



Fully Involved

a newsletter for the members
of Tampa Fire Rescue

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AED Use Shocks Heart Back To Life; Earns Off-Duty Firefighter Honors



P/M Kissick (center) is joined by his mother and TFR Staff after receiving Firefighter of the Quarter honors.

Paramedic Jason Kissick is in excellent physical shape. He maintains his top form by regularly using a gym near his home. By being in such good physical shape P/M Kissick should go on to have a long and healthy life. And now, thanks to P/M Kissick's regular use of the gym another man, a stranger, also has a longer life.

Recently, while off duty, Paramedic Jason Kissick was exercising in a Life Style's Gym in Citrus Park when a man suddenly collapsed from a heart attack. Without hesitation Paramedic Kissick swung into action. He took charge of the situation, provided C-P-R to the unconscious man and had the staff bring him the gym's automatic defibrillator. Thanks to Paramedic Kissick's quick response and timely delivery of medical care the man's heart was re-started. According to P/M Kissick, "Shortly after being defibrillated the man was talking and asking for his wife to be called."

continued on page 2

Firefighters Climb to Defeat Lung Diseases

Firefighters are very familiar with the stairwells in Tampa's dozens of high rise buildings. In case of an emergency the rescuers might have to climb many floors, carrying heavy equipment, to fight a fire or save a life. For more than a year a dedicated group of Tampa Firefighters and Paramedics, lead by Captain Mike Shuler, have visited the Bank of America Plaza on a regular basis, climbing



Ben Schaar, Jason Knighton and Mike Shuler get ready for the climb.

continued on page 3

Inside this edition of Fully Involved:

Peer For You
2

Valuable Lesson
3

Cooking With TFR
4

Grant to Expand Fire Safety Program
5

Fireboat Nearly Ready To Cast-Off
5

TFR & MDA
6

Deadline for article submission to the next edition of **Fully Involved** is

**Monday
July 27, 2009**

Fully Involved is published six times a year.

Send articles and pictures to the TFR
Public Information Office
813-242-5388 or
fdpio@tampagov.net



Off-Duty AED Use, continued from page 1



Fire Chief Jones tells Tampa City Council about Paramedic Jason Kissick. Looking on are Paramedic Kissick, his mother, Fire Marshal Geoff Brown and City Council Member Gwen Miller.

When County Paramedics arrived on-scene at the gym they continued to provide medical care and transported the man to a local hospital. According to a note written by Hillsborough Fire Captain Anthony Escobio, “Jason Kissick is the reason this 40 year old man is alive today, his quick actions saved a man’s life.”

According to his supervisor Jason Kissick is a hardworking, reliable and knowledgeable paramedic who combines his considerable skills with an appropriate amount of concern and compassion for the sick and injured residents of Tampa. Paramedic Kissick is certified as a Critical Care Paramedic and is currently on the Lieutenant promotional list.

For his immediate actions that fateful day and his professionalism and dedication everyday to his profession Paramedic Jason Kissick is being recognized as Tampa’s Firefighter of the Quarter.



(above) Your Peer Fitness team is delivering workout gear to your work station. (below) It ain’t as easy as it looks. Using the instructions provided try using the stability ball to build body-core strength and maybe shed a few unwanted pounds.



Peer Fitness Looking To Keep You Combat Ready

Firefighter Brent Burcham, T-1-B

Tampa Fire Rescue’s Peer Fitness Trainers were able to once again secure a donation of work out equipment to help TFR employees meet and maintain their physical fitness goals. This time F/F Matt Logan took the lead and was able to attain several weight benches, cardio machines, weights, dumb bells, and weight racks. These items will be put into service in the very near future and will compliment some additional equipment which was purchased by the Peer Fitness Trainers through Occupational Health. We will soon be delivering to each station a stability ball with instructions and sample work outs and a jump rope. We also have sets of dumb bells for some stations.

Whether you need a full assessment and work out plan or just would like some simple questions answered, TFR Peer Fitness Trainers are here for you. Contact F/F Brent Burcham of Truck-1 on the B-shift.

The time is now to start getting ready for the next physical incentive. Please take advantage of this great opportunity to reward yourself with some extra cash or time off. If you have any questions about the Physical Incentive you can contact D/E Troy Jones at Engine 6B. Thanks and be safe out there.



Stair Climb, continued from page 1

up the 42 stories, in an effort to improve their physical conditioning in preparation for a worst case scenario.

These firefighters have also trained with another goal in mind; they prepared to make the stair climb during the 4th annual American Lung Association “Climb Tampa” event. On Saturday, March 21st determined climbers, both firefighters and civilians, took on 42 flights of stairs, over 900 stairs, rushing to the top of one of the tallest buildings on Florida’s west coast, to raise money for the American Lung Association.

Thanks to the support of Tampa Fire’s team the Lung Association exceeded their fundraising goal.

TFR Conducts Mock Crash DUI Demos Hope To Teach Students Valuable Life Lesson



The student governments at Chamberlain High School and Hillsborough High School contacted Tampa Fire Rescue through their School Resource Officer asking for a DUI mock-crash demonstration to be conducted at their schools. The student government wanted to graphically show their fellow students the very real consequences of a serious wreck caused by driving distracted, driving under the influence of alcohol or drugs or driving while otherwise impaired.



