

# BURNING ISSUES



**PREVENTION • PROTECTION • PUBLIC EDUCATION**

## MESSAGE FROM THE FIRE COMMISSIONER

**Douglas M. Popowich**

Another conference has come and gone. As I said in my opening comments it is hard to believe that a year has passed since the last conference. This year's was another success. To quote Ted Moore from our Office, "There are not enough o's in smooth" to describe how the conference went this year.

Over 600 participants and instructors attended this year's conference. I don't know if everyone truly understands the size and magnitude of this event. It takes a lot of work and preparation to make the conference happen. It then takes a great deal of coordination to pull it off. Finally, it takes all of you, as participants who come to take part in the courses and seminars that finally makes it all worth while. To all who attended, thank-you for taking the time. You, your department, and your community will benefit from the information you received and were able to take back with you.

There were a number of specific things that I noticed this year. Primarily, there were a number of new faces. This was great to see. We know that our Rural Emergency Services groups do have turnovers, and seeing new younger faces shows that the interest is there and that new people are entering your



organizations. New personnel, and their interest, combined with the experience of your long time members can only help to build on your group's effectiveness.

I was also pleased to notice there were more EMS personnel. When I asked a number of EMS personnel what types of seminars we could provide to the EMS community to attract more, I was told that the courses we are offering, where EMS and Fire & Rescue personnel can work together, is perfect.

Years ago we changed the name of our conference to the "Emergency Services Conference". This year we had firefighters, EMS personnel, RCMP and other police personnel attending. We also had a number of participants from the new Emergency Management degree program offered

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# NEWS AND VIEWS OF MANIT

## MESSAGE FROM THE FIRE COMMISSIONER

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at the Brandon University. Our conference is truly an all-encompassing "Emergency Services" conference.

It was also noticeable that there was a greater attendance at this year's opening ceremonies. This too was great. I appreciate how difficult it is to attend the opening ceremonies as this occurs on a Thursday. This is indicative that many of you have probably taken a couple of days off from your full time responsibilities to attend. This indeed is commitment. I commend you for that.

As previously said, there is a lot of work to make this "training weekend" happen, however, it is all worth while seeing the attendance numbers continue to increase with each year. As long as you are prepared to give up your time to participate, our Office and staff will continue to strive to provide an informative, and all-round educational training event. The opportunity provided to network, see new and innovative equipment displayed by the suppliers, and meet with the many people who you may only get to see once a year at the conference, should not be forgotten.

The main purpose of this "training weekend" is to provide you with training and education to allow you to perform your emergency response roles more effectively and safely. It proves that both the conference organizers and yourselves were successful if you are able to take back one idea that will aid you.

In closing, I want to once again thank all of you who took the time to attend. For those of you who didn't I would strongly suggest you try and make it next year. Next year's dates are October 14, 15, 16, 2004. I look forward to seeing all of you next year.

## PEMBINA TRIANGLE MUTUAL AID DISTRICT GETS INNOVATIVE

**T**he Pembina Triangle Mutual Aid District has come up with an ingenious innovation. A home made hose/turn out gear dryer. It stands approximately eight feet tall and is about three by three feet in diameter. The open bottom plywood structure is equipped with an electric barn fan mounted on the top. Wood strips spaced approximately two inches apart make up the removable shelves and a one inch steel tubing with metal rods make up the removable hooks for hanging gear. The fan forces the air down from the top, drying any piece of clothing or hose in a quarter of the time. A timer plugged into a 110-volt outlet operates the fan motor. The cabinet was first designed and made by the fire fighters in Somerset.



*Fire Fighter Melvin Van Woensel of the Swan Lake Fire Department stands beside the cabinet.*

*Contributed by Roger Gillis, ESO, OFC*

## **\$750 W.J. SCOTT MEMORIAL BURSARY - FOR THE CHILD OF A MEMBER OF THE CANADIAN FIRE SERVICE**

**C**ongratulations to Chelsi Mitchell who was awarded the \$750 bursary at the 17th annual Manitoba Emergency Services Conference opening ceremonies. Chelsi is the daughter of Gary Mitchell, who has served with the Brandon Fire Emergency Service for 31 years and was present to accept on her behalf. She is pursuing a Bachelor of Arts Degree at the University of Alberta and majoring in psychology.

# OBA EMERGENCY SERVICES

## WINNIPEGOSIS HONOURS EMERGENCY RESPONSE PERSONNEL

**O**n September 11, 2003, the Town of Winnipegosis honored their Emergency Response Personnel with an Awards Evening. Town Mayor Gloria Kostelnyk hosted the evening and praised the efforts of the Emergency Services providers for their valued contribution to the safety and welfare of the Town and surrounding area.

Emergency Services Officer Allan Gray presented Governor General Exemplary Service Bars. Each of these gentlemen have also been long standing members of the Winnipegosis Ambulance Service. Pictured above, recipients include Assistant Deputy Chief Al Jira, recognized for 32 years Fire Service and 27 years



Ambulance; Fire Chief Corny Bergen, recognized for 43 years Fire Service (35 years as Chief) and 27 years with Ambulance; Deputy Chief Abe Bergen recognized for 32 years Fire Service and 25 years Ambulance; and Captain George Bergen recognized for 43 years Fire Service and 27 years Ambulance.



The Town recognized the services of all Fire Service and EMS Personnel. Above is a picture of Winnipegosis' Proud Emergency Services with ESO Allan Gray and Paramedic Corey Keith of Dauphin Ambulance. Corey was on hand to make the formal presentations to the Winnipegosis EMS Staff.

Special presentations were made to Corny Bergen in honor of his 43 years of dedicated service to the community, 35 of which as Fire Chief. Corny has been the Mutual Aid Coordinator for the Lake Winnipegosis Mutual Aid District since its inception and is a long time and valued member of the Parkland Critical Incident Stress Team. A special presentation was also made to Cathy Bergen (Corny's wife) honoring her for her long-standing commitment to the community and Fire Service.

Congratulations to these dedicated individuals.

