

BAINBRIDGE ISLAND FIRE DEPARTMENT

BOARD OF COMMISSIONERS

Meeting Minutes

July 17, 2019

Chair Fritz von Ibsch called the meeting to order at 6:30 PM. Present were Commissioners Tim Carey and Scott Isenman; Fire Chief Hank Teran; Battalion Chief Chris Schmit; Volunteer Program Coordinator Jay Rosenberg; Finance Manager Ed Kaufman; and other Department members. Commissioners Gina Batali and YongSuk Cho were excused.

AGENDA ADDITIONS & DELETIONS

None

FIRE CHIEF'S REPORT

- Strategic Plan/Officer Development: Chief Teran briefed the Board on an officer development program, agreed to by the Local, that will allow Battalion Chiefs to learn the duties and responsibilities of the Deputy Chief position in the Deputy Chief's absence. The first use of this "shadow" position is with BC Schmit fulfilling some of the duties of the Deputy Chief at this Board meeting.
- Fire station construction update: Chief Teran provided an update on the station construction project including the following:
 - Station 21: Warranty list items continue to be addressed by FORMA.
 - Station 22: Work to re-finish the station floors will commence on July 22nd. The Build Team hopes to inspect the floors during the week of July 29th.
- Closest Unit update: DC Moravec anticipates implementing closest unit in early August after the opening of Station 22.
- July 4th briefing: BC Schmit provided a recap of Department response activities on July 4th. There were no calls related to the parade activities or fireworks over the 24 hour period.
- Rotary Auction briefing: BC Schmit also provided a recap of Department responses during the Rotary Auction on July 6th. There were no response calls related to the auction activity.
- Paramedic Graduation: Chief Teran noted the upcoming graduation ceremony for the Paramedic Training Program Class 45 which includes FF/EMT Jeff Milsten. The graduation will be held at 11:30 on July 27th at the University of Washington.
- Community Wildfire Presentation: Chief Teran briefed the Board on a community wildfire presentation by DC Moravec on July 1st. 33 members of the public attended the presentation as well as Commissioner Batali. Another public presentation was scheduled at the Library for July 17.
- Health & Wellness Program: LT Kyle Moerke presented an overview of the Department's Health & Wellness Program. Please see the attached presentation slides.
- P&P #386: Rapid Damage Assessment: BC Schmit provided an overview of the Department's new P&P #386: Rapid Damage Assessment. This is an operational policy that provides direction in the event of a large scale event such as a wind storm or earthquake.

Emerging Issues

- Police/Fire boat: BC Schmit provided an update on the status of the upgrade of the BIPD boat to be equipped with a pump for fire suppression use. BIPD is still waiting for delivery of the pump, which is expected to cost the Department approximately \$15,000.
- Fireworks update: COBI is considering a ban on fireworks as part of the 2020 Fire Code adoption. Chief Teran has been asked to address the City Council in September. The Board indicated its support for a fireworks ban.
- Volunteer Candidate Program: Chief Teran briefed the Board on recent efforts to improve recruitment for the Volunteer Candidate Program. Revamped advertising has resulted in an increase in the number of Volunteer Candidate applicants with the goal of having 12 Candidates filling 24 hour shifts.

GOOD OF THE ORDER

Commissioner Isenman noted the upcoming Kitsap County Fire Commissioners Association picnic on July 20th.

CITIZEN COMMENTS OR DISCUSSION

None

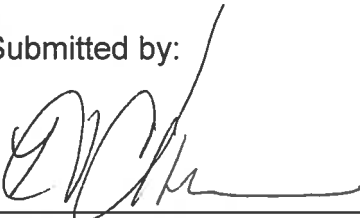
CONSENT AGENDA

(Vouchers totaling \$1,085,775.81, June Payroll, Meeting Minutes 6/19/2019.)
Commissioner Carey moved to approve the Consent Agenda as presented.
Commissioner Isenman seconded the motion and the motion passed unanimously.

ADJOURNMENT

The meeting was adjourned at 8:20 PM.

Submitted by:



Henry A. Teran, Board Secretary

Approved

August 7, 2019



Health & Wellness: 10 year Program Overview

LEUTENANT KYLE MOERKE, PROGRAM COORDINATOR

Brief History

- ▶ Health and Wellness Committee founded in 2009
- ▶ Guiding Principles
 - ▶ Department dedicated to the health and wellness of its members
 - ▶ Fire Service Joint Labor Management Wellness Fitness Initiative
 - ▶ NFPA 1687 – Standard for comprehensive occupational medical programs for fire departments
 - ▶ NFPA 1688 – standard on health and fitness programs for fire department members
- ▶ Begin building a culture of health (including increased access to equipment, daily PT, health focused drills, etc.)
- ▶ Peer Fitness Trainers
- ▶ Labor and Management discussions and P&P creation

10 Year Accomplishments

- ▶ 7 Approved Policies and Procedures
 - ▶ 280 Fitness For Duty
 - ▶ 340 Health and Wellness Program
 - ▶ 441 Personal Protective
 - ▶ 442 Incentives
 - ▶ 444 Hearing Conservation Program
 - ▶ 480 Evacuation Routes and Safety
 - ▶ 442 Peer Fitness Training Program
 - ▶ 430 Critical Incident Stress Management
- ▶ 4 years of annual blood chitow chitlo
- ▶ 3 fully functional station gyms
- ▶ Increased focus on:
 - ▶ Mental Health
 - ▶ Cancer prevention
- ▶ 1 to 2 health and wellness focused socials/dinners per year
- ▶ Implementation of Sound Decision system
- ▶ Increased participation in the annual firefighter strength test, approx. \$11,000 raised the last two years

