before the scheduled MFFTC meeting date to be included on the agenda.

### SECTION I

**Name of Instructor:**

Martin Cook

**Instructor's Street Address:**

542 Dorchester Way

**City:**

Milford

**State:**

MI

**Zip Code:**

48381

**Instructor's Cell Phone Number:**

(248) 653-4926

**Instructor's Email:**

cook.martind@gmail.com

### SECTION II

**Name of Course/Seminar/Workshop:**

Coordinated Engine & Truck Ops: Optimizing Your Operations with Predetermined Actions

**REQUIRED**

Flyer Attached:

Course Overview Attached:   
Goals, Objectives, Course Outline

Instructor(s) Biography Attached:

**Must provide a brief course description (100 words or less):**

"Optimizing Your Operations with Predetermined Actions" is an engaging, four-hour training program crafted for firefighters and company officers. This training is designed to empower them with the strategic tools to automate their initial engine and truck company operations through predetermined actions.

The program emphasizes the importance of clearly defined roles and responsibilities, demonstrating how to create role-specific predetermined actions that align with the incident objectives. Coordinating an interior fire attack requires planning and execution, so participants will learn how to align their predetermined actions with evolving conditions.

**Must list the applicable NFPA standard(s):**

NFPA® 1001, 5.1.1, NFPA® 1001, 5.1.1, 6.1.1, NFPA® 1001, 5.3.5, NFPA 1021, 4.2.1, 4.6.1

**Student Capacity:** 30

**Total Hours of Training:** 4

**Total Cost:** \$220.00

### SECTION III

**Instructor's Signature:**

**Date:**

05/20/2024

### BFS USE ONLY

**Date Approved by MFFTC:**

**"Q" Course Number Assigned:**

**Date Course Catalog Updated:**

# Lesson Plan

**Course Title:** Coordinated Engine and Truck Operations: Optimizing Your Operations with Predetermined Actions

**Course Overview:** "Optimizing Your Operations with Predetermined Actions" is an engaging, four-hour training program crafted for firefighters and company officers. It equips them with strategic tools to automate their initial engine and truck company operations through predetermined actions, ensuring an efficient and rapid response to structure fire emergencies. Participants will explore how to distinguish between the roles and functions of engine and truck companies, gaining a deeper understanding of how to allocate resources strategically for fire suppression and rescue operations. The program emphasizes the importance of clearly defined roles and responsibilities, demonstrating how to create role-specific predetermined actions that align with individual and team capabilities. Clear communication is vital for seamless coordination, and the course provides strategies to eliminate communication gaps and establish robust channels with the incident commander. Coordinating an interior fire attack requires precise planning and execution, so participants will learn how to align their predetermined actions with evolving conditions. Additionally, the course covers integrating Standard Operating Guidelines into scalable incident command structures, fostering consistent yet adaptive responses. By the end of the training, participants will be better equipped to optimize their fire company operations, coordinate efforts efficiently, and implement practical strategies that elevate emergency response effectiveness, safeguarding both their crews and the communities they serve.

**Goal Statement:** The training program aims to comprehensively educate firefighters and company officers in engine and truck operations. Participants will gain essential knowledge, skills, and abilities to function within an SOG-driven incident command framework. The course distinguishes between incident commander-driven and SOG-driven structures and emphasizes strategic seat assignments to align with an agency's predetermined actions for structure fire responses.

**Method of Instruction:** The training program will be delivered through an instructor-led presentation, utilizing PowerPoint slides via an overhead projector. In class activities will be utilized to engage students and provide an opportunity to apply critical thinking skills. Handout reference materials will be provided to aid in the retention of the content.

**Resources Required:** The following resources are required to effectively deliver this training program. The instructor shall make arrangements to ensure all required resources are available before the start of the course.

- Computer
- Projector
- Suitable screen to project the PowerPoint
- Whiteboard and dry-erase markers



### **Learning Objectives:**

This training program is designed to meet the learning objectives/performance objectives specified by NFPA® 1001 and NFPA® 1021. Those objectives are listed below.

