



Albany County Sheriff's Office

Critical Incident Emergency Management Unit

May 2024

Critical Incident/Emergency Management Unit

This is the monthly newsletter for the Albany County Sheriff's Office Critical Incident Emergency Management Unit. *If you have events that you would like posted in this newsletter please email them to the Fire Coordinator's office.*



Recruit New York

In this issue

Recruitment New York
Recruitment at South Colonie High School
Trench Rescue Exercise Colonie
UTV/ATV Class East Berne
Train tank car training prop Colonie MTB
Haz Mat corner
Events
Training

Office of Emergency
Management

P.O. Box A
58 Verda Ave.
Clarksville, NY
12041

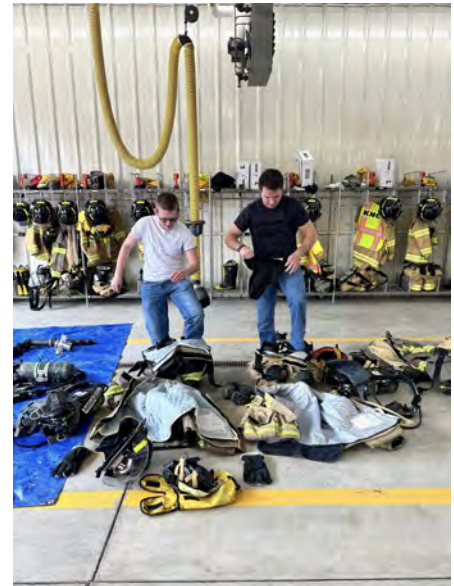
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Albany County Sheriff's Office Critical Incident Emergency Management Unit

May 2024

Recruit New York Across the County



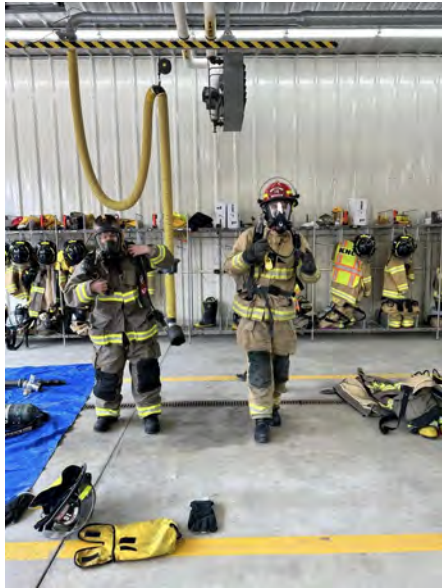
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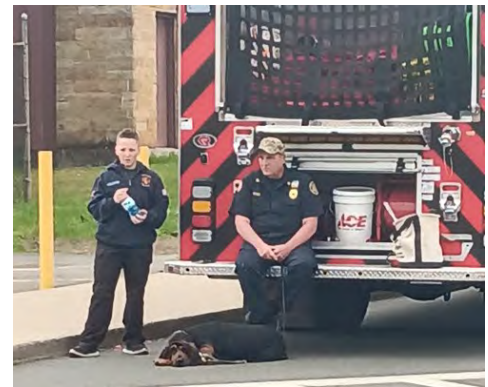
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Recruitment at South Colonie High School May 3rd



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Trench Rescue exercise at Colonie Village May 4th



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Albany County ATV/UTV safety class at East Berne Firehouse April 27th



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New Training Prop at Colonie MTB

County Fire Coordinator Chief Paris never stops making sure our firefighters have all the resources to train and fight fires! Today thanks to CSX and CPK we moved a rail tank car to the Colonie training site so our volunteers will be better prepared to fight tank fires, and stop leaks. Just another level of preparedness. After a very stressful day the tank car is at its new home at the Colonie MTB.



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Hazmat Corner



There has been a lot of discussion recently about the proposed changes to the OSHA regulations known as 29 CFR 1910.156. How many of you remember that Hazmat response is governed by OSHA 29 CFR 1910.120?