Other Areas of Success and Trial

- ▶ Healthy Diet meals
- ▶ Guest Speakers
 - ▶ Nutritionist
 - ▶ Physical Therapist
 - ▶ Naturopath
- ▶ Summer Challenges
 - ▶ 2012 through 2015
- ▶ Fully Involved New Letter
- ▶ Nutrition Program
 - ▶ Lose It App
- ▶ Community Outreach
 - ▶ Parked at West Park
 - ▶ Arms Around Brattleboro



Annual Health Screening



- Occurring between the end of March to Early April
- Individualized schedules for each shift
- Beginning at 0700 six volunteers to be tasked
- Make up duties on own time if needed
- Blood draw
- Urinalysis
- Fasting blood test
- TB test
- Audiologic test
- Rest history questionnaire
- Immunizations (pertussis/tetanus)
- HON 1 follow up with Dr. Seppa

POTENTRX Physicals



- Health metrics: BMI, Body Fat %, BP, Cholesterol (HDL/LDL), Fasting Glucose
- Fitness metrics: VO2 max, Anaerobic Threshold, Anaerobic Threshold, Aerobic Acid Production, Grip strength
- The scoring for total health is in 20th of a firefighters' 114 (on duty status)
 - At risk 42.5% and below
 - Maximum 40.5% - 90%
 - Low risk 85% and above
- The last 5 years data shows a trend that if you corner as an unit or moderate level of experiencing a potential "event" (injury or health related issue)
- A 5 year plan was initiated to decrease focus towards healthy habits, increase physical assessment, increase motivation towards on duty activities, etc.
- The second 15 year data point will be available in late 2020

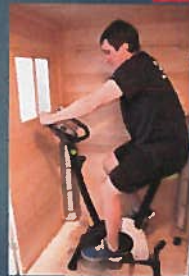
Cancer Prevention

- Cancer is the most dangerous threat to firefighter health and safety today
- Cancer caused 51 percent of the cancer deaths that firefighter die today (based from the International Association of Firefighters (IAFF) report cancer caused 18 percent of cancer (10,000) in the same period firefighter in 2015)
- Cancer caused 10 percent of the firefighter deaths for career firefighters in 2015
- **What are we doing to prevent this?**
 - Supportive health and wellness program
 - Annual health screening
 - Increase vehicle air filter service on the scene
 - Clean air - Warm water outlet, an engine
 - Clean hands - Clean clothes, all bags
 - Reduce exposure to silica if respirator PPD
 - Increase emphasis on secondary (person and the incident)
 - Warm Gear - Decontaminate



Sauna Ray Decon System

- Decon Systems could also provide infrared heat with their control to cook on at moderate (about 10-15 minutes) for the second chamber has been shown to eliminate and make up again, the morning after
- Sauna ray is an advanced heat treating system capable below zero body temperature 75-100F (25-100C). This means deconulated items could be enter the blood stream and instead be excreted in the sweat
- Infrared heat treating is used as a pre-treatment method for elimination of many toxic elements from the human body. (see: 10, 100, 200, 300, 400, 500, 600, 700, 800, 900, 1000, 1100, 1200, 1300, 1400, 1500, 1600, 1700, 1800, 1900, 2000, 2100, 2200, 2300, 2400, 2500, 2600, 2700, 2800, 2900, 3000, 3100, 3200, 3300, 3400, 3500, 3600, 3700, 3800, 3900, 4000, 4100, 4200, 4300, 4400, 4500, 4600, 4700, 4800, 4900, 5000, 5100, 5200, 5300, 5400, 5500, 5600, 5700, 5800, 5900, 6000, 6100, 6200, 6300, 6400, 6500, 6600, 6700, 6800, 6900, 7000, 7100, 7200, 7300, 7400, 7500, 7600, 7700, 7800, 7900, 8000, 8100, 8200, 8300, 8400, 8500, 8600, 8700, 8800, 8900, 9000, 9100, 9200, 9300, 9400, 9500, 9600, 9700, 9800, 9900, 10000)
- A newer version found that sauna bathing is associated with a reduction in the risk of vascular diseases, such as high blood pressure and cardiovascular disease, rheumatoid arthritis, neurological conditions, such as coronary disease, chronic health disorders, and mortality. Furthermore, sauna bathing is associated with a reduction in the risk of type 2 diabetes, chronic kidney disease, and falls. The mechanism may involve heat exposure causing vasodilation, which in turn helps health-related quality of life. (see: <https://pubmed.ncbi.nlm.nih.gov/31111111/>)



Mental Health



2017 - More firefighters died by suicide than in the line of duty
 100 firefighters - suicides 93 - line of duty

Firefighters' Beliefs about Health Assistance (FBHA) indicates only 42% of firefighters believe their doctors reported 2 times as many days off due to stress. The number of 2017 fatalities would be approximately equal to 257, which is more than twice the number of firefighters who died in the line of duty.

What are we doing to address this?
 Increased number of members on the CBA (including outreach to county fairs)
 Formation of the Peer Support Group
 Succession planning for Dr. Lee
 Increased attention to mental health training topics (stress management, sleep, resiliability, wellness)

Physical Fitness



- 3 fully functional shift systems
 - Strength
 - Aerobic
 - Mobility
- Developed a set of PF tests
- Conducting fitness field tests
- Members participating in CrossFit game day activities, Interval Run & Pushups, SIT, Tough Mudder, Seaside State Climb, Firefighter Core 1000, obstacle course, and health screenings. Mountain biking, Fireball triathlons, Jujitsu

Where do we go from here?

- Get better to support and encourage the program
- Track by example - Participate
- Evaluate
- Educate
- Maintain and build equipment and facilities



THANK YOU