Objective 1) Participants will be able to distinguish between the functions of various fire companies by giving at least three specific examples that highlight the different company functions.

Objective 2) Participants will be able to distinguish among the primary roles of fire service personnel by giving at least two specific examples illustrating the roles and responsibilities of various personnel categories.

Objective 3) Participants will be able to explain the importance of personnel accountability by giving at least three practical examples that demonstrate the significance of accountability.

Objective 4) Participants will be able to describe radio procedures used for internal communications, by giving at least four examples of essential radio protocols..

Objective 5) Participants will be able to describe how to effectively communicate at an emergency incident scene by giving at least three practical examples of effective communication strategies.

Objective 6) Participants will be able to establish Incident Command and coordinate the interior attack of a structure fire by giving specific examples of how to develop an effective Incident Command structure and leading a coordinated interior attack plan.

Objective 7) Participants will be able to describe the development and implementation process of operational plans by providing at least three key examples illustrating the planning process and implementation steps.

### **NFPA Standards:**

Distinguish among functions of fire companies. [NFPA® 1001, 5.1.1]

Distinguish among the primary roles of fire service personnel. [NFPA® 1001, 5.1.1, 6.1.1]

Explain the importance of personnel accountability. [NFPA® 1001, 5.3.5]

Describe radio procedures used for internal communications. [NFPA® 1001, 5.2.1, 5.2.3]

Describe how to effectively communicate at an emergency incident scene. [NFPA 1021, 4.2.1, 4.6.1, 4.6.2]

Establish Incident Command and coordinate interior attack of a structure fire. [NFPA® 1001, 6.1.1, 6.1.2, 6.3.2)

Describe the development and implementation of operational plans. [NFPA 1021, 5.6.1]



## Course Outline (4 Hours)

### Coordinated Engine and Truck Operations: Optimizing Your Operations with Predetermined Actions

#### Introduction and Overview (Hour 1)

1. Motivational Statement (5 minutes)
  - a. Setting the tone for the training program, emphasizing the significance of coordinated engine and truck operations.
  
2. Class Overview and Participant Introductions (10 minutes)
  - a. Outline program structure and expectations and introduce participants to foster collaborative learning.
    - i. Introductions
      1. Tell us where you are from, what department you work for and what you hope to get out of this course.
    - ii. Instructor Introduction
  
  - b. Learning objectives
    - i. Explore and clarify the roles and responsibilities of engine, truck, and rescue companies. [NFPA® 1001, 5.1.1]
    - ii. Examine different personnel roles and their importance in coordinated fire ground operations. [NFPA® 1001, 5.1.1, 6.1.1]
    - iii. Understand the significance of tracking and ensuring the safety of all personnel on scene. [NFPA® 1001, 5.3.5]
    - iv. Identify best practices for clear and effective radio communication within fire companies. [NFPA® 1001, 5.2.1, 5.2.3]
    - v. Learn strategies to improve communication at emergency scenes to enhance coordinated efforts. [NFPA 1021, 4.2.1, 4.6.1, 4.6.2]
    - vi. Discuss the establishment of Incident Command and its role in leading and coordinating fireground operations. [NFPA® 1001, 6.1.1, 6.1.2, 6.3.2]
  
3. Learning Objectives for Hour 1:
  - a. Distinguish among functions of fire companies (15 minutes)
    - i. Explore and clarify the roles and responsibilities of engine, truck, and rescue companies. [NFPA® 1001, 5.1.1]
  - b. Accomplishing Search, Fire Control & Extension Control
    - i. Poll participants to determine what their initial alarm response looks like for a structure fire response.
      1. Facilitate a discussion to see if they feel they have enough initial resources to have separate search, fire attack and RIC crews.
    - ii. SOG Driven Assignments vs. Incident Commander Driven
      1. Do we really need the IC to tell an engine company to stretch a line to put water on the fire?
      2. SOG Driven Assignments