HAZMAT RESPONSE PLAN

The standard also requires fire departments to have a hazmat response plan. If your department has ever had a P.E.S.H review, they will ask for a copy of your plan. Many fire departments have adopted the Albany County Hazardous Materials Response Plan. This plan has been submitted to NYS OFPC for approval and meets all the requirements of 1910.120. This involves using the County Hazmat Team for hazmat incidents. The levels of response vary from a simple consultation to a full hazmat team response. If you would like a copy of the plan, you can email your request to thomas.remmert@albanycountyny.gov. We are available to meet with you to explain the plan and how it is implemented. If you would like to set up a presentation for a drill night, we can certainly do that and even bring some of our equipment.

HAZMAT INCIDENT COMMAND

While the hazmat team responds it is still your incident and you are in charge. Someone from the hazmat team will assume "hazmat operations" who will report to incident command. The incident commander needs to have the appropriate knowledge. A good way to get this knowledge and have it documented is to complete the OFPC course Hazardous Materials Incident Command, course number: 01-09-0033. This course is available locally and can be requested through the fire coordinator's office. You don't have to be a hazmat technician or hazmat specialist to take this course.

HAZMAT TRAINING LEVELS

This is the standard that defines the levels of training which are:

First responder awareness level. First responders at the awareness level are individuals who are likely to witness or discover a hazardous substance release and who have been trained to initiate an emergency response sequence by notifying the proper authorities of the release. They would take no further action beyond notifying the authorities of the release. This level is required of police officers and some municipal workers.



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First responder operations level. First responders at the operations level are individuals who respond to releases or potential releases of hazardous substances as part of the initial response to the site for the purpose of protecting nearby persons, property, or the environment from the effects of the release. They are trained to respond in a defensive fashion without actually trying to stop the release. Their function is to contain the release from a safe distance, keep it from spreading, and prevent exposures. All firefighters must be trained to this level.

Hazardous materials technician. Hazardous materials technicians are individuals who respond to releases or potential releases for the purpose of stopping the release. They assume a more aggressive role than a first responder at the operations level in that they will approach the point of release in order to plug, patch or otherwise stop the release of a hazardous substance. Hazardous materials technicians shall have received at least 24 hours of training equal to the first responder operations level and in addition have competency in the many areas involved in hazmat response. These are enumerated in the standard.

Hazardous materials specialist. Hazardous materials specialists are individuals who respond with and provide support to hazardous materials technicians. Their duties parallel those of the hazardous materials technician, however, those duties require a more directed or specific knowledge of the various substances they may be called upon to contain. Hazardous materials specialists shall have received at least 24 hours of training equal to the technician level and in addition have competency in the specific areas of their specialty. For example, the local utility has specialists in natural gas emergencies. Gasoline distribution facilities would have specialists in the areas of gasoline, diesel and fuel oil.



Capital Region Hazmat Group training with our rollover simulator



Capital Region Hazmat Group training with our leak simulator in Level A hazmat suits.

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Who You Were, or Who You Are?

How will your time in the fire service be remembered? To successfully navigate your career, it is imperative to hold on to the person you were before you became a firefighter, says Mike Morse.

By the time you are finished with your career in the fire service, everything about you will have changed. You will be old. You will be experienced. You will be confident, patient, and wise. Or, you will be old, disillusioned, angry, and bitter.

The people with whom you started your career won't be the same, either. The friends you made along the way will be retired, on a different group, or in a different position. The ones who knew the idealistic kid who was just starting his life will be replaced by idealistic kids just starting theirs. They will know only what you project. They do not share your experiences or your passions that may or may not still be there. They did not know who you were; they only know who you are.

What you are is a culmination of the experiences that shaped you. The things you did, the things you saw, and the lives saved and lost all had an impact. Yours is not a normal life with a predictable trajectory. The ups and downs of a life in the fire service has ruined many good people and created its fair share of monsters. Fortunately, the firefighting life instills a sense of camaraderie, purpose, competence, and resilience in most of us.

So, who will they remember when your time is through?

The fearless firefighter with his entire career ahead of him, or the tired, old officer who is putting in his time so he can collect his pension?

The kid in the academy, fascinated with every new bit of knowledge obtained, eager to put it to use, or the guy who knows it all, done it all, and isn't impressed?

The first one on the truck, or the old man who makes those eager kids fresh out of the academy wait?

The one who starts housework, or the guy who waits for someone else to pick up a mop?

The one who trained hard, or the one who goes through the motions?

The one who responded to every emergency with the desire to mitigate whatever waited, or the one who looked at the call as more of a problem than an opportunity to create a solution?

