

Fully involved

VOLUME XXXIII

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Engineer
Randy Wells

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Pre-Plan Station 13

Pre-plan for Station 13 (donut shop) located at 1325 E Main in Lehi.

This building is a two story commercial building which was converted into a donut shop after being used as a car wash. For purposes of pre-planning, the A side of the building is the address side, which faces Main Street. It is constructed of cinderblock walls - outside and inside walls - with wood trusses (ordinary construction). The roof is a flat, metal roof with a rubber membrane cover, and a layer of Styrofoam on plywood. The floor is made of concrete and there is not a basement.



The electrical shut off is located on the B/C corner and the gas shut off is located on the C/D corner. The best fire hydrant access is at 1300 E State (behind the building, next to the UTA bus stop), with a secondary hydrant located across Main Street, in front of Texas Roadhouse.

The hours of operation are Mon-Thurs from 6:00 AM to 9:00 PM and Fri & Sat from 6:00 AM to 10:00 PM. There are usually three employees in the building during work hours.

This building does not have a Knox Box. It does not have a sprinkler system. No FDC, stand-pipe, riser or alarm panel. It has surveillance cameras and is equipped with at Pyro Chem extinguishment system in the kitchen/range area.

Please take note of some potential problems with this location. The parking lot is rather small and this business is flanked by two busy highways – Main Street and State Street. There are two exposures to consider when responding to a call at this location – Checker Flag buildings on the B and D sides. If the decision is made to take the hydrant in front of Texas Roadhouse, Main Street would need to be closed.





Firefighter Shad Hatfield

Pack Test Training

With the wildfire season right around the corner it's time to start thinking about the pack test. The pack test consists of a 3 mile walk with a 45 pound weighted vest in 45 minutes or a 1.5 mile run in under 11:40. Hopefully you haven't become sedentary during these winter months and haven't let the holiday season get the best of you. We should all be maintaining our physical fitness levels; however, just in case you have slipped a little bit here is the training program from the National Wildfire Coordination Group (NWCG) which is specifically designed to prepare you for the pack test. Remember to consult with your physician before starting a training program. Just thought I'd throw that in there. For more information visit <http://www.nwcg.gov/> Begin your training program where you feel comfortable, you most likely will not need to start at week one of the Red Walking Program.

Red Walking Program

Week Activity (Four times a week)

1 Walk briskly for 10 minutes, or less if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Walk briskly for another 10 minutes, or until you become uncomfortably tired.

2 Walk briskly for 15 minutes, or less if you become uncomfortably tired. Walk slowly or rest for 3 minutes.

3 Jog for 10 seconds (25 yards). Walk for 1 minute (100 yards). Do this 12 times.

4 Jog 20 seconds (50 yards). Walk for 1 minute (100 yards). Repeat 12 times.

When you've completed week 4 of the Red Walking Program, begin week 1 of the White Walk-Jog Program.

White Walk-Jog Program

Week Activity (Every other day at first)

1 Walk at brisk pace for 5 minutes, or less if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Walk briskly for another 5 minutes or until you become uncomfortably tired.

2 Same as week 1, but increase the pace as soon as you can walk 5 minutes without soreness or fatigue.

3 Walk briskly for another 8 minutes, or less if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Walk briskly for another 8 minutes, or until you become uncomfortably tired.

4 Same as week 3, but increase the pace as soon as you can walk 8 minutes without soreness or fatigue.

When you've completed week 4 of the White Walk-Jog Program, begin week 1 of the Blue Jogging Program.

Blue Jogging Program

Week Activity (Five times a week)