- a. Automation of the initial actions through predetermined actions
  - b. Staff will continue with their assigned role, unless specified otherwise by the incident command.
    - i. This frees up the IC to focus on incident management and resource management.
    - ii. Empowers the employee to execute the tactics they are assigned and speeding up the process to mitigate the hazard.
  - c. Distinguish among the primary roles of fire service personnel (10 minutes)
    - i. Examine different personnel roles and their importance in coordinated fire ground operations. [NFPA® 1001, 5.1.1, 6.1.1]
      - 1. Divisions vs. Groups
        - a. NIMS ICS
          - i. Division
            - 1. A unit assigned to a geographic region that can perform any assignment in that area.
          - ii. Group
            - 1. A unit that is assigned a task that can perform it in any location.
        - b. Consider if we take a divisional approach, we can be fluid in our roles to transition from fire suppression to search to extension control.
4. In-Class Activity (20 minutes)
  - a. Participants discuss their specific roles in a fire operation scenario, highlighting the responsibilities and expectations of each position.
  - b. Use the whiteboard to map out information flow and role interactions.
5. Summary (5 minutes)
  - a. Recap key concepts covered and address immediate questions.

#### 5. Break (10 minutes)

#### Personnel Accountability and Communication (Hour 2)

- 1. Learning Objectives for Hour 2: Explain the importance of personnel accountability (15 minutes)
  - a. Understand the significance of tracking and ensuring the safety of all personnel on scene. [NFPA® 1001, 5.3.5]
    - i. Accountability Boards vs. Tactical Worksheets
      - 1. Discuss how they can work hand in hand, but an accountability board is not really a tactical worksheet and vice versa.
        - a. Question for the students to consider? If we know based on geographic (division) assignments what a company is doing and specifically what resource (engine 1, 2, etc.), do you immediately need the person's name on a Velcro tag?

- b. As incident staffing allows, consider breaking off an assistant to manage the Velcro tags on the accountability board.
            - i. Sorting the accountability board by resource type allows for quick location of a resource if the names of personnel are needed.
            - ii. Trying to move the tags around to tactical assignments can be cumbersome and is prone to errors.
  - 2. Describe radio procedures used for internal communications (10 minutes)
    - a. Identify best practices for clear and effective radio communication within fire companies. [NFPA® 1001, 5.2.1, 5.2.3]
      - i. The need for clear and effective radio communication
        - 1. NIOSH will frequently cite communication issues as a contributing factor in line of duty deaths
        - 2. Clear and effective communication can be easier when utilizing a SOG driven approach.
          - a. There is no longer a need to transmit communications to do routine items such as stretch a hose line to the fire floor. This is now automated, and we can focus our attention (and communications) where they need to be.
3. Describe how to effectively communicate at an emergency incident scene (15 minutes)
  - a. Learn strategies to improve communication at emergency scenes to enhance coordinated efforts. [NFPA 1021, 4.2.1, 4.6.1, 4.6.2]
    - i. Flow of Communication
      - 1. Incident Commander to division/group supervisor.
      - 2. Division/group supervisor to division team members
      - 3. This approach leads to clear and effective radio communications.
4. In-Class Activity: Fire Ground Communication Challenges and Solutions (10 minutes)
  - a. Engage students in a discussion about the challenges of fireground communication and collaboratively identify practical recommendations to improve communication during emergency

## 2. Summary (5 minutes)

- Recap the key points and facilitate an interactive Q&A session.

## 3. Break (10 minutes)

## Incident Command and Interior Fire Attack Coordination (Hour 3)

- 1. Learning Objectives for Hour 3: Establish Incident Command and coordinate interior attack of a structure fire (40 minutes)
  - a. Discuss the establishment of Incident Command and its role in leading and coordinating fireground operations. [NFPA® 1001, 6.1.1, 6.1.2, 6.3.2]
    - i. The order in which you arrive, generally dictates your assignment...
      - a. 1<sup>st</sup> Arriving Engine
        - i. Lay supply line for obvious fire



- ii. Size up / 360
- iii. Stretch attack line to fire floor
- b. 2<sup>nd</sup> Arriving Engine
  - i. Rapid Intervention Crew, lay supply line if not done already, establish water supply, utility control, etc.
- c. 1<sup>st</sup> Arriving Truck
  - i. Search and ventilation
- d. 1<sup>st</sup> Arriving Chief
  - i. Assume Command

2. Summary (10 minutes)

- Summarize the central themes and encourage a brief discussion of experiences and challenges.

