

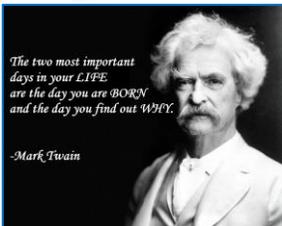


FIRE dispatch

Murrieta Fire Department, 41825 Juniper Street, Murrieta, CA 92562, www.MurrietaCA.gov, 951.304. (FIRE) 3473

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Hearst Castle: It looks like the accommodations at these wildland fires are improving! Ackerman, Cicconi, Brann, and Rexroad assigned to the Chimney Fire. More: [HERE](#)



The Riverside County Fire Chiefs Association has worked closely with My Safe: California to produce its first multi-agency public service announcement. This edition focuses on wildfire-urban interface. Link: [HERE](#)



Day #1 - Murrieta Fire Citizen's Fire Academy



Live Updates of California wildfires courtesy of L.A. Now Los Angeles Times - [HERE](#)

In the **QUEUE**

- Principles of Modern Fire Attack: Aug 25
- Free Webinar: [How Clean is Clean?](#) PPE. Aug 30
- HP Open Enrollment: Aug 24
- Council Goals: Aug 26



Career Development – Tip of the Day

Before a Difficult Conversation, Take the Other Person's Perspective

Harvard Business Review – Amy Gallo Aug 19 2016

When you need to talk through a difficult issue with a coworker, it's tempting to just get it over with. But don't start the conversation until you've taken the time to see the situation from their perspective. Try to get a sense of what your colleague might be thinking. They have a rationale for the way they've been behaving, so what might that reason be? Imagine you're in their shoes. Ask yourself questions like: What would I do if I were them? Also ask yourself what your colleague is trying to achieve. You'll need a sense of what their goal is if you want to help achieve it. Identify places where you two see eye to eye on the issues. This common ground will give you a foundation to problem solve jointly and will make the conversation go much more smoothly.

EXTRAS



Web: [Interactive Map](#)



TRAINING – *Captain Sean DeGrave*

I had the opportunity this past week to attend IAFC's Annual Conference and Expo., located in San Antonio, Texas. The week was filled with insightful and motivating classes. While there, I focused on attending sessions that would not only better myself, but would also benefit the department as a whole. One of those classes was titled, "Thrive! (Don't Just Survive); Managing Stress & Pressure So You Don't Burn Out."

The class was taught by Dr. Larry Iverson, Director for the Institute for Advancing Development. Dr. Iverson has been working with firefighters from around the world for nearly three decades. The key take away was to understand how injury and illness is related to stress.

Many of our work place injuries are due to the buildup of stress over a period of time. If we continue to ignore the impact, we can predict the likelihood of injuries, heart disease, cancers and many other problems associated with the body's inability to cope with stress over a long period of time. This will be a topic that I will cover over the next few weeks. Attached to this article you will find the link to the class presentation by Dr. Iverson

- *Captain DeGrave*

Article: [HERE](#)

Some Illnesses Considered to Have a Stress or Psychosomatic Component

- Cardiovascular
- Cancers
- Strokes
- Sexual Dysfunction
- Ulcers
- Colitis
- Allergies
- Hypertension
- High Blood Pressure
- Insomnia
- Many Headaches.

Negative Self-Talk Generates Stress & Pressure

Results of Negative Self-Talk:

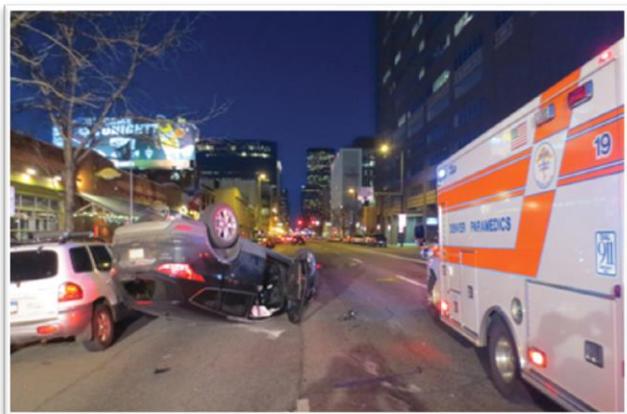
- Worry, Anxiety & Panic Disorders
- Anger, Cynicism, Criticism
- Communication Breakdowns
- Feeling Overwhelmed, Pressured
- Fear, Guilt & Depression
- Low Motivation, Lack of Production
- Clouded Thinking, Slower Learning
- Lowered Vitality, Physical Illness.

