



Meeting Report Date:

March 2008



# NW Fire Service Wellness Coordinators' Meeting Notes

Meetings are held twice a year.

March — Second Friday of the month — in Washington

September — Third Friday of the month — in Oregon

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## March 2008

Host: Ed Plumlee & Ed Rickert - South King County, WA

### Present:

Seattle, WA	Kim Favorite	206-386-1777
Snohomish County 1	Kevin Fetter	253-468-3059
Portland, OR	Janet Woodside	503-823-3879
Tualatin Valley, OR	Mike Severson	503-625-8190
Clackamas County, OR	Heather Goodrich	503-742-2686
Redmond, WA	Melissa Irish	206-372-2125
Central Pierce, WA	Duane Inglin	253-538-6400 or 6530
S. King County, WA	Ed Plumlee	206-5108872
S. King County, WA	Ed Rickert	253-476-0064
Port of Seattle	Laura Smith	206-679-0776
Kirkland, WA	Troy McKinney	206-999-8411
Renton, WA	Rick Laycock	206-948-7426
Gig Harbor, WA	Bren Corcoran	253-232-4394
Woodinville, WA	Rob Robertson	425-283-2886

### Also Present:

Candy Young	Snohomish County 1	Chuck Gnegy	Gig Harbor
Brenda Fromhold	S. King County	Dan Rice	S. King County
Nick Spaeder	S. King County	Jeanine Russell	Redmond
David Kryger	Kirkland	Peder Davis	Woodinville

### Absent:

Marty Hauer (Kent)	Dave Little (Sea/Tac)	Jason Franklin (Boring OR)
Doug Bahr (Woodinville)	Rick Ashleman (Shoreline)	Michelle Pidduck (Shoreline)
Tiffanie Andrews-Rest (Gresham, OR)	Dave Larberg (Auburn)	Ron Wick (Bothell)

### Special points of interest:

Kim provided an update on the what happened at the IAFF/IAFC Task Force Meeting held in Miami this last February.

Third edition of the WFI manual should be available sometime in April.

For more information please contact her at (206) 386-1777.

## MEETING NOTES

Taken By: Candy Young — Snohomish County 1

### New Business:

#### ROUNDTABLE TOPICS:

##### **Pre-employment process:**

Mike from Tualatin Valley, OR shared his process: After a recruit passes the CPAT, they get the job offer, they meet with Mike for a full fitness evaluation (as well as the other medical team for other medical testing/physicals), he gives them items they need to work on before recruit school, then they have 6-8 weeks before recruit school begins. Mike's process has been successful in reducing injuries.

Snohomish County 1 (Kevin Fetter) has a few guys going through the "health care assistant" certification through the state so they can give flu shots, TB tests, blood draws, etc. They are an agent of their medical provider and the medical provider gives them authorization to do the injections, or blood draws.

Kim Favorite discussed a State grant, SHIP, that takes proposals every 6 months. The instruction are on the CD Kim passed out at the meeting. If you did not receive a CD and want more information, please contact Kim. She did point out one problem with state grants. If the state funds the grant, they own the product or program.

##### **NW Regional Wellness Coordinator's Website and Organization:**

- o The idea of putting together a website for all regional wellness coordinator's was discussed. This website could have calendars, message boards, current topics, blogs
- o In order to do this, funding would be necessary. A professional organization may need to be developed and membership dues be put in place.
- o Kevin will check with the man that developed their union website and will also

look into the costs

- o Rick will look into WA State Council of FF site

Kevin Fetter discussed his work with the UW, who will be conducting a study on the "sanitation" of the medical units. They are checking to see where the "bugs" come from. Kevin will email results once the study is complete.

##### **Rehab:**

- o Discussion on different departments/districts policies for post incident rehab went around the table. Some ideas were shared: usage of pop-up tent, shade, moving crew away from the truck's exhaust, re-hydration, etc.
- o Other guidelines for cooling core temperature are to hold ice cold water on the palm of the hand and NOT drinking ice cold water (this can send the body into shock).
- o Woodinville discussed their rehab truck and its contents: high quality sports drinks, protein shakes, smoothies. This truck responds as needed, which is about 50% of the time.



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### Incentive Programs:

S. King described a fitness incentive program they began last November. The program was called, "I ran around the district". They plotted out the mileage from station to station, which came to 30 miles. This program took place on the treadmill. Each participant had to complete 30 miles on a treadmill in 30 days. They had to get a PFT to sign off on each treadmill session and at the end of the program if they were successful, they received a T-shirt. If you are interested in this program or other fitness incentive programs, please contact Ed Rickert.

### Injury Prevention:

S. King: They are finding that their FF's are in better cardiovascular health, but they are still getting injured. People are focusing on cardio and not muscle conditioning and muscle balance.