3. Break (10 minutes)

Operational Plans and Final Assessment (Hour 4)

1. Learning Objectives for Hour 4: Describe the development and implementation of operational plans (15 minutes)

- a. Delve into strategic approaches for developing and executing operational plans effectively. [NFPA 1021, 5.6.1]
  - i. Seat Assignments perform the specific tactical level work of the apparatus assignment.
    - 1. First Arriving Engine
      - a. Officer
        - i. Size up and 360
        - ii. Establish incident command
        - iii. Determine strategy and tactics
      - b. Driver/Operator
        - i. Apparatus placement
        - ii. Initial accountability
        - iii. Operate fire pump at appropriate pressures
        - iv. Secure water supply
      - c. Senior Fire Fighter
        - i. Lay supply line for obvious fire
        - ii. Back up nozzle firefighter
      - d. Nozzle Fire Fighter
        - i. Pull attack line to position indicated in the SOG or where directed to by the officer in charge.

2. In-Class Activity: Group Exercise on Seat Assignments (15 minutes)

- a. Engage in a facilitated discussion on how seat assignments support predetermined actions of the first due engine.
- b. Outline roles of Driver/Operator, Officer, Senior Firefighter, and Nozzle Firefighter.
- c. Discuss expectations and information flow using lessons learned from earlier modules.

i.

3. Final Assessment and Course Evaluation (20 minutes)
  - a. Conduct a 10-question quiz to evaluate knowledge acquisition from the training.
  - b. Pass out the course evaluations for each student to complete.
  
4. Course Conclusion (10 minutes)
  - a. Thank the participants for their engagement, address any remaining questions, and provide the instructor's contact information.

## **In-Class Activity: Fireground Communication Challenges and Solutions**

### **Objective:**

To engage students in a discussion about the challenges of fireground communication and collaboratively identify practical recommendations to improve communication during emergency scenes.

### **Materials Needed:**

- Flip chart or whiteboard
- Markers
- Sticky notes or note cards for each group

### **Activity Outline:**

#### **1. Introduction**

- Briefly introduce the importance of effective communication on the fireground.
- Explain the activity's goal: to identify common communication challenges and propose practical solutions.

#### **2. Group Discussion**

- Divide students into small groups (3-4 members each).
- Instruct each group to discuss the following questions:
  - What are the common challenges you face with communication on the emergency scene?
  - How do these challenges impact the overall effectiveness of operations?
- Ask each group to identify one key challenge and propose a practical recommendation to address it.
- Provide sticky notes or note cards for each group to write down their challenge and recommendation.

#### **3. Group Presentation**

- Have each group select a spokesperson to present their identified challenge and recommendation.
- Allow each spokesperson 1 minute to share their group's discussion outcomes.

#### **4. Facilitator Summary**

- Summarize the main challenges and recommendations presented by the groups.
- Highlight common themes and unique ideas.
- Encourage a brief discussion on how these recommendations could be implemented in their own departments.

#### **5. Conclusion**

- Reinforce the importance of continuous improvement in communication practices.
- Encourage participants to consider how they can apply the discussed recommendations in their roles.

## **Group Exercise: Seat Assignments and Predetermined Actions of the First Due Engine**

### **Objective:**

To engage participants in a facilitated discussion using a whiteboard, focusing on the roles of specific positions within the first due engine team. This exercise will explore how effective seat assignments support the implementation of predetermined actions at the fire scene.

### **Materials Needed:**

- Whiteboard and markers
- Flip chart or digital document for note-taking

### **Participants:**

All course attendees

### **Facilitator:**

Course instructor

### **Roles Discussed:**

- Driver/Operator
- Officer
- Senior Firefighter
- Nozzle Firefighter

### **Exercise Outline:**

#### **1. Introduction**

- The facilitator introduces the exercise, explaining its purpose and relevance to enhancing team coordination and execution of predetermined actions.
- Brief review of the positions to be discussed: Driver/Operator, Officer, Senior Firefighter, Nozzle Firefighter.