The one who wore the uniform, indicative of the person wearing it?

The one who looks back on his career with fondness or contempt?

The answer to these questions is completely up to you. In an unpredictable line of work, one thing is always under your control: how you handle it.

There are no perfect firefighters. Each and every one of us has survived moments we regret. During a long career, there will be times that you question your commitment. Excitement fades, routine sets in, and friends come and go. Politics wear you down, and time away from home becomes unbearable.

To successfully navigate it all, it is imperative to hold on to the person you were before you became a firefighter. Keep that person locked away in a place inside you. Talk to him when things get difficult. You weren't always burdened with the knowledge that life is cruel; good people die for no reason; and, sometimes, the best you have to offer isn't good enough. The "old" you is actually the real you, just without the baggage. If you can stay connected to him, you will be remembered as the firefighter who showed up, did the job, did it well, and left the job far better than it was before you came along.

By Michael Morse

Originally published in Fire Engineering



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Slingerlands tactical fireground simulations

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Fire Rescue 1 by Lexipol

Finding sanctuary at home: The importance of a calming space for first responders

Easy tips for building a personal oasis at home where you can decompress, recharge and sustain your mental wellbeing

April 05, 2024 03:23 PM

Milaspaga/Getty Images/iStockphoto

By Amy Perez

As a first responder, I know firsthand the importance of having a safe and calming place to come home to after a long and often emotionally draining day. Our work exposes us to some of the most difficult situations humanity has to offer, and we must have a space where we can process our experiences and recharge our emotional batteries.

I want to share the reasons why your home should be your sanctuary, some tips for creating a calming environment, and how to seek help when a particularly challenging call won't seem to fade away.

Why your home should be your sanctuary

First responders face stressful situations daily. These events can take a toll on our mental and emotional wellbeing, making it vital to have a space where we can feel safe, decompress and process our experiences. Creating a calming environment at home can help us manage the darkness of our work and maintain our overall wellbeing.

Here are some ideas on how to create a calming and safe space at home:



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Designate a relaxation area: Choose a room or corner of your home that is dedicated solely to relaxation. This space should be free of distractions and work-related items. Fill it with things that bring you joy and comfort, such as soft blankets, soothing scents and calming colors. Whatever you call it — man cave, she shed or book nook — just give yourself the gift of a YOU space! Sometimes you will have to be creative to find a space but do it. I love to read but had no room for all my books. We built bookcases in our dining room and now it's my favorite place to hang out if I am not outside.

Practice mindfulness: Mindfulness practices, such as meditation or yoga, can help first responders process the day's events and foster mental clarity. Set aside time each day to practice mindfulness. You don't have to sit cross-legged and chant. Mindfulness can happen on a walk, while lifting weights at the gym, or in the shower. Taking the time for yourself to unravel your day is mindfulness!

Disconnect: After a long day, it's important to disconnect from your work. Turn off your phone, avoid checking work-related messages, and focus on activities that allow you to unwind and be present in the moment.

Maintain a healthy sleep routine: Yes, I can hear all my fellow night-shift cops laughing! Sleep is essential for maintaining mental and physical health. Ensure your bedroom is a calming, quiet space that promotes restful sleep. Invest in comfortable bedding and consider using blackout curtains or a white noise machine.

Firefighter Fitness, Mental Health and Wellness Upgrade your sleep:

Better sleep is the best first responder countermeasure to shift work and fatigue

Surround yourself with greenery: Incorporating plants into your living space can have a calming effect and help purify the air. Consider adding a few low-maintenance plants to your relaxation area or throughout your home. Try gardening I promise the first tomato you grow will have you hooked!

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Engage in calming hobbies: Find activities that help you unwind and relieve stress, such as reading, painting, or gardening. Engaging in a hobby can provide a sense of accomplishment and help you shift focus from work-related stress. Before incorporating some new hobbies, I was a shower, beer, “Call of Duty” sort of girl. There is nothing wrong with that but the key to everything is moderation. Now I keep chickens. They are fun to watch, and we get eggs...BONUS!

Set boundaries: Establish clear boundaries between your personal life and your work life. Communicate your needs to your loved ones and coworkers, and do not hesitate to ask for support when needed. Setting boundaries can help maintain balance and prevent burnout. Being married to another first responder offers unique and sometimes challenging situations. We agreed early in our relationship to the 30-minute rule. The person coming off shift only has to say hi and then gets to disappear for a shower and decompression time. I know this is hard when there are little kids in the home too, but it works. I don't need those 30 minutes every day, but I am glad for it when I do.