*Contributed by Allan Gray, ESO, OFC*

## BELMONT FIRE DEPARTMENT GETS EXTINGUISHERS IN THE HANDS OF THOSE WHO NEED THEM

**B**elmont Fire Department recognized the extreme potential for grass and stubble fires this fall. Working in co-operation with B&H Safety Services of Winnipeg, Belmont Fire Department offered to all interested farmers, for purchase at cost, back pack sprayers for the extinguishment of small fires before they developed into large ones.

This promotion was very well received. The department sold a significant number of these units and there were reports of at least two incidents where they were used. This eliminated the need for the departments attendance to battle what may have developed into a major incident.

Belmont Fire has intentions of running this program again next year to help eliminate the possibility of those too frequent calls to these types of fires in the dry harvest season.

Anyone wanting information regarding this program contact Dennis Pryke, Fire Chief (204) 537-2480.

*Contributed by Fire Chief Dennis Pryke,  
Belmont Fire Department*

# NEWS AND VIEWS OF MANIT

## NIVERVILLE FIRE ANGELS

The Fire Angels organization was formed on Thursday, July 10, 2003. The organization consists of the partners of our volunteer fire fighters.

The purpose of our organization is to provide support to our community Fire Service by promoting community awareness of fire safety; to work along side our fire fighters at community events; organize events during fire prevention week as well as help raise money to purchase equipment that is outside the budget of our town.

Our first community event was a garage/baking/hot dog and drink sale at the beginning of August. The Fire Angels and the fire fighters spent numerous hours in organizing this event. Items for the garage sale were donated by the Fire Angels, the fire fighters and members of the community. The fire trucks were out for the kids to see and we supplied balloons, suckers and fire tattoos. It was a huge success and everybody had a great time. The unsold items were donated to our community thrift store.

There are so many things that we want to become involved with in our community such as Fire Prevention Week and a local organization called Helping Hands for which we would like to start 'a tin for the bin' campaign at all our events.

We hope that we can extend the Fire Angels concept into other departments in our Mutual Aid District, as well as throughout our Province. We've designed our own Fire Angels crest and hope that with each community that joins, the crest would bare their own town name. We are all extremely proud of our organization and would love to see it grow, eventually becoming a Province-wide organization.

If you are interested in becoming involved or have any questions please do not hesitate to contact Sandra Macdonald (Chairperson of the Fire Angels) at 388-5356 or Gloria Laing (Co-Chair of the Fire Angel) at 388-9255.

The Fire Angels hope you'll jump on board!

*Contributed by the Niverville Fire Angels*



*First row from left to right: Danae Funk, Teresa Klaassen, Carisa Brandt, Kelly Unger, Lyse Dumont, Gloria Laing.*

*Back row from left to right: Lynda Harder, Janice Schroeder, Nikki Heibert, Sarah Olson, Debbie Colley, Sandra Macdonald.*

## BELMONT STAGES Mock ACCIDENT

Belmont Fire Department recently staged a mock accident on a hill on a gravel road. The scenario involved a head on collision between a car and a self-propelled combine. Mr. Garth McIntyre, OFC Training Instructor and Ms. Donna Dagg, Supervisor, A.R.H.A, kept a watchful eye on the incident and provided very useful and helpful suggestions at the debriefing following the incident.

Belmont Fire, along with Belmont First Response and Baldur Ambulance arrived on scene to find the front end of a car driven under the front of a combine up to the windshield of the car. The accident involved three car victims (1 black, 1 red, and 1 amber). The combine operator was coded red, unconscious in diabetic shock and multiple injuries. A motorcycle rider was also involved and coded amber when found in the ditch near the accident scene.



All agencies involved indicated that this incident could well have been the real thing and found the whole experience a very good way to sharpen our skills in readiness for what we all hope will never happen.

*Contributed by Fire Chief Dennis Pryke, Belmont Fire Department*

# OBA EMERGENCY SERVICES

## **SAINT JEAN BAPTISE VOLUNTEER FIRE DEPARTMENT: LONG SERVICE RECOGNITION & EMERGENCY SERVICE UPGRADES**

**S**aint Jean Baptiste Volunteer fire fighter Daniel Marion was presented with a Governor General of Canada 20 Year Service Medal at the Fire Department's meeting and barbecue.

Fire fighter Marion joined the Saint Jean Baptiste Volunteer Fire Department when he was 20 years old at the invitation of two Department members Maurice Dionne and Norbert Sabourin. "They said they needed help and it sounded interesting" recalls Mr. Marion

He was one of the first three First Responders in the Community of Saint Jean Baptiste. The others were Rita Sabourin and Norbert Sabourin.

First Responder Marion had no idea the first person he would be called upon to assist would be his father Lionel Marion. The response time was within seconds, but unfortunately it proved unsuccessful.

Fire fighter Marion's volunteerism has lead to full time Winnipeg fire fighting.



*Saint Jean Baptise Volunteer Fire Department Chief Eugene Fillion congratulates fire fighters (L-R) Wayne Klassen (18 years), Louis Duval (15) and Daniel Marion (22) on their long service to the Department.*



*Chief Eugene Fillion congratulates fire fighters (L-R) on their skill advancement, Janet Sabourin (Emergency Medical Technician), Marc Delorme (emergency Medical Responder), Jean-Paul Berard (new member, Level I Fire Fighter Certificate, EMR), Brunel Sabourin (First aid, Cardio-Pulmonary Resuscitation, Level I Instructor, Hazardous Material Operations) and Rheel Sabourin (Hazardous Material Operations).*

*Contributed by Fire Chief Eugene Fillion, St. Jean Baptiste Fire Department*

## **CARBERRY/NORTH CYPRESS HOST TEXAS BREAKFAST**

The Carberry/North Cypress Fire Department hosted our annual Texas Breakfast of steak, eggs, toast, hashbrowns and beans. This has turned out to be a great fundraiser. Serving more than 300 people each year, this event nets us approximately \$1000.



The two fellows holding the placemat are Vern Currie and Tyson Morris

*Contributed by Bob Toma, Carberry Fire Department*

## **LAST ISSUES CONTEST WINNER!**

**C**ongratulations to Brian Bentley of Saskatoon Fire & Protection Services. Brian had the correct answer for our contest in the Spring/Summer edition of Burning Issues "Do you recognize this member of the Office of the Fire Commissioner?" It was Ron Bridges, however, most people guessed Ken Swan. We thank Brian for entering and hope he's enjoying his new Carbon Monoxide Detector.