Central Pierce (Duane) said they find many of their



back injuries happen after they were on duty lifting people. They are writing a policy regarding how many people should be involved in a lift depending on the weight of the person they are lifting.

Gig Harbor (Chuck) said that they do all 4 person lifts, regardless of the person's weight. They do this to cut down on back injuries and for safety in general.

### IAFF/IAFC Projects Up-Date



#### CHANGES TO THE WFI,

Discussion led by Kim Favorite:

#### Fitness Assessments:

- They did not delete the leg dynamometer, but added an optional jump test to take its place. They kept the leg dynamometer because they didn't want to make too many changes and also because so many districts/departments purchased the equipment for this test and they wanted to give everyone the option to use this test or substitute it with the jump test.
- They took out the sit-up test and added a timed plank test.
- For the push-up test, they added the use of grip equipment
- The treadmill test is no longer called the "Gerkin" it will now be called WFI Treadmill and a WFI Step-Mill test has also been added. The procedures will remain the same, but the calculations to arrive at VO2 max are different.

**NOTE:** *Even if the WFI is adopted by your department/district, the protocols are only guidelines and suggestions, they are not absolute.*

#### Medical:

- The old medical guidelines included 189 data points, the new has only 82 data points.
- There is an online health history questionnaire and any department can use it
- There will not be a data dictionary
- The medical tests will be recommended, and the doctor will be able to decide which ones are necessary to do.
- Instead of the words "fit for duty" Kim F. uses the words, "100% Job Performance Ready"

#### Rehab:

- They are changing this section to deal with full body rehab, not specific injuries.

#### Behavioral:

- After 911, the behavioral component changed, and after Katrina, they found the need to change it even more. They are still working on this component, so no new information has been released.

**Newly Added Sections:**

- Implementation Section:

This section gives templates that you can customize with your department/districts logo and use as you see fit. Some of the documents include budgeting, grants, etc.

- Cost Justification Section:

This chapter shows actual data

**IAFF NEW GOAL:** To be the first union to become smoke free.

Novartis is a drug company that will come and do a full cardiac program, if interested in more information contact Kim Favorite.

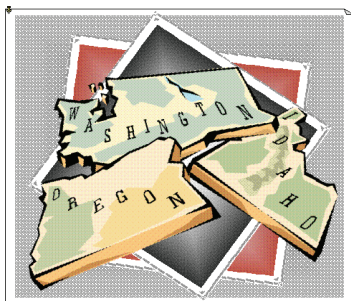
Mike (Tualatin Valley, OR) asked Kim: Is IAFF any closer to putting out a fire fighter database?

Kim responded – they are not ready yet to put a database out. They want info to be accurate and reliable instead of just putting out numbers to be reviewed. There are many variables they are looking at. There are a lot of false positives, etc. There is a questionnaire that may be used (online) but the data is not being accumulated aggregately.

**CPAT:**

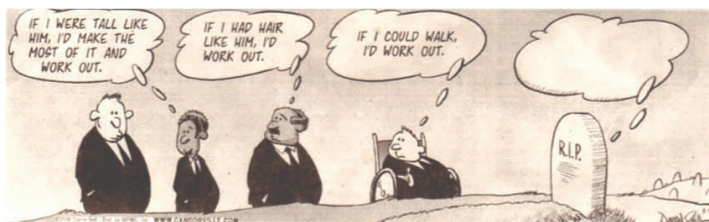
- CPAT info is now on CD, and you will have to submit date to IAFF
- Non-union shops administer CPAT and make money off this service. The IAFF is looking into charging these outside companies a fee to administer the CPAT. The fee will go into more research and development.

**PFT Certification and Alt certifications:**



- The certification is through the IAFF, not ACE. ACE is the certifying agency, but all material in the certification and manual are fire service specific. Questions on the certification exam can ONLY come from the PFT manual and information in the WFI.
- The new manual will be available on DVD.
- In order to be called a PFT, you have to go specifically through the PFT certification course and exam.
- The new PFT manual and program will be fluid, always changing with the times, so with the manual being on DVD, it will be much easier to update and send to PFTs.
- When other programs are added, like kettle bells or crossfit, everyone must be trained on the proper usage of the equipment and program before allowing these programs in the department/district.
- Home equipment should not be allowed in the gyms unless they have gone through the safety committee. And if home equipment is deemed safe and allowed in, all personnel must be properly trained on its use.

**NOTE: S. King is hosting a PFT certification workshop. If anyone is interested in some of the spots, contact Ed Rickert.**



**NEXT MEETINGS**

**September 19, 2008 Portland TRN Center**

4800 NE 122nd. Portland—Janet Woodside Office #503-823-3879

**March 13, 2009 Woodinville, WA**

*(Headquarters, Station 31)*