1 Jog for 40 seconds (100 yards). Walk for 1 minute (100 yards). Repeat nine times.

2 Jog for 1 minute (150 yards). Walk for 1 minute (100 yards). Repeat eight times.

3 Jog for 2 minutes (300 yards). Walk for 1 minute (100 yards). Repeat six times.

4 Jog for 4 minutes (600 yards). Walk for 1 minute (100 yards). Repeat four times.

5 Jog for 6 minutes (900 yards). Walk for 1 minute (100 yards). Repeat three times.

6 Jog for 8 minutes (1,200 yards). Walk for 1 minute (100 yards). Repeat.

7 Jog for 10 minutes (1,500 yards). Walk for 1 minute (100 yards). Repeat two times.

8 Jog for 12 minutes (1 mile or 1,760 yards). Walk for 1 minute (100 yards). Repeat.

Preparing for the Pack Test

If you have completed the Blue Jogging Program, you are well qualified to prepare for the arduous Pack Test (a 3 mile hike in 45 minutes carrying a 45-pound pack). If you have not been physically active, start with the Red, White, or Blue Programs. To prepare for the Pack Test, you should complete the Blue Jogging Program, which requires a similar level of aerobic fitness as the Pack Test, and prepares you for the specific training needed to complete the Pack Test. Expect to take 2 to 4 weeks to prepare after completing the Blue Jogging Program. You will need to find a measured 3-mile trail. Mile markers on a road will work if the road has a wide shoulder. A track at a local school or park also works well. Briskly hike a 3-mile flat course without a pack. Do this every other day until you can hike the course in less than 45 minutes. On the days between hikes, continue the walk and jog workouts in the Blue Jogging Program. Wear a pack weighing about 20 to 25 pounds during your training hikes. Continue hiking on alternate days until you can complete the 3-mile course with the light pack in less than 45 minutes. On alternate days begin hiking in hills, or enjoy other physical activities. Gradually increase the weight in the pack, adding 3 to 5 pounds each hike. Maintaining the 45-minute pace for 3 miles will get you to your target within five to seven sessions (1½ to 2 weeks). On the days between training hikes, take longer hikes in hills (wearing your pack) to build leg strength and endurance.

Reference: National Wildfire Coordination Group – Fitness and Work Capacity 2009 edition

<http://www.nwcg.gov/pms/pubs/pms304-2.pdf>

“You have to do more than you are currently doing to get a training response.”
Steve Gaskill

Call Totals for the Month of January...

Station 81	● ●	Station 82
Fire: 99		Fire: 44
Medical: 39		Medical: 52
Total: 138		Total: 96

FEATURED CALL - Costco Fire

At 2144 on Tuesday January 1, 2013 Engine 81 and Ambulance 81 were dispatched to a water flow alarm at 198 North 1200 East at Costco. We arrived on scene at 2150 and ambulance 81 was given the assignment of conducting a 360 on the structure. Ambulance 81 reported back to command that the water gong was going off and they reported to the command post on the 'A' side of the structure. They were assigned with FF T.W. Robinson to conduct an investigation on the interior of the structure. When entry was made they noted light gray smoke, completely banked down to the floor. They relayed this to command and he asked for a full assignment from Valley Dispatch. Tower 82, Ambulance 82, Battalion 81 and Engine 51 were dispatched in the first alarm. The assignment was given to FF's Hover, Day and Robinson to continue the interior investigation and locate and confine the fire. With a thermal imaging camera they located the seat of the fire and found that the fire had been controlled by the automatic sprinkling system. Engine 81 secured a water supply and supplied the Fire Department Connection (FDC). Engine 51 was assigned to a primary search of the structure. They completed this task and met up with FF's Hover, Day and Robinson near the seat of the fire. Tower 82/ Ambulance 82 was given the assignment of ventilating the structure. All horizontal man doors and overhead doors were opened. Three positive pressure fans were placed on the 'A' side of the structure with all of the horizontal openings serving as the exhausts. Multiple vertical smoke vents were later manually opened. Provo FD's Mobile Ventilation Unit was later dispatched to help with the ventilation process.

The fire was contained to the area of origin, but the smoke caused extensive damage. Property loss was \$20,760 and contents loss ended up at \$2,000,000.00. This does not take into account the cost of the extensive cleanup or lost revenue.

Units dispatched were:

- Engine 81
- Ambulance 81
- Battalion 81
- Tower 82
- Ambulance 82
- Engine 51
- Provo Mobile Ventilation Unit "MVU" 25



Captain Jake Beck



Captain Ernie Curwen



Academic Accomplishments and Fire Certifications in the year 2012

Lehi Firefighters work hard each and every year to ensure the citizens and those who may be passing through are in good hands when an emergency occurs. The fire service is dynamic and ever changing with new technologies and tactics arriving almost on a daily basis. You never know what the next call is going to be; you must prepare and be on the top of your game for whatever emergency may arise. When someone calls 911 they expect you to arrive quickly and know exactly what to do to save their life, put out their fire, or rescue them from harm.

As 2012 has come to a close we would like to recognize the accomplishments of our firefighters and will do so each year from here on out!! The certifications earned from the Utah Fire and Rescue Academy (UFRA) and other trainings mentioned only begin to scratch the surface of the training that takes place during the course of a year. Many hours are spent by employees volunteering to go to trainings on their own time and at their own expense to gain valuable knowledge and certifications. That's the dedication of Lehi Fire Department Employees!!