## NEWS AND VIEWS OF MANITOBA EMERGENCY SERVICES

### MID LIFE REFIT FEATURES NEW LOOK

In the late 1980's Manitoba EMO undertook the development of a mobile coordination center. When the trailer was unveiled in early 1990 it was the product of its generations thinking and operational experience.

By the 10th anniversary of its introduction EMO was busy conceptualizing the next generation unit, but funding constraints delayed many actions until late in 2002. A completely new center was estimated to cost in excess of \$100K so the option to complete a mid-life refit and refurbishment was commenced. Intercontinental Truck Body of Winnipeg undertook the work at their Winnipeg facility.

One of the most significant parts of the \$40K project was the complete stripping of the interior and removal of power, communications, sewer, water and HVAC systems. An inspection revealed minimal corrosion of the unit but a cross member had been cut during the initial production and it was to be replaced. New cabling, wiring, spray foam insulation, paint, fixtures and furnishings were all part of the "nip and tuck" operation that would eventually shave in excess of 1500 pounds from the overall unit weight. The onboard generator and its fuel cell were removed and a remote generator capability was secured from the Office of the Fire Commissioner. When available, power will be sourced from Hydro lines or by using the shore power cable but essential systems including the heaters will run on the 12 volt battery system on board.

A significant part of the interior re-design was the use of maximum free space and ergonomically friendly well-lit workspace. The unit has a bulkhead installed that separates the communications and office capabilities with both areas having separate heater and air conditioning capability.

To support the unit a companion trailer and tent were purchased. By the use of this flexible arrangement additional workspace can be quickly erected. Manitoba EMO envisions that this reconfigured unit will have the capability to deploy in support on various operations including its use as a mobile field office for recovery operations.

As we enter the second half of the unit's projected life we plan on continuing to upgrade the communications and power systems and, if funds are available, the 1984 tractor unit will be replaced.



*Contributed by Manitoba Emergency Measures Organization*

### PEMBINA VALLEY MAD Holds ANNUAL APPRECIATION SUPPER

On the evening of Wednesday June 11th, the Pembina Valley Mutual Aid District held their annual Elected Officials Appreciation Supper at the Notre Dame de Lourdes Community fire hall. The event is held annually by the Mutual Aid District in an effort to demonstrate their appreciation for the support provided to the local Emergency Services by their respective councils.

This years event included a steak supper hosted by the Mutual Aid District, and an informational seminar provided by the Office of the Fire Commissioner on the importance of Mutual Aid and Fire Protection Agreements.



Two long serving members of the PVMAD, Kathy Harkness and Crystal City Mayor Bill McKitrik, were presented gifts of appreciation by the PVMAD recognizing their many years of volunteer service in providing Secretary Treasurer duties for the district. The evening was truly a success and was enjoyed and appreciated by all in attendance.

*Pictures contributed by Roger Gillis, ESO, OFC*

*Article contributed by Dave Schafer, Manager Operations, OFC*

# EDUCATION

## FIRE PREVENTION WEEK OCTOBER 5TH - 11TH KICK OFF

**W**hen Fire Strikes: Get Out! Stay Out! was the theme for Fire Prevention Week 2003. The Kick Off was held at Norquay School in Winnipeg on Monday October 6th, at 1:30pm. The event started off with a fire drill and evacuation. Cathy Smith, the Principal of the school welcomed everyone and got the event rolling. Minister of Labour and Immigration Steve Ashton addressed the audience and signed the Proclamation. Winnipeg City Councillor Harry Lazarenko, Fire Commissioner Doug Popowich, Fire and Paramedic Chief Wes Shoemaker all addressed the students and guests. Mary Williams announced the North End Housing Project "Fire Rescue House".

Winnipeg Fire and Paramedic Service Public Information Officer Robin Alford was Master of Ceremonies. He informed everyone about the individuals that were being recognized for their exceptional service to our community. Honorees in attendance were Terry Twentyman, Todd Gittens, Lloyd Beaucage and Scampy Kapoor (dog) our first canine honoree. Honorees not in attendance were Al Wiebe, Lee Kirk and Joanne Ritchie. The honorees in attendance received certificates of heroism from Minister Ashton, Fire Commissioner Doug Popowich and Chief Shoemaker.

This year the 4 fire safety topics discussed were:

Prevent Fires Before They Start

Protect Your Home with Smoke Alarms

Plan a Home Escape

Practice Your Plan



## New Videos IN THE Lending Library

### The Fire Safe Four: GET OUT! STAY OUT!

makes learning about fire evacuation fun for young children. Four young narrators demonstrate each step in executing a fire escape plan, and sing songs that reinforce the fire safety message. The narrators talk about the importance of listening for the smoke alarm, crawling low through smoke. Children are taught to plan two exits from every room, including special steps for second floor escapes and why they should go straight to the family's Safe Meeting Place. The video also emphasizes practicing fire drills and that there is no reason for a person to ever go back inside a burning building. The Stop, Drop and Roll technique is demonstrated and described in language easily understood by children. (Instruction Guide Included)

Target Audience: Pre-School - Grade 6

Length of video: 12 minutes

### When Fire Strikes: GET OUT! STAY OUT!

- uses real-life interviews with burn victims to illustrate the dangers of fire in the home. Viewers will hear these harrowing accounts, and learn to avoid making the same mistakes and suffering tragic consequences. The video guides viewers through every aspect of fire safety and prevention in the home, from identifying fire hazards to the proper installation and maintenance of smoke alarms. The actors discuss

# EDUCATION

all the steps of planning and executing a safe escape plan in detail and the steps are demonstrated by the actors in the video. The video also offers safety advice to people who live in apartments and second story homes. In addition, the video covers what to do in special situations such as when someone is trapped in a room. (Instruction Guide Included)

Target Audience: Adult  
Length of video: 17 minutes

## Other new videos in the Lending Library are:

### **VTEM 77** **September 2003 - 9/11:** **Two Years Later**

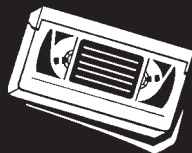
The Person Impact  
The Local Impact  
The National Impact  
Explosives