MFD EMS

EMS Coordinator – Jennifer Antonucci

Know When Uncooperative Patients Can Refuse Care and Transport

August 1, 2016 – by Christopher Colwell, MD



You're dispatched to a motor vehicle collision (MVC). On arrival you find a 58-year-old male who was the restrained driver of a vehicle that hit another at moderate speed, resulting in six inches of intrusion into the passenger side rear compartment.

An initial assessment is attempted but the patient is on his cellphone with his lawyer and refusing any evaluation or care. You detect the odor of alcohol on his breath, but don't note any slurred speech or ataxic gait.

Eventually, he allows you to get a set of vital signs while he's on the phone. His blood pressure is 132/90, heart rate is 138 and respiratory rate is 20 with a pulse oximetry of 98% on room air.

- [MORE](#)

Kudos go to Jeff Asbury, Todd Bradstreet, and Mike Macalinao for providing excellent patient care. Truck 1 responded to a medical call for an ill female; the patient went into cardiac arrest while on scene. Advanced life support was started with return of spontaneous circulation. The patient was alert and talking by the time they reached the hospital. The information provided by the crews allowed the hospital to quickly diagnose the patient with multiple pulmonary embolisms (blood clots in the lungs). The patient received a clot dissolving medication and is doing well at the hospital. Great medical care and communication with hospital staff for collaborative patient care.

- *Jenn*

Equipment & Facilities – BC Steve Kean

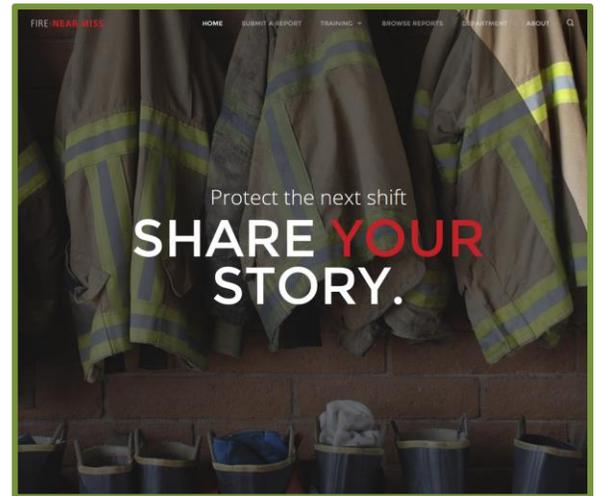
- Station-1: No activity
- Station-2: Paint and carpet being installed in Captain’s quarters
- Station-3: Fitness equipment being relocated to inside the station
- Station-4: No activity
- Station-5: No activity



SAFETY/HEALTH – Fire NEAR MISS Reporting

At this point, most of our firefighters have likely heard about Near Miss reporting. It is a system that started just over 11 years ago with an idea that sharing the accounts and lessons learned from real close calls may decrease the likelihood of them recurring within other jurisdictions. While the website certainly had its skeptics, the reporting has gone a long way toward enhancing the dialog relating to innovative safety solutions.

If it has been awhile since you have checked it out, the site may be worth a visit. It can provide interesting case studies for kitchen table training discussions. This week’s near miss report (August 17) features a report that focuses on how we can guard against complacency during every day medical calls. ([HERE](#))



PREVENTION – Fire Marshal Jason Briley

Week of August 15 - 18, 2016

Fire Submittal Fees Collected: \$4,195

Do you know what’s inside the two unmarked trailers at Fire Station 1? I do...awhile back Riverside County, Emergency Management Department received grant funding for Mass Care trailers to supply the southwest region of Riverside with pre-staged supplies for emergency incidents.

Murrieta was fortunate to receive two of these trailers to assist our community if needed with shelter supplies. Both trailers contain 100 cots and 200 blankets in secured moveable racks that could be used to set up a shelter facility. The photos show an inventory list and the supplies in racks ready to be allocated.



• Final Fire	00
• Miscellaneous	02
• Thrust Block	01
• Fire Alarm	01
• Fire Sprinkler	01
• Alarm Tie-in	00
• Fire Flush	00
• Functional Test	00
• B2 Inspection	00
• Overhead Hydro	00
• Rough	03
• New Sprinkler	01
• New Fire Alarm	01
• New Underground H2O	02
• New Building	00
• New Miscellaneous	01
• Resubmittals	07
• <u>Plan Checks</u>	<u>07</u>
• Total	55



Captain Bradstreet is ordained as a chaplain



J.J. Watt video goes viral – what it's like for an NFL all-star to workout in turnout gear - [HERE](#)



Kay tries to hold-off Lantzer while he reaches for her birthday cupcakes!