Tampa Fire Rescue is joined by Stepp’s Towing, Transcare Ambulance, the Aeromed Helicopter from Tampa General Hospital and Tampa Police in conducting these demonstrations. The hope is to make the students think before they drive.

This year a short news story about the demonstrations was produced by City of Tampa Television. You can see it by visiting <http://www.youtube.com/user/tampafireresq>





Firehouse Cooking With Fox-13



(above) The Station 8 crew awaits, not so patiently, for their chili breakfast.

(below) Nick Rode shows Charley Belcher how chocolate makes chili better.



(above) Lt. Frank Rosete preps his chili fixings

(below) Doug Woods serves up great stories with his chili..



During the month of May the Fox-13 Good Day Tampa Bay's Charley Belcher visited four fire stations trying to find some of the best firehouse cooking. Unfortunately Charley only wanted to sample chili. So that is what the firehouse cooks prepared. He visited one Tampa fire station each Monday for four weeks. His first stop was at North Tampa Fire Station 13 and the cooking of Lt. Frank Rosete. The chili was good and the company was great.

On the second Monday Charley went to visit the Krewe of Westshore to sample the chili stylings of Firefighter Nick Rode. The "krewe" kept Charley entertained and informed while Nick cooked.

The third Monday found Charley at the "Old 1-2" station 12. He was introduced to the culinary ways of Driver Doug Woods and his sous chef Keith Rametta.

After spending three Monday mornings at Tampa fire stations seeing and tasting the quality of the chili the guidelines were modified. For his fourth and final visit Charley went to Palma Ceia Fire Station 14 and told Firefighter Brad Dingle to "cook whatever he wanted".

The recipes of the various meals are on the web at www.myfoxtampabay.com in the Good Day Tampa Bay area. There are also some pictures at <http://snap.tbo.com/users/captainbill/>

Thanks to all the firehouse cooks and the crews who helped make these cooking demos a great success.

(This newsletter went to press before Charley visited F/F Dingle at #14)



Each Monday morning Fire Chief Jones stopped by with supportive words and a hearty appetite as he sampled the early morning meals.



Grant To Expand Fire Safety Outreach



(above) Executives from Wells Fargo Insurance Services and Fireman's Fund joined officials from the museum for the presentation of the grant package.

(below) Several children from a home school group check out one of the fire museum displays.



According to the U.S. Fire Administration, among children age 14 and under, an estimated 2,800 are injured and 850 killed each year in residential fires nationwide. Now, thanks to a grant awarded by Wells Fargo Insurance Services and Fireman's Fund Insurance Company, the Tampa Firefighters Museum will receive a \$25,000 grant to strengthen its fire safety outreach efforts.

Donated funds will be used to create a fully outfitted and functional kitchen which will highlight various hazards that are present in this environment. Panels containing graphic illustrations and key fire safety messages will be visible throughout the area. This will focus on, among other things: stove safety, the dangers of having electrical appliances near water, and the overloading of electrical circuits.

"Kitchen fires account for 36 percent of residential fires every year," said Jace Kohan, vice president for the museum. "Many of these fires are started by children, so our messaging, in particular, is geared toward youth. The messaging typically gets passed along to other family members as well because most children go home and tell others in their household what they learned."

Grant funds will also pay for the production of a traveling exhibit that focuses on fire safety in the kitchen. The small mock up kitchen will be used by Tampa Fire Rescue's educational outreach coordinator during presentations at schools, fairs, and other public events.

(additional photos at <http://snap.tbo.com/users/captainbill>)

New Fireboat Construction Almost Complete



In the next few weeks the new 69' Tampa fireboat should start its way towards Tampa. This photo from September 2008 shows the hull when it was early in fabrication. A more recent video of the fireboat construction is posted at <http://www.youtube.com/user/tampafireresq>



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Tampa Firefighters Walk the Streets for MDA

Once again, and with great gusto, Tampa's firefighters and paramedics pounded the pavement to raise money for the Muscular Dystrophy Association. The firefighters and paramedics have become an icon each year standing on street corners collecting for MDA.

Sometimes called "Jerry's Kids" for the telethon conducted annually by the comic actor Jerry Lewis, MDA has various forms and can afflict children and adults. Firefighters nationally have aligned themselves with the goal of eliminating this debilitating disease.

Tampa's goal this year was \$20,000 per shift and even though the 2009 totals are not yet in, here are some numbers for prior years.



2007 Totals

A Shift \$22,212

B Shift \$22,093

C Shift \$20,486

2008 Totals

A Shift \$9,019

B Shift \$19,606

C Shift \$9,079

A Proud Moment For Firefighters and Their Families



Mayor Pam Iorio and Fire Chief Dennis Jones were honored to participate in a ceremony to recognize about two dozen fire department members who had been recently promoted. About 100 family members watched the ceremony which was held on the second floor of the Tampa Firefighters Museum.

The communications technicians, paramedics, drivers, captains and inspectors were recognized and praised for their hard work and dedication to the department.