Deepen your connections at home

As a first responder, the unpredictable nature of your work shouldn't extend to your home life; build strong family relationships with these recommendations.

Connect with nature: Spending time in nature has been shown to reduce stress and promote relaxation. Make time to go for walks, hike, or simply sit outside and enjoy the natural surroundings.

When a bad call won't go away

There are times when a particularly difficult call can linger in our minds, making it challenging to move on. It's essential to recognize when you need additional support and seek help when necessary. If you have not been here, that is awesome but keep these strategies tucked away for later or to give a squad mate in the future.

Here are some ways to address these lingering emotions:

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Talk it out: Reach out to a trusted friend, family member, or colleague to share your feelings and thoughts about the call. Discussing your experiences can provide a fresh perspective and alleviate some of the emotional burdens.

Seek professional help: If you find that a bad call is interfering with your daily life, consider seeking the help of a mental health professional. They can provide guidance and support to help you work through your emotions and develop coping strategies. Consider EMDR and other therapies that have been shown to benefit military and law enforcement personnel.

Engage in self-care: Prioritize self-care activities that help you recharge and maintain your emotional wellbeing. This may include exercise, spending time in nature, or engaging in a creative hobby.

Remember your purpose: Remind yourself of the important work you do as a first responder and the positive impact you have on the lives of others. Focusing on the positive aspects of your job can help you maintain perspective during difficult times.

It is crucial for first responders to have a calming and safe space at home to process the challenges of our job. By creating a soothing environment, practicing mindfulness and seeking help when needed, we can maintain our wellbeing and continue to serve our communities with compassion and resilience.

Additional support options for first responders

Here's a closer look at other support resources available to first responders tailored to addressing the unique pressures and challenges they face:

Peer support groups: I am on my agency's peer support team, and I have witnessed the benefits of this resource. Many first responder organizations offer peer support groups where you can connect with fellow first responders who understand the unique challenges of your work. These groups can provide valuable camaraderie and support.



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Employee Assistance Programs (EAP): Check if your workplace offers an EAP, which often provides free and confidential mental health resources, counseling and referrals to help employees cope with personal or work-related issues. All EAPs are confidential so don't be afraid to take advantage of these programs.

Crisis hotlines: In moments of emotional distress, crisis hotlines can offer immediate assistance and support. Many crisis hotlines cater specifically to first responders, ensuring that the person on the other end understands your unique experiences and concerns. Thanks to technology, there are even text hotlines, which given how hard it is for many of us to reach out, is a blessing.

Online support communities: There are numerous online forums and support groups where first responders can share their experiences and connect with others who understand the challenges of the job. These communities can provide valuable insights and encouragement during difficult times.

By incorporating these additional suggestions and support options into your daily routine, you can further cultivate a sense of calm and balance both at home and in your professional life as a first responder. Remember, taking care of your mental and emotional wellbeing is just as important as your physical health, and doing so will enable you to continue serving your community effectively and compassionately.

One other thing, watch out for each other. Not just on duty, but off duty too.

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SPONSORSHIPS

- **CORPORATE SPONSOR** \$1000
Corporate Sponsorship sign at registration.
Corporate Sponsorship sign at dinner.
- Golf fee 4
- **TEAM SPONSOR** \$500
Team Sponsor registration only January
Golf fee 2
- **LUNCH SPONSOR** \$200
Lunch Sponsor registration at dinner
- **GREEN SPONSOR** \$200
Fairway 1-1/2 Day on green
- **TEE SPONSOR** \$600
Sponsored right at tee box
- **"CAPEKIN" SPONSOR** \$50
Name Recognition on banner

Corporate Sponsor	_____	\$ 2,000.00
Team Sponsor	_____	\$ 500.00
Lunch Sponsor	_____	\$ 200.00
Green Sponsor	_____	\$ 200.00
Tee Sponsor	_____	\$ 600.00
"Capakin" Sponsor	_____	\$ 50.00