### **VTEM 78** **October 2003 - Wellness**

Introduction: A Dose of Reality  
Stress and Anxiety  
Planning Your Meals  
Developing Core Strength and Flexibility  
Personal Protective Equipment

### **VTEM 79**    **November 2003** **- Burn Injury**

Introduction and Epidemiology  
Burn Assessment  
Burn Treatment  
Special Considerations: Pediatric and Geriatric Patients & Transport Decisions  
Chemical Burns



## 2004 SASKATCHEWAN FIRE AND LIFE SAFETY EDUCATOR'S CONFERENCE

**FEBRUARY 6TH TO 8TH 2004**

**AT THE ECHO VALLEY CONFERENCE CENTRE.**

Every fire fighter knows the key to fire safety is prevention. You'll learn effective ways to stop fire before it gets started at the 6th annual **Saskatchewan Fire & Life Safety Educator's Conference**. Now is the time to sign up. The conference brings together public education leaders from fire departments across Western Canada to hear top speakers in fire and life safety education.

This year's theme is *Public Education: The Power of Partnerships!*

### **SmartRisk:**

The injury prevention group SmartRisk studies injury trends and develop solutions that will help change the behaviours which lead to injury or death. Dr. Phillip Groth from SmartRisk is the opening speaker at the February conference.

### **Alarmed for Life:**

Bev Gilbert from the Office of the Fire Marshal in Ontario will be at the February conference to share details of their Province-wide campaign Alarmed for Life. The program helps local departments get a successful home-visit program up and running.

### **Keeping Our Community Safe:**

This innovative Regina program takes a family approach to fire and life safety. Teachers bring together siblings going to the same school with adult members of the family. Then teachers, fire fighters, police officers and the family work together, learning about fire safety - both at home and in the community.

### **Tools for Success:**

This year's closing speaker, Terri Knox, is back by popular demand. She has common sense suggestions that will help keep you feeling good about your work and yourself.

### **Don't be disappointed:**

Registration is limited at the Fire and Life Safety Educator's Conference. Get a registration form on-line at: <http://www.cps.gov.sk.ca/Safety/fire/flse.html>. The cost is just \$150, which includes the conference registration fee, meals and accommodation.

For more information or a Registration Form, contact J.D. Lloyd at (306) 933-5733 or [jlloyd@cps.gov.sk.ca](mailto:jlloyd@cps.gov.sk.ca) for details.



# EDUCATION

## The South Interlake Mutual Aid District of Public Educators

The South Interlake Mutual Aid District of Public Educators started in 1987, and are a unique group of volunteer fire fighters from seven rural fire departments that include, West St. Paul, Warren-Woodlands, Selkirk, St. Andrews, St. Francois Xavier, Stonewall-Rockwood and Teulon-Rockwood. Each department works with their own districts to educate the community on the importance of fire safety. But collectively they meet quarterly to discuss issues, concerns and new ideas. Together the committee has developed a "safe house" that is used to educate the audience on how to identify potential hazards in your own home. Also, unique to the committee are LAFS (Life and Fire Safety) puppets. Don Peters, St. Andrews Fire Department, was sponsored by our Mutual Aid District to attend a seminar in Arizona on a characterization program to enhance the ability in developing creative fire and life safety educational programs. Don takes his show on the road to help kids and parents identify hazards and prevention.



### Upcoming Course Dates

Nov. 3 - 7	Municipal Building Bylaw Administration	Brandon
Nov. 3 - 7	Emergency Services Instructor Level I	Thompson
Nov. 8	Emergency Services Instructor Con Ed	Thompson
Nov. 17 - 21	Incident Command	Brandon
Nov. 17 - 21	Fire Investigation Level II	Winnipeg
Nov. 19 - 21	Vehicle Extrication Instructor CHANGE OF DATE - Nov. 21 - 23, 2003	Brandon
Nov. 24 - 28	Part 9: The House - Building Structures	Brandon
Dec. 1 - 5	Ground Search & Rescue - Search Manager	Brandon
Dec. 5 - 7	Fire Ground Management	The Pas
Dec. 6 & 7	Critical Incident Stress Management - Advanced	Winnipeg
Dec. 8 - 12	Part 9: The House - Health & Safety	Brandon
Dec. 15 - 19	EMS Response to Hazardous Materials Level II	Brandon
Jan. 5 - 9	Part 9: Buildings - Structural Requirements	Brandon
Jan. 12 - 16	Emergency Services Instructor Level I	Brandon
Jan. 19 - 23	Managing Emergency Services	Brandon
Jan. 24 & 25	Critical Incident Stress Management - Basic	Dauphin
Feb. 2 - 6	Part 9: Buildings - HVAC & Fire Protection	Brandon
Feb. 2 - 6	Fire Investigation Level I	Brandon
Feb. 3	Fire Inspector Level I & II (Distance Education) Orientation Day Feb. 4th, 2004 Fire Protection Systems Lab. Mar 29 - Apr. 2, 2004	Brandon
Feb. 3	Fire Officer I (Distance Education)	Brandon
Feb. 6 - 8	Fire Service Hydraulics	Brandon
Feb. 9 & 10	Hazardous Materials Awareness	Brandon

**Find detailed information on MESC Programs & Courses on our website  
[www.firecomm.gov.mb.ca](http://www.firecomm.gov.mb.ca)**

*Picture (front row L to R) Debbie Buchanan (Woodlands/Warren), Glenn Marmonier (Teulon-Rockwood), Terry Trupp (West St. Paul) Back row L-R Julian Blahey, (Teulon-Rockwood) Don Peters (St. Andrews) Tim Cameron, (Stonewall), Lawrence Paton (Warren) and Darrell Kupchik (Selkirk) Missing from photo: John Persowich (Teulon-Rockwood)*

*Contributed by Terry Trupp, West St. Paul Fire Department*

# CRITICAL INCIDENT

## THE CONTROVERSY ON THE EFFECTIVENESS OF CRITICAL INCIDENT STRESS DEBRIEFING

The efficacy of Critical Incident Stress Debriefing (CISD) has recently come under close scrutiny in the academic world. The premise of this research on debriefings has been based on the belief that debriefings will reduce trauma symptoms and Post-Traumatic Stress Disorder (PTSD), i.e., that it is a therapeutic clinical intervention.