#### **2. Setting the Scene**

- The facilitator sets a typical scenario for a structure fire call where the first due engine is critical.
- Participants are reminded of their roles and responsibilities based on their position in relation to the seating on the engine.

#### **3. Group Discussion and Role Analysis**

- The facilitator divides participants into groups based on the four main roles. Each group discusses specific questions:
  - Driver/Operator: How does your position support the initial assessment and setup at the scene?
  - Officer: What are your responsibilities in strategizing and commanding initial operations?
  - Senior Firefighter: How do you coordinate with the Officer and support the Nozzle Firefighter?

- Nozzle Firefighter: Describe your role in the initial attack and how you communicate needs and observations back to the team.

- Each group uses the whiteboard to outline the flow of information between their role and others on the engine, incorporating lessons from previous modules on communication and incident command.

#### 4. Sharing Insights

- Each group presents their findings and diagrams from the whiteboard discussion, highlighting how their role supports the predetermined actions of the engine team.

- The facilitator encourages questions and comments from other participants to deepen understanding and clarify any ambiguities.

#### Follow-Up:

Participants are encouraged to reflect on this exercise and consider any changes or improvements that could be implemented in their own departments to enhance the effectiveness of first due engine operations.



References:

*Fire Fighter Fatality Investigation and Prevention Data and Statistics | NIOSH | CDC.* (n.d.).

<https://www.cdc.gov/niosh/fire/data.html>

*Emergency Management Institute - National Incident Management System (NIMS).* (n.d.).

<https://training.fema.gov/nims/>

## **Coordinated Engine and Truck Operations: Optimizing Your Operations with Predetermined Actions**

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Presented by: Martin Cook

“Optimizing Your Operations with Predetermined Actions” is an engaging, four-hour training program crafted for firefighters and company officers. This training is designed to empower them with the strategic tools to automate their initial engine and truck company operations through predetermined actions.

The program emphasizes the importance of clearly defined roles and responsibilities, demonstrating how to create role-specific predetermined actions that align with the incident objectives. Coordinating an interior fire attack requires planning and execution, so participants will learn how to align their predetermined actions with evolving conditions.

Wednesday July 24<sup>th</sup>, 2024, 1:00pm – 5:00pm  
Milford Fire Department – Station 1  
325 W. Huron, Milford, MI 48381

Registration: Students must register in SMOKE

Sponsored by: Milford Fire Department

Contact: Captain Martin Cook  
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## **Instructor Biography: Captain Martin Cook**

Captain Martin Cook brings a wealth of experience and a deep commitment to firefighter training and safety to the course on Coordinated Engine and Truck Operations: “Optimizing Your Operations with Predetermined Actions.” As a Captain with the Milford Fire Department, where he has served for 14 years, Martin has honed his expertise in dynamic and high-pressure environments, proving his leadership in both operational engagements and strategic training initiatives.

Prior to his tenure at Milford, Martin worked with Accident Fund Insurance Company of America as a Large Account Representative. In this role, he managed occupational health and wellness needs for significant accounts across the Great Lakes region, acquiring a robust understanding of risk assessment and preventive strategies in workplace safety that now enriches his approach to fire service management and operations.

Educationally, Martin has solidified his technical and tactical foundations with an Associate’s degree in Fire Fighter Technology and Criminal Justice, focusing on Homeland Security. This academic background has provided him with an understanding of the interplay between fire safety, law enforcement, and emergency management.

Currently, Martin is furthering his leadership capabilities through Eastern Michigan’s Executive Leadership Staff and Command School. His recent completion of the Fire Instructor 3 program marks a significant milestone in his career, underscoring his readiness and enthusiasm to elevate the training and education of firefighters across Michigan. His instructional approach is informed by an integrated view of fire service roles, emphasizing the seamless coordination between engine and truck operations to maximize efficiency and safety on the ground.