TOTAL SPONSORSHIP \$ _____

**** ANY DONATION IS APPRECIATED ****

Please contact gulfair02@gmail.com
for more sponsorship information

Guilderland Center Fire Dept. is a 501(c)(3) organization

Guilderland Center Fire Department

*10th Annual
Douglas Lawton
Charity*

GOLF OUTING
Guilderland Center Fire Department
July 17, 2024

**PLEASE COME
JOIN US
TO SUPPORT**

Guilderland Center Fire Department

*10th Annual
Douglas Lawton
Charity Golf Outing*

Doug Lawton was a Life Member of the Guilderland Center Fire Department who lived to be 94. The golf course, with friends and other Guilderland residents, to present money to 2024 in honor of Doug's memory. The Guilderland Center Fire Dept. is proud to be sponsoring the 10th Annual Charity Golf Outing.

"Along with honoring Doug, we also remember and honor Thomas R. Lawton (Tommy) who will turn 84 January 2024 who is a former faculty with your school system. During the walk of Doug's memory, Tom Lawton, Paul Drey and Dennis were raised by the staff at Community Hospice and the staff at the Douglas Inn at G. Center's Hospital."

The Community Hospice is a nonprofit organization providing high quality end-of-life care to patients of various counties in the Capital Region. Community Hospice is committed to serving the most vulnerable people in our community who are struggling with advanced illness. Being the end-of-life and supporting your loved one is a hard task.

Again, the staff of GCEM thanks both Doug and Tommy for sharing the proceeds of the event with Community Hospice.

\$90 per Golfer

Registration Fee includes:

- 18 Holes of Golf w/ cart
- (4 Person Scramble format)
- at the picturesque

Lunch, Dinner & Drinks

Registration	7:30 am
Tee Off	10:00 am
Dinner!	1:00 pm

***We encourage
Dinner cost be purchased separately for \$30***

The more information, please contact:
gulfair02@gmail.com
or
Tom.Lawton@GCEM.org

Guilderland Center Fire Department

Douglas Lawton Charity Golf Outing Registration

Wednesday July 17, 2024

Team #1 Captain: _____
Address: _____
Phone: _____
Email: _____
Golfers #1 _____
Golfers #2 _____
Golfers #3 _____
Golfers #4 _____

Team #2 Captain: _____
Address: _____
Phone: _____
Email: _____
Golfers #1 _____
Golfers #2 _____
Golfers #3 _____
Golfers #4 _____

(No additional names are accepted after)

Cash: _____ \$ 500.00 = _____
Dinner (incl): _____ \$ 30.00 = _____

Reserve by July 1, 2024

Please send completed form and payment to:
Guilderland Center Fire Department -
PO Box 112 Guilderland Center, NY 12138
- Golf Committee

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118TH ANNUAL CONFERENCE & FIRE 2024 EXPO



JUNE 12-15, 2024
THE ONCENTER • SYRACUSE, NY

Join NYS AFC in Syracuse at the premier fire industry, rescue, and EMS expo in the Northeast! Featuring hundreds of exhibits, more than 30 fire/EMS classes, 10 Hands-On Training courses, accredited training for fire commissioners, EMS personnel, and code enforcement personnel, and networking events for first responders of all ranks, there's something for everyone at FIRE 2024!

NEW FOR 2024:

- FREE One Day Tickets for the expo are back! Get them from our vendors.
 - FREE parking will be available at The Oncenter Garage.
 - NEW evening exhibit hours on Thursday.
 - NEW HOT courses and shorter session length for some programs to reduce downtime.
 - NEW time for the General Session, including the Memorial Service and Keynote Address.
 - NEW day for the Installation Ceremony.
- NEW online group registration available for fire departments.

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Be sure to visit the NYS DHSES OFPC website for additional public education resources!

<https://www.dhSES.ny.gov/general-public-resources>

ALBANY COUNTY FIRE TRAINING SCHEDULE #10

<https://www.albanycounty.com/home/showpublisheddocument/46743/638501470106370000>

There is now a link on our website with instructions on how to get an LMS sign-on ID . We recommend that all new members should register as soon as they join so they have access to training opportunities.