Early research into the effectiveness of CISD, the most visible component of the Critical Incident Stress Management (CISM) process, indicated that it is an effective intervention. However, this early research was not very scientifically rigorous. Recent research on the effectiveness of CISD as a method to reduce clinical trauma symptoms and PTSD has shown mixed results. Some studies indicate it is effective, some studies indicate it makes no difference and some research indicates that the participants are even worse at follow-up (for a list of references in this article please contact Gord Favelle).

There is consensus, however, that providing comfort, information, support, and meeting peoples' immediate practical and emotional needs play useful roles in one's immediate coping with a highly stressful event. Moreover, the evidence that debriefing may lead to less subsequent alcohol abuse suggests that coping styles may be enhanced by this early intervention.

It is also important to note that the research discussed above applies to only one component of the CISM approach, i.e., that of "Debriefing" and was not applied to emergency services workers. The Manitoba CISM Network is a multifaceted broad-based approach that involves a number of components. Within this context it is

important to look at the role of CISM, not just debriefings in mitigating or preventing PTSD.

### Relationship between PTSD and CISM

Prospective studies have shown that most trauma survivors display a range of PTSD reactions in the initial weeks after a traumatic event, but that most of these people adapt effectively within approximately three months. Those that fail to recover by this time are at risk for chronic PTSD. These findings have several implications. First, the majority of people will be distressed after exposure to a potentially traumatising event, and assistance in coping and immediate adjustment may be indicated. Second, a smaller proportion of individuals exposed to a traumatic event will have persistent problems, which will require therapeutic intervention.

Research on PTSD indicates that there are several factors (social support, hyper-arousal, loss and early identification) which may affect how well an individual may recover after a trauma.

### Social Support

An individual's recovery from trauma is facilitated by the availability of positive social supports and the ability to use them to "tell their story" about the trauma. Early interventions for trauma may need to take into account the social supports available and the individual's history of using social supports under stressful circumstances. This may be particularly important in light of the fact that the psychological aftermath of trauma may significantly disrupt a person's ability to use others to cope with and manage post-traumatic symptoms and daily demands.

There are a number of components of the CISM process that emphasise the importance of social support. First of all, one of the cornerstones of the CISM process is the utilisation of the trained peers. Through the training of peers to provide primary interventions we are acknowledging and supporting the naturally high levels of trust between emergency services personnel. Peers are involved in almost every aspect of the CISM process, from training through participation in pre-incident education, on-scene support services, defusings, debriefings, and follow-up.

Almost all of the CISM components are group activities. Within the group structure (i.e., the workplace social support system) workers can share reactions and have these reactions validated and normalised by each other, the peers, and in the case of debriefings, the mental health workers as well. The peer role lends credibility to the process since many of them have had similar experiences in their own careers.

Significant Other Support (SOS) is another component of developing and maintaining an effective CISM programme. Research done in Manitoba identified both peers and spouse as the two most common people emergency services workers talk to after a critical incident. The CISM Network understands the importance of the role of spouse, family and friends and provides education to the spouse and other family members through the SOS process. Handouts for both the emergency services personnel and family and friends are routinely given out as part of the defusing and debriefing processes. These handouts provide suggestions to facilitate communication between emergency

# STRESS MANAGEMENT

service workers and their social support system.

## Hyper-arousal

High degrees of psychophysiological arousal in the immediate aftermath of trauma are known to be associated with increased risk for chronic PTSD. Consequently, early interventions for trauma should target hyper-arousal by training survivors in methods of anxiety and stress management. It is plausible that reductions in hyper-arousal in the days and weeks after a trauma could accomplish a number of goals: 1) Effective arousal management can develop a sense of control over emotional experience at a time when there may be considerable emotional ups and downs; 2) Learning adaptive means to manage arousal serves to reduce the risk for maladaptive behaviours used to cope with negative affect (e.g., substance use); 3) Daily relaxation exercises promote self-care, which may restore a sense of safety and comfort often compromised by trauma; and 4) Reduced arousal in the aftermath of exposure to trauma would reduce the possibility of the negative responses becoming the learned response to critical incidents.

The CISM process provides a number of opportunities to train emergency services workers in stress management. Pre-incident education, defusings and debriefings all emphasise and either give examples of stress management, or help the participant develop a plan which includes stress management techniques.

## Loss

Research suggests that trauma necessarily involves a loss of “resources” and that these “losses” can occur on multiple levels such as family, organisation, and community. These “resources”, from an emergency services perspective, can include life situations (e.g., marriage or occupational relationships), or personal resources (e.g., self-esteem or perceptions of competency). It is not uncommon for emergency services to

have a feeling of loss after a critical incident, specifically a sense of loss of control and competency.

CISM processes attempt to restore these “losses” on a number of domains and through various strategies. Significant Other Supports, in which relationships and understanding between emergency service workers and their families and friends is focused on, can address some of the family “losses”. Additionally, research has indicated that CISD appears to improve adaptive coping (e.g., less use of alcohol) which, in turn, could reduce family issues and develop appropriate personal coping mechanisms.

CIS Debriefings and Defusings include stages that attempt to focus on re-establishing a sense of control and competency. When something goes “wrong” during a response the responders are encouraged to develop strategies to enable them to “not let this happen to them again”. This empowerment process can include things such as training, equipment, knowledge, skill development, and stress management.

Defusings and Debriefings can also provide accurate expectations and planning about returning to normal routines and the normalisation of reactions that could restore the sense of control and predictability disrupted by the trauma. The peer role is important in this process as the participants learn that others have had similar experiences as their own and have learned to regain this sense of control and competency.

At the organizational level research indicates that debriefings and other CISM responses make the workers feel supported and can be an important management tool to display concern. It is important for emergency services workers to perceive that their employers/managers are concerned about their well being. This strengthens the work relationships and provides additional social supports within the workplace.