2012 Fire Certifications

- Firefighter I - 2 Certifications
- Firefighter II - 2 Certifications
- Hazmat Operations - 2 Certifications
- Hazmat Awareness - 2 Certifications
- Wildland Firefighter I - 31 Certifications
- Hazmat Technician - 9 Certifications
- Wildland Firefighter II - 2 Certifications
- Apparatus Driver/Operator Pump - 2 Certifications
- Rope Rescue - 1 Certifications
- Officer I - 2 Certifications

Totaling 57 Fire Certifications

2012 Academic Accomplishments

Bachelors of Public Emergency Services Management

- Brett Fraser (Utah Valley University)
- Bryce Pace (Utah Valley University)
- Lincoln Paxman (Utah Valley University)
- Justin Whatcott (Utah Valley University)
- Bryce Longaker (Utah Valley University)

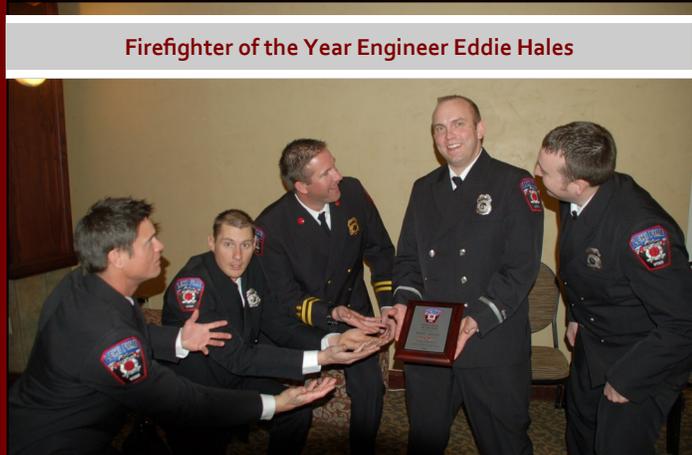
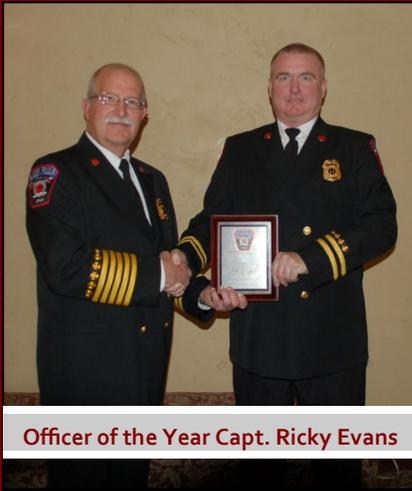
Associates of Applied Science Emergency Services

- Shad Hatfield (Utah Valley University)

2012 Other Training Accomplishments

- L-280 "Followership to Leadership" - 5 Certificates
- I-200 "Wildland Course" - 8 Certificates
- Hazmat Chemistry - 2 Certificates
- PALS (Pediatric Advanced Life Support) - 33 Certifications
- Trench Shoring Services - 11 Certificates
- ICS / NIMS - 54 Certificates
- Investigation/Post - 1 Certification
- Paramedic - 3 Certifications
- Advanced EMT - 3 Certifications
- FDIC - 6 Attended
- Firetown Truck Academy - 3 Attended
- Winter Fire School - 8 Attended
- National Fire Academy - 1 Attended

Lehi Fire Departments 1st Annual Awards Banquet



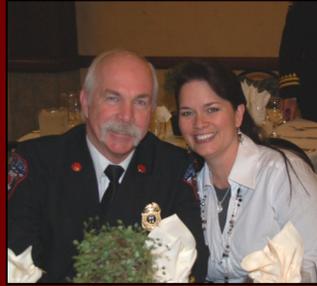
Retiree's Left: Mark Loveridge Right: Ron Berendson
(Not Pictured: Bret Hutchings)



Derek Todd



Chief Ekins



FEBRUARY BIRTHDAYS

- Dale Ekins 2/01
- Robb Rowley 2/18
- Jake Dennison 2/06
- Jeff Swenson 2/22
- Patrick Cullen 2/08
- Stephen Johnson 2/28

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	1 Ice Rescue Training Defensive Driving & Harassment	2 Bountiful Baskets Food Co-op - station 82 Ice Rescue Training
3	4 Payroll	5 Ice Rescue Training	6 Ice Rescue Training	7 S-212 Training	8 S-212 Training	9 Bountiful Baskets Food Co-op - station 81 & 82
10	11	12	13	14  Officers Meeting Station 82 8:00am	15 Wildland Refresher	16 Bountiful Baskets Food Co-op - station 81 & 82
17	18 President Day City Offices Closed	19 Payroll	20 Ladder Testing	21 Ladder Testing CERT	22 Mayday Training	23 Bountiful Baskets Food Co-op - station 81 & 82 Wildland Refresher
24	25 Mayday Training Wildland Refresher	26	27	28 CERT		