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ALBANY COUNTY FIRE TRAINING SCHEDULE #10 2024

Pre-Registration Required: Students may register by clicking on the Learning Management System link on the NYS OPFC Home Page ([NYS Division of Homeland Security & Emergency Services - OPFC](#))

Registration opens 45 days before the first class

COURSE	LOCATION	DATE	INSTRUCTOR	PREREQUISITES
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Please Note that a training authorization letter is now required for all courses offered by the New York State Office of Fire Prevention and Control

<p>Firefighter I (BEFO/SCBA Interior Firefighter Operations)</p>	<p>Colonie MTB</p>	<p>December 21st: Orientation: 6:30 pm Chief Officer Must Attend with Student</p> <p><i>BEFO (W/Hazardous Materials Operations)</i> January 2, 4, 9, 11, 20, 23, 25, 30, February 1, 6, 8, 13, March 2, 7, 14, 19, 21, 26, April 2, 4, 6</p> <p><i>SCBA/IFO: April 18, 20, 25, 30, May 2, 7, 18, 30, June 6, 11, 13, 18, 25</i></p> <p>Weeknights 1830-2130 Saturday 0800-1700</p> <p>Instructor - Molesky</p>	<p>At Orientation: Training Authorization Letter</p>	<p>IN PROGRESS</p> <p>IFSTA Essentials of Firefighting 7th Edition Curriculum</p>
<p>Truck Company Operations</p> <p>IN PROGRESS</p>	<p>East Berne</p>	<p>March 12, 25, April 1, 8, 24, May 1, 6, 8</p>	<p>Molesky</p>	<p>Firefighter I or Equivalent</p>

SCBA-Interior Firefighting Operations IN PROGRESS	Selkirk #2/Colonie MTB	April 15: Orientation Selkirk #2 1830 April 18, 22, 25, 29, May 2, 6, 9, 13, 16, 20, 23, 30, June 3, 6, 10 1830-2130	Messenger	BEFO w/HMFRO or equivalent
Fire Police	Coeymans Hollow	May 9,14, 15, 16, 21, 22, 23	Collins	None
Firefighter I Boot Camp Combined Basic Exterior Firefighting Operations & SCBA Interior Firefighting Operations- Firefighter I – Blended Learning (Internet Based Course) Firefighter Survival: Self Rescue: Certification included in training program • Class Schedule Dates: June 8 (0800-1900), June 15, 22, July 1 (0800-1700), July 2 (0800-1900), July 6 (0800-1700), July 8 (0800-1400), July 10, 11 (0700-1700), July 13 (0800-1400) NEW TO SCHEDULE		May 28th Orientation 1830hrs. Slingerlands FD Note: Chief Officer from student's department must attend orientation. Instructor: Kerr	Completion of Approved CPR Course, physically capable of wearing an SCBA and Training Authorization Letter. Student must have access to a computer with high-speed internet. ICS100, ICS700, Home Skills – Due Date will be announced at orientation First Aid /CPR- Due Date will be announced at orientation <u>\$40 enrollment fee</u> required at orientation for blended learning program	
Refresher Training (Rescue Technician Basic)	Slingerlands	May 11: 0800-1400	Kerr	Rescue Technician Basic
Apparatus Operator-Emergency Vehicles	Shaker Road Loudonville	May 15: 1830-2130 May 18 & 19: 0800-1700	DeGroff	Valid Driver's License

Engine Company Operations	Selkirk FD #1	May 22, 29, June 1, 5, 12, 15 Weeknights 1830-2130 Saturday 0830-1430	Clawson	Firefighter I or Equivalent
Incident Safety Officer	Coeymans Hollow	June 11, 18, 25, July 3, 9, 16 1830-2130	Clawson	None
Apparatus Operator-Pump	Midway	July 23, 25, 30, August 6, 22, 29, September 3, 5 1830-2130	Molesky	BEFO or Equivalent
Firefighter II	Colonie MTB	September 17, 19, 24, 28, October 3, 5, 8, 10, 15, 17 Weeknights: 1830-2130 Saturdays: 0800-1400	DeGross	Firefighter I or Equivalent
Fire Officer I Module Series: NYS Officer Development-Leadership and Supervision Course	Altamont FD	November 13, 16, 19, 21 Weeknights: 1830-2130 Saturday: 0800-1400	DeGross	BEFO or Equivalent

**Unless changed by instructor or noted above:
All evening classes will be held from 19:00-22:00 hours.**

All Saturday and Sunday classes will be held from 09:00-12:00 hours and 13:00-16:00 hours



Fire Coordinator Gerald Paris