...you say I have to do what?



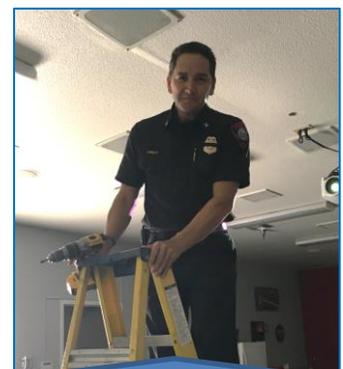
Day one of the Murrieta Fire Citizen's Academy is in the books!

SOLO VEHICLE ROLLOVER TRAFFIC COLLISION SENDS ONE TO HOSPITAL

On Tuesday, August 16, at approximately 6:52 a.m., two Murrieta Fire Department Engines and a Battalion Chief were dispatched to a reported traffic collision. The single vehicle rolled over as it left the I-215 freeway and came to rest on Antelope Road north of Baxter Road, in the City of Murrieta. Officers from the Temecula California Highway Patrol, Murrieta Police Department, and the Murrieta Fire Department Engines arrived and found one occupant trapped inside their vehicle. Murrieta Firefighters had to use forcible entry tools to extricate the driver from the wreckage. The driver sustained minor injuries and was transported via ground ambulance to Inland Valley Hospital.



...probably talking about pizza or the Cowboys.



CFA preparation



It is not that unusual to see Dr. Robert Steele (I-Care Urgent Care) roaming the halls of the administrative offices at Fire Station #1. He has been instrumental in advising a committee on how best to roll-out the department's We Care program. And, while alone this would deserve recognition, we would like to honor Dr. Steele today for his generous donation that supported the purchase of 100 t-shirts that fire employees are wearing this week to honor law enforcement around the country. He just happened to be in the room when the issue was discussed – without skipping a beat, the "Doc" offered to pick up the entire tab! Thank you for both your donation and your compassion.

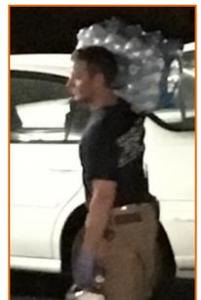
FIRE FLEET – Noah “The Mechanic” Praytor

- **T1** in service
- **T2** OOS for air cond. on Aug 29-30
- **E2** OOS on Aug 24 for maintenance
- **E3** OOS for foam gauge on 9-1
- **E4** OOS service on Aug 29- Sept 1
- **E5** in service

- **E21** OOS for window repair on Aug 26
- **B2** in service
- **B3** in service
- **B5** OOS for PM on Aug 23- Sept 6
- **OES** in service Chimney Fire
- **R5** in service

August 17

Chief, I just wanted to recognize my crew, Engineer Chanley and Firefighter Anderson, for going above and beyond for one of our customers. We had a call for an elderly lady with diabetic complications. Everything was checking out on scene, however, it was reported to us she had passed out in her car prior to our arrival. FF Anderson and Eng. Chanley did not feel comfortable letting her drive away so they offered to drive her home in her vehicle. Once at her residence, they assisted in taking her groceries inside. This is just another great showing from MFD. Attached are some photos. – Captain Bentley



A little grainy, but this is either Big Foot or Anderson carrying a load of water...

August 15 – 22, 2016

by **THE NUMBERS** – Rob Godinho

OPERATIONS

- 56 EMS
- 04 Fires
- 08 Motor Vehicle Accidents
- 06 Hazardous-No Fire
- 15 Public Assistance
- 05 Beeping Smoke Detectors
- 09 Police Assist
- 30 Cancelled Calls
- 07 False Alarms
- 06 Miscellaneous
- 146 Total Calls



EMS CALLS ONLY

- Call Processing Time (Secs): 32
- Turnout Time (Mins): 1:24
- Travel Time (Mins): 4:10
- Total Time to Arrival (Mins): **6:06**

FIRE CALLS ONLY

- Call Processing Time (Secs) 1:13
- Turnout Time (Mins): 1:55
- Travel Time (Mins): 4:27
- Total Time to Arrival (Mins) **7:35**