

# Firefighter Risk & Resilience

## Study Newsletter - Winter 2019



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## Bailing Out Firefighters



Source: <http://ocnjdaily.com/new-bailout-system-improves-safety-for-ocean-city-firefighters/>

Ocean City Fire Department is leading the way in firefighter safety. They have become the first fire department in New Jersey to implement a new “bailout system” that allows firefighters to safely escape a burning building via the windows.

This system was developed by California-based CMC Rescue Inc who were inspired by a tragedy in 2005 in which this technology was sorely needed. Six firefighters jumped from the windows of a four-story apartment building in Bronx to avoid being burned to death. Two of them died in the attempt, while the other four were badly injured. To ensure nothing like this happens in their town, all 63 firefighters in the Ocean City Fire Department will start carrying this \$465 personal lifesaving kit when responding to fires.

These kits consist of a rope, a hook, and a “descender” device, similar to the gear used by rock climbers to repel down a cliff side. The hook can be quickly attached to a window sill, a pipe or even

some furniture. With the hook in place, the firefighter is free to jump out of a window and lower themselves to safety. This mechanism of escaping a burning building not only improves firefighters’ safety, but it can also be used to rescue civilians trapped inside the building.

The new bailout kits fit into a small pouch that firefighters can carry in their pockets, and they weigh less than 3 lbs. The kits also contain zero moving parts, which is different from almost all other personal escape systems currently available. This is important because moving parts are susceptible to corrosion, and therefore are more difficult to maintain. Capt. Ray Clark, who oversees the Ocean City fire department’s training, explains why this equipment is so important to local firefighters, “This is a superior device compared to what we [used] use because you actually had to clench and squeeze the device before. Where the system we have now, if your hands burn, you have dexterity in your fingers and you can just pull the lever down”. The

firefighters in the Ocean City department prefer the new bailout kit as well. Dave Martin, one of the firefighters training to use this bailout system stated that he thinks “this kit is definitely easier. It’s all put together. It’s all preassembled.”

Ocean City Fire Department has never lost a local firefighter in a fire. Capt. Ray Clark stressed that this new bailout system is an important addition to their commitment to maintaining their safety record. This sentiment was echoed by Ocean City Fire Capt. Brent Meisenhelter, who said, “It’s one of the best devices we’ve ever bought for safety alone.”

These New Jersey firefighters are the first in their state to implement this bailout system, however, they are showing the whole country how this kit could make the jobs of firefighters everywhere a little bit safer.

Source: <http://ocnjdaily.com/new-bailout-system-improves-safety-for-ocean-city-firefighters/>

## What's New at the WRI?

### The WRI welcomes two new research assistants!

#### Jordan Strack

Jordan joined the Warriors Research Institute team in June of 2018. She graduated from Baylor University with a Bachelor of Science degree in Neuroscience in May 2018. During her undergraduate career, Jordan worked as an undergraduate research assistant in a lab studying Coldheartedness, Vigilance, and Contagious Yawning. She was also the fundraising chair for the Baylor Quidditch Association.

Jordan plans to pursue a Doctorate in Behavioral Neuroscience. Due to her previous experience working with participants with personality disorders, and personal experience of loved ones working through mental health issues, she has a passion to better understand the neurology of mental illness and reduce the stigma surrounding it. In her free time Jordan enjoys reading, spending time with family and friends, taking photos, and traveling.

#### Jessica Dupree

Jessica joined the Warriors Research Institute (WRI) team in July 2018. She graduated from Butler University with a Bachelor of the Arts in Psychology, International Studies, and Spanish in May 2018. During her time as an undergraduate, she participated in the Butler Summer Institute where she conducted research on Religious Acceptance in the Indianapolis community. Jessica plans to pursue her Doctorate in Clinical Psychology.

Her experience in a National Science Foundation Research Experience for Undergraduates, which focused on trauma in veterans, sparked her passion for clinical psychology and helping populations that are exposed to trauma. Jessica, originally from Indiana, enjoys spending time with family and friends, reading, and exploring Waco in her spare time.