## Early Identification

People who are traumatised typically respond with predictable and normal reactions. The vast majority of these individuals will adapt effectively within approximately three months (or less) of the incident. However, a small percentage may develop PTSD, which has been shown to be in many situations a potentially chronic condition. The CISM process of “Follow-Up” and “Referral” can potentially assist in the early identification of this subgroup. With assistance from the mental health team members (who are usually known to the emergency services worker through the CISM process) these individuals can be assisted in getting help in a timely fashion with a reduction in the stigma associated with “mental health” issues. This may, in return, reduce the burden and cost of PTSD.

## Conclusions

It would appear that CISM procedures, notwithstanding the current controversy regarding debriefings, do have a positive impact on emergency services workers who may be impacted by the nature of their work. CISM, if all the components are utilised in an appropriate manner, can have an impact on PTSD and other traumatic stress related situations. It is possible to mitigate, and perhaps prevent, the development of PTSD in emergency workers.

Manitoba has some of the best-developed trauma resources in North America. It is the only jurisdiction that has CISM and Community Trauma Teams that are centrally coordinated and are available throughout the Province. It is through cooperative sharing of resources that we will continue to reduce the impact of traumatic events on the population of Manitoba.

Note: For a list of the references in this article please contact Gord Favelle, Clinical Director, CISM Network at 945-2919 or [gfavelle@gov.mb.ca](mailto:gfavelle@gov.mb.ca).

*Contributed by Gord Favelle,  
Manager, CISM Network, OFC*

# CODES & STANDARDS

## **NEW TECHNOLOGY IN GAS WATER HEATERS CAN SAVE LIVES** *CPSC, GAMA Say New Heaters Will Prevent Fires from Flammable Vapors*

WASHINGTON, D.C. – Picture this: a plastic can filled with gasoline is innocently left on the garage floor, near a gas water heater. A 4-year-old boy playing in the garage tips over the can, spilling the gasoline and sending flammable vapors into the air. The vapors reach the water heater, sparking a flashback fire that takes the life of the young child. Tragically, similar real-life incidents involving gas water heaters take the lives of or severely injure children and adults across the country each year.

But a new, safer era in gas water heater technology begins in July, according to the U.S. Consumer Product Safety Commission and Gas Appliance Manufacturers Association, the national trade association of the manufacturers of water heating and space heating equipment and components. A voluntary standard developed by industry, in cooperation with the commission, calls for natural draft storage type gas water heaters manufactured after July 1, 2003, to be equipped with new safety technology. This technology, often referred to as a flame arrestor, prevents flashback fires by trapping and burning dangerous gas vapors inside of the heater, while preventing ignition of the vapors in the room.

Gas water heater ignition of flammable vapors is involved in nearly 800 residential fires, resulting in an average of five deaths and 130 injuries annually, according to commission estimates. The fires typically occur when consumers use flammable liquids, usually gasoline, for cleaning purposes, or when a flammable

liquid leaks or is spilled near the water heater. When the vapors come in contact with the appliance's burner or pilot light, the vapors ignite, causing a severe flashback fire.

"The new water heaters will save lives and property and reduce the number of terrible burn injuries that are caused by these fires," said CPSC Chairman Hal Stratton.

"The redesigned gas water heaters, which are already on the market, show that industry can solve difficult problems to build the safest products possible."

"The introduction of new residential gas storage water heaters that will meet the new safety standard is the culmination of an unprecedented effort by U.S. and Canadian water heater manufacturers," said Evan R.Gaddis, President of GAMA.

"This activity is a great example of the CPSC and manufacturers working in harmony, using the national voluntary standards system, to make a safe and efficient product even better. It was a great challenge to the industry to develop design solutions to this new safety requirement without compromising other efficiency or safety characteristics of gas storage water heaters. This is a testament to the commitment, ingenuity and quality of North American water heater manufacturers. The ultimate beneficiary will be U.S. consumers."

The new American National Standard Institute standard (ANSI Z21.10.1a) was approved in two parts: The first requirement, for flammable vapors-ignition-resistance, was approved in February 2000; and the second

requirement, for the heater to be resistant to lint, dust and oil accumulation, was approved in November 2002. The final standard, incorporating both parts, became effective on July 1, 2003. All 30, 40, and 50-gallon gas storage type water heaters manufactured after this date are expected to comply with the national safety standard.

Because millions of gas water heaters manufactured before the new standard took effect remain in homes across the country, Chairman Stratton warned that gasoline should never be stored or used indoors (in a basement or garage) where vapors can ignite. Gasoline should be stored in tightly-closed, properly-labeled, non-glass safety containers away from ignition sources and out of reach of children.

The water heater standard follows another commission-influenced voluntary industry standard that calls for child-resistant packaging for gasoline cans. In addition, "spill-proof" packaging being designed into many newer gas cans will also reduce the risk of ignition of gasoline fumes by water heaters.

The Province of Manitoba reports 18 incidents where gas water heaters ignited flammable vapors/liquids in the years 1998 through 2002 with an estimated \$1,607,626 in property loss and 9 injuries. There have been no fatalities reported in these types of incidents.

*News Release from CSA Group  
Contributed by Nancy Anderson,  
Manager, Fire & Building Standards*

## STAFF UPDATE

Welcome to Ken Kroeker. Ken joins the Emergency Services College as an Instructor for the Public Fire Paramedic Program. Ken comes to us with 17 1/2 years of experience with the Steinbach Fire Department, 12 of which he was Head Training Instructor.

Welcome to Murray Jackson. Murray will be working out of our Thompson Office as the Emergency Services Officer responsible for the Hudson Bay and Clearwater Training Districts. Murray has been a long time member of the Manitoba Fire Service, serving as Fire Chief of the Gypsumville Fire Department for many years. Murray comes to us from the Frontier School Division as a teacher and adult educator.

Welcome to Kathy Danino. Kathy is the Coordinator, Fire and Life Safety Education in the Brandon Office. Kathy is from Manitoba Advanced Education and Training where she was an Employment Services Consultant.

Welcome to Nancy Anderson. Nancy has joined our Office in a shared capacity as Codes and Standards Manager prior to Alex Campbell's retirement. Nancy comes to our branch from the Employment Standards Branch as the Client Services Manager. She holds a Degree in Law and is currently working on her Masters of Business Administration as well as has extensive experience in the department.