## Recipe for Winter Hot Chocolate

#### Ingredients:

- 1/3 cup unsweetened cocoa powder
- 3/4 cup white sugar
- 1 pinch of salt
- 1/3 cup boiling water
- 3 1/2 cups milk
- 3/4 teaspoon vanilla extract
- 1/2 cup half and half cream

Prep: 2 min  
Cook: 5 min  
Ready in: 7 min

#### Directions:

- Combine the cocoa, sugar and pinch of salt in a saucepan.
- Blend in the boiling water.
- Bring this mixture to an easy boil while you stir.
- Simmer and stir for about 2 minutes.
- Watch that it doesn't scorch.
- Stir in 3 1/2 cups of milk and heat until very hot, but do not boil!
- Remove from heat and add vanilla.
- Add the cream to the mugs of cocoa to cool it to drinking temperature.

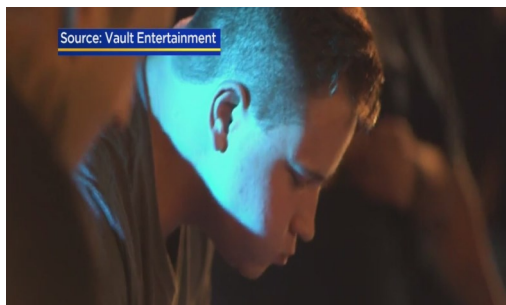
Source: <https://www.allrecipes.com/recipe/20211/creamy-hot-cocoa/>



Source: <https://www.avenuecalgary.com/Restaurants-Food/Dining-Out/Drinks-to-Sip-During-YYC-Hot-Chocolate-Fest-2018/>

## Spotlight on Service

In our newsletters, we highlight firefighter service outside the line of duty from the cities in our study. In this newsletter, we focus on Chicago, Illinois.



Source: <https://chicago.cbslocal.com/video/3920046-chicago-firefighters-win-pig-out-benefit-for-the-100-club-of-chicago/>; <https://chicago.cbslocal.com/2018/08/19/chicago-firefighters-win-pig-out-benefit/>

### Chicago Firefighters “Pig Out” for Charity

August 19<sup>th</sup>, 2018

The 8<sup>th</sup> annual “Pig Out For Charity” took place August 19<sup>th</sup>, 2018 at the 25 Degrees restaurant in Chicago, Illinois. Known for their massive burgers, 25 Degrees hosts this eating competition every year to raise money for the 100 club of Chicago which provides financial support to families who have lost a first responder in the line of duty.

This year’s event put firefighters from the Chicago Fire Department, the Orland Park Fire District and the Chicago Police from the 12<sup>th</sup> and 18<sup>th</sup> districts in a head to head battle to see who could eat the fastest. To win the “pig out” each member had to finish their giant hamburger without giving up or getting sick. The first team of four to have every member

finish was crowned the winner. This year was the very first year the Chicago Fire Department took home the trophy. The photo above (right) shows the four members of the Chicago Fire Department team. Three members are Chicago firefighters, and the fourth member (left) is Michael Johnson, who participated to represent engine 123 and his father, a Chicago firefighter, who lost his life in the line of duty 6 years ago.

This year’s “Pig Out for Charity” benefited the 100 Club of Chicago. This charity provides financial support, access to resources and moral support for family members who have lost a first responder in the line of duty. Since their inception, they have served more than 260 families with a total of \$10 million. The 100 Club also provides educational assistance in the form of grants and scholarships for trade and vocational schools, college and

graduate schools. They also partner with the Gold Shield to provide families with pro bono support in terms of counseling, law, finance and education. All sworn federal, state, county, and local first responders stationed in Cook and Lake Counties are eligible for assistance.

While an eating competition is a fun and light-hearted way to raise money, the “Pig Out For Charity” event helped to raise money for an organization that provides assistance for grieving family members of first responders.

The firefighters and police officers that participated in this event serve their community every day when they show up for work and put their lives on the line. By partaking in this fundraising event, they show that serving the community is not just their job, it’s one of their highest priorities.

Source: <https://chicago.cbslocal.com/2018/08/19/chicago-firefighters-win-pig-out-benefit/> and <http://www.100clubchicago.org/>

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## Moving? Changing your phone number?

If so, please let us know so we can  
update our information.

Contact Jordan Strack at:

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OR

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Follow us on  
Twitter!

[@Suzygulliverphd](https://twitter.com/Suzygulliverphd)



Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!