Congratulations to Pat MacIsaac. Pat has moved from being an Instructor for the Public Fire Paramedic Program to the Coordinator of Medical Programs for the Manitoba Emergency Services College.

Farewell to Marc Watt. Marc has accepted a position with Brandon Fire/Emergency Services. Good Luck Marc!

Farewell to Bill Mayuk. Bill Mayuk left to join the Assessment Branch with Intergovernmental Affairs. Good Luck Bill!

Congratulations to Rob Pike, Program Supervisor, PFPP and his wife Tammy on the birth of their daughter Ashlyn Nicole, August 25, 2003. Ashlyn is a sister for both Gregory and Derek.

Congratulations to Chris Jones, Deputy Fire Commissioner and his

wife Jackie on the birth of their son Caden Llewellyn. Caden is a brother to Morgan.

The Office would like to extend our deepest sympathies to Ron Bridges on the passing of his father Henry Bridges.



Congratulations to Fire Commissioner Douglas M. Popowich. Doug was presented the Fire Services Exemplary Service Award for 30 Years of Service at this year's Manitoba Emergency Services Conference's opening ceremonies. Mr. Popowich began his career in the Fire Service February of 1973 and since has been involved in all aspects of the Emergency Services. His roots are with the rural services and with that he has brought with him a sense of

the issues facing many of our rural and urban areas. Through his dedication, commitment and leadership Mr. Popowich continues to be a mentor to many people in the Emergency Services. Once again, congratulations Doug, we hope to see you serving this Province for many years to come.

### ***A Note from Alex & Marilyn***

We would like to thank everyone who attended and those who bought tickets but were unable to attend our retirement party on September 26. A sincere thank-you to the organizers. The golf was great, even if it was a little on the cold side! The golf memberships we received for the 2004 golf year in Killarney and Shilo will be put to good use.

Thank you to the Manitoba Emergency Services College Staff Fund for the Red Hat statutes - they have been placed in special places in our homes.

In our 38+ years of service with the Manitoba Government, we have made many friends and acquaintances in the areas of Emergency Services and Building Standards. Being proactive is so important to our clients and life safety is key to preventing tragedies before they happen. We will certainly miss the interaction with all the friends we have met over the years.

Marilyn is residing in Killarney and Alex, when officially retired December 31, will remain in Brandon.

Thanks again. Alex and Marilyn

*The OFC wishes the both of you a healthy and happy retirement!*



# RECALLS/ADVISORIES

**Great Outdoors Gas Grill (Life @ Home model) retrofit notice -**

CFM Keanall of Mississauga, Ontario is announcing a safety retrofit for its Great Outdoors Gas Grills (Life @ Home models only). In some instances, because of certain wind conditions, overheating or flashbacks can occur under the control panel of the grill, which may result in flames under the control panel. Flames could damage the hose that supplies gas to the burner. Fire could also come into contact with the user's hands. The affected grills have the words "Life @ Home" on the control panel. Only model number GL450SKP is included in this safety retrofit. The model number can be found on the CSA approval sticker on the back of the front panel. Grills with a florescent label on the carton, which states "Contains Safety Enhancement", are not included in this retrofit.

**Recall - Electrical Testers -** CSA International, in co-operation with Ideal Industries Inc. of Ajax, Ontario, is recalling approximately 122,000 voltage and voltage/continuity testers. The testers, may pose a burn hazard. Ideal has received reports of the solenoid coil shorting out at high voltages without warning and blowing the faceplate off the unit. There have been two reports of users suffering burns when these units have failed. Consumers should stop using the recalled testers immediately and contact Ideal to receive a replacement tester. Affected tester model numbers are as follows: 61-065 61-076; 61-066 61-079; 61-067 61-080

For more information, contact Ideal toll-free at 1- 877-557-8598. Consumers can also access Ideal's web site for more information at [www.idealindustries.com](http://www.idealindustries.com).

**Recall - Hamilton Beach/Protor Silex Slow cooker -**

Hamilton Beach/Proctor-Silex Canada is recalling some models of their slow cookers that were manufactured between January 1999 and December 2001. The plastic handles on the body of the slow cooker can break, posing a risk of burns from hot food spilling onto users.

The recall is only for models with series numbers begin with the letters A through D and only the model numbers listed:

- Hamilton Beach: 33575, 33675, 33690, 33850, 33860
- Proctor-Silex: 33320 and 33375

Call Hamilton Beach/Proctor-Silex 1-866-280-8016 to receive a replacement metal body with new handles.

**Recall - Central Sprinkler Company To Replace O-Ring Fire Sprinklers**

Central Sprinkler Company, an affiliate of Tyco Fire Products LP, are announcing a modification to the voluntary replacement program. The company is replacing 35 million Central fire sprinklers that have O-ring seals. The program also includes a limited number of O-ring models sold by Gem Sprinkler Company and Star Sprinkler, Inc. These sprinkler heads can corrode, and minerals, salts and other contaminants in water can affect the rubber O-ring seals. These factors could cause the sprinkler heads not to activate in a fire. Building and homeowners should check their fire sprinklers immediately to see if they are part of this voluntary replacement program. For more call the Notice Packet Request Line at 1-800-871-3492 or access the program's web site at [www.SprinklerReplacement.com](http://www.SprinklerReplacement.com).

**Recall expansion - IBM and LiteOn Technology computer monitor -**

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), IBM, of Armonk, N.Y., and LiteOn Technology, of Taipei, Taiwan, are expanding their recall for G51 and G51t computer monitors manufactured by LiteOn and sold by IBM. The expansion includes 63,000 additional G51 and G51t monitors. The monitor's circuit board can overheat, posing a fire hazard. Consumers should stop using these monitors immediately and contact the IBM Repair Center toll-free at (866) 644-3155. For more information, consumers can log on the company's website at <http://www.ibm.com/pc/g51recall>.

**Recall - Hayward Pool Products Inc. Pool Heater -** CSA

International, and Hayward Pool Products Inc. of Elizabeth, New Jersey, are recalling approximately 1,800 "ED2" natural draft gas-fired pool heaters. The heaters can fail to ignite, allowing gas to accumulate in the heater cover. Delayed ignition of the built-up gas can result in a fire or explosion.

Hayward Pool Products has received four reports of incidents. The recall includes all Hayward H-Series natural-draft pool heaters. Consumers are advised to shut off the pool heaters by switching "off" the corresponding circuit breaker, and to contact Hayward Pool Products toll-free in Canada at 1-800-363-3300. For more information, consumers can visit Hayward's web site at [www.haywardnet.com](http://www.haywardnet.com).

**Recall - Yardworks Cordless Rechargeable -**

Canadian Tire is recalling the Yardworks cordless rechargeable lawnmower due to a design defect. The lawnmower can overheat and catch fire under normal operation due to a flaw in the battery connector design.

The recall only applies to the cordless rechargeable mower sold since January 2002. The recall does not apply to rechargeable mowers purchased prior to January 2002 nor to any reel, gas-powered or electric Yardworks mowers.

The Yardworks cordless lawnmower can be identified as follows:

"24V" and the product number "60-1767" appear on the top of the unit;

"Yardworks" logo identification on the front of the mower cover.

Customers should stop using this product and return it to their nearest Canadian Tire store for a full refund.

**Recall - Norcold Gas/Electric Refrigerators -**

Due to a potential safety defect, Norcold has voluntarily recalled the gas/electric refrigerator models, built from January 1987 - May 1995. Call Norcold at 1-800-667-3005 for further details.

## HARLEY-DAVIDSON'S 100TH ANNIVERSARY

**M**uscular Dystrophy Canada (MDC) has enjoyed a close partnership with Deeley Harley-Davidson Canada (DHDC), the exclusive distributor and importer of H-D motorcycles in Canada since 1998. MDC benefits from the generosity and fundraising support of DHDC, H-D Dealerships and Harley Owners Groups (HOG) across Canada. As 2003 marked the 100th Anniversary of Harley-Davidson, DHDC created a special 100th Anniversary Fund, a tool to encourage dealers and HOG Chapters to use dealer-based special events as vehicles to publicize the 100th Anniversary and raise revenue for MDC.



August 27th, 2003 marked the 100th Anniversary of Harley-Davidson Motorcycles, which was celebrated by thousands of riders from all over the world in Milwaukee, WI. Saturday August 23rd celebration fundraising events were held in Winnipeg at LoneStar Harley-Davidson and The Empire Cabaret. Sunday August 24th saw a breakfast hosted by Harley-Davidson of Winnipeg followed by a parade of over 200 bikes to Morden. The parade was a fantastic success due to the participation of 7 Manitoba Fire Departments who lead the parade all the way to Morden. Thank you to Winnipeg Fire Paramedic Service, Sanford (RM of Macdonald) Fire Department, Sperling (RM of Morris) Fire Department, Carman-Dufferin Fire Department, Roland Fire Department, Winker Fire-Rescue and Morden Fire Department from MDC and all the participants for making this ride truly one-of-a-kind for Canada!

## Top Ten Lies Told by Paramedics

1. It's not my fault, he kept moving.
2. This might stick a little.
3. I did say clear first.
4. I know where I'm going.
5. It's OK, I'll cut along the seams.
6. The ambulance is clean.
7. It's the flu, not a hangover.
8. The gloves are for your protection.
9. The patient refused the treatment.
10. I am in it for the money.



## MANITOBA FIRE DEPARTMENT FUNDRAISERS FOR MDC

Birtle Fire Department – Canisters, Pancake Breakfast & Agriculture Fair

Killarney Fire Department – Boot Drive

Oakburn Fire Department Pancake Breakfast

Portage Fire Department Car Wash

Winkler-Fire Rescue Boot Drive

Morden Fire Department Boot Drive

Brandon Fire Department Boot Drive

CBB Winnipeg 17 Wing Fire Department Boot Drive

Winnipeg Fire Paramedic Service Boot Drive

CFB Shilo Emergency Services Boot Drive

Flin Flon Fire Department Boot Drive

MESC Students Car Wash

MESC Students Social

For more information on MDC or to submit event information, please contact Susan Rubin - District Coordinator at (204) 233-0022 ex. 11 or 1-800-565-1601 ex. 11, email; [srubin@mdac.ca](mailto:srubin@mdac.ca)

*Contributed by Susan Rubin, District Coordinator, Muscular Dystrophy Canada*

# WORD SEARCH

## FIRE SAFETY

S	P	A	C	E	H	E	A	T	E	R	K	R	A	D
M	I	C	H	W	I	N	D	O	W	Q	B	A	I	R
O	D	R	I	L	L	O	R	E	T	A	W	S	T	A
K	S	A	E	N	A	I	T	A	M	L	A	D	H	Z
E	U	W	F	N	E	T	G	F	Q	S	L	S	G	A
X	R	L	F	A	U	N	B	N	T	X	A	N	I	H
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G	E	E	R	S	R	R	A	P	L	E	H	X	A	O
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AIR  
ALARM  
ASHES  
BURN  
CARBON MONOXIDE  
CHIEF  
CRAWL  
DALMATIAN

DARK  
DETECTOR  
DISASTER  
DRILL  
EMERGENCY  
EXIT  
EXTINGUISH  
FIREMEN

FLASHLIGHT  
GAS  
HAZARD  
HELP  
IGNITE  
LADDER  
OXYGEN  
PREPARE

PREVENTION  
RESCUE  
SIREN  
SMOKE  
SMOLDER  
SPACE HEATER  
SPARK  
STAY LOW

STOP DROP ROLL  
SURVIVE  
WATER  
WINDOW

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The Office of the Fire Commissioner produces the *Burning Issues* newsletter. The *Burning Issues* are updates from the Office of the Fire Commissioner, news and views from the Manitoba Fire Service and information on public safety.

EDITOR: Lisa Morhun

Deadline for submissions for the Winter 2004 Edition of *Burning Issues* is **January 15th, 2004.**

Contributions, news items and suggestions are appreciated.

Please contact Lisa Morhun at (204) 945-5930, fax (204) 948-2089 or e-mail [lmorhun@gov.mb.ca](mailto:lmorhun@gov.mb.ca)