



## New York State Professional Fire Fighters Association, Inc.

174 Washington Avenue, Albany, NY 12210

Phone: 518-436-8827 • 1-800-238-8827 • Fax: 518-436-8830

E Mail: [profire@nyspffa.org](mailto:profire@nyspffa.org)

[www.nyspffa.org](http://www.nyspffa.org)

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## The NYSPPFA announces the Eugene Faughnan/Jack McGuinness Annual Health & Safety Conference

September 18<sup>th</sup> - 20<sup>th</sup>, 2018

Crowne Plaza  
701 East Genesee St  
Syracuse, NY 13210  
315-479-7000

The NYSPPFA Annual Health & Safety Conference addresses occupational health and safety issues in the professional fire service and provides members with the knowledge and tools to keep firefighters safe.

The 2018 Health & Safety Conference will address topics such as “Keeping Your Firefighters From Killing Themselves,” “Active Shooter/Hostile Event Response (Asher) and NFPA 3000 Discussion: Lessons Learned and A New Standard,” “O2X Human Performance & Eat (Finding The Energy You Need Through Performance Nutrition,)” “Safety Leadership; From The Firehouse To The Fireground” and “25 To Survive – Reducing Residential Injury And LODD.”

All paid professional fire fighters are invited to attend these 3 days of informational sessions. The information you learn can be taken back to your locals for training.

All the information for this Health & Safety Conference can be found in this email (Agenda-Bios-Registration). Please make copies and post in all firehouses. We look forward to seeing you in Syracuse.

**Ron Kressman**  
Health & Safety Coordinator

**Dave Holleran**  
Executive Vice President



**NYSPPFA**  
**Eugene Faughnan/Jack McGuiness**  
**Annual**  
**HEALTH & SAFETY CONFERENCE**  
**Crowne Plaza—315-479-7000**  
**701 East Genesee Street**  
**Syracuse, New York 13210**  
**September 18, 19, 20, 2018**

**TENTATIVE AGENDA**

**Tuesday September 18, 2018**

10:00 AM - 12:00 PM - Registration  
11:30M - 12:15 PM - Lunch in Conference Room  
12:15 PM - 2:15 PM – John Norman - “Keeping Your Firefighters From Killing Themselves”  
  
2:15 PM - 2:30 PM - Break  
2:30 PM - 4:30 PM – John Norman – (Continued)  
4:45 PM - Health & Safety Committee District Representatives Meeting

**Wednesday September 19, 2018**

7:30 - 8:30 AM - Continental Breakfast  
8:00AM - 10:00 AM – Craig Cooper - “Active Shooter/Hostile Event Response (Asher) and NFPA 3000 Discussion: Lessons Learned and A New Standard”  
  
10:00 AM - 10:15 AM - Break  
10:15 AM - 12:15 PM – Adam LaReau & Dr. Maria Urso – “O2X Human Performance & Eat (Finding The Energy You Need Through Performance Nutrition”  
  
12:15 PM - 12:45 PM - Lunch  
12:45 PM - 2:45 PM – Ronald E. Kanterman - “Safety Leadership; From The Firehouse To The Fireground”  
  
2:45 PM - 3:00 PM - Break  
3:00 PM - 5:00 PM - Ronald E. Kanterman – (Continued)

**Thursday September 20, 2018**

7:30 AM - 8:30 AM – Continental Breakfast  
8:00 AM - 10:00 AM – Doug Mitchell/Dan Shaw - “25 To Survive – Reducing Residential Injury And LODD”  
  
10:00 AM - 10:15 AM - Break  
10:15 AM - 12:15 PM - Doug Mitchell/Dan Shaw – (Continued)

**\*\*\*Attendees are Responsible for Booking Their Hotel Reservations\*\*\***

**HOTEL INFORMATION: CUT OFF DATE September 3<sup>rd</sup>. STRICTLY ENFORCED**  
**Single Occupancy Rate \$122-Double Occupancy Rate-\$137—Daily Lunch Included in room rate-**  
**Single Occupancy will allow for one lunch, where double occupancy will allow for two**  
**Please fill out the enclosed Registration Form or Call Lisa at 518-436-8827**

**2018 NYSPFFA  
HEALTH & SAFETY  
CONFERENCE  
SEPTEMBER 18<sup>TH</sup> – SEPTEMBER 20<sup>TH</sup>**

**AT THE**

**Crowne Plaza  
701 East Genesee Street  
Syracuse, New York 13210  
315-479-7000**

**\*\*\*Attendees are Responsible for Booking Their Hotel Reservations\*\*\***

**HOTEL INFORMATION: CUT OFF DATE September 3<sup>rd</sup>**

**STRICTLY ENFORCED**

***Single Occupancy Rate \$122-Double Occupancy Rate-\$137—Daily  
Lunch Included in room rate***

***Single Occupancy will allow for one lunch, where double occupancy  
will allow for two***

**\*\*\*Don't forget to mention NYSPFFA Conference when you call so that  
they include the correct amount of lunch vouchers for each booked  
room\*\*\***

***Please fill out the enclosed Registration Form or Call Lisa at 518-436-8827***

**NEW YORK STATE PROFESSIONAL FIRE FIGHTERS ASSOCIATION  
HEALTH & SAFETY CONFERENCE, SYRACUSE, NEW YORK  
REGISTRATION FORM – SEPTEMBER 18<sup>TH</sup> – SEPTEMBER 20<sup>TH</sup>, 2018**

There will be a \$100 Registration fee per person for the 3 day seminar. Continental breakfast and breaks are included with the registration fee. Daily lunch is included in the room rate. Single occupancy will allow for one lunch, where double occupancy will allow for two lunches. For daily commuters (those not staying at the hotel) vouchers for lunch will be available to purchase for \$22 per lunch.

LOCAL NAME: \_\_\_\_\_

LOCAL #: \_\_\_\_\_

PARTICIPANT(S):

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

FEES:

NUMBER OF PARTICIPANTS: \_\_\_\_\_ x \$100.00 = \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

MAIL REGISTRATION FORM ALONG WITH PAYMENT TO:  
(Make Check Payable To - NYSPPFA)

NYSPPFA  
174 WASHINGTON AVENUE  
ALBANY, NEW YORK 12210

**RSVP TO STATE OFFICE BY SEPTEMBER 11, 2018**  
**HOTEL CUTOFF DATE IS SEPTEMBER 3, 2018**

## 2018 Health & Safety Conference

### Speaker Bios & Topics

- **“Keeping Your Firefighters From Killing Themselves”**

It covers topics of vital importance to all fire service leaders from company officer to Chief of Department and includes such topics as Changing Causes of Firefighter Deaths and Injuries, The Changing Fire Environment and Its Effects on Firefighters, Warning Signs of Impending Firefighter Casualties, Prevention of Catastrophes, Flashover and Flame-Spread Hazards, Fire Related Causes of Collapse, Indicators of Potential Collapse, Building Altercation hazards, and Truss Failures. The class involves a number of case histories of previous firefighter fatalities that have proven themselves to be a repetitive cause of firefighter fatalities nationwide.

- **John Norman III** – Deputy Assistant Chief (Retired) is a Veteran of more than 48 years in the fire service, including over 27 years with FDNY, the majority of that time in Special Operations Units. While assigned to Rescue 1 he worked with the Safety Command and the Fire Commissioner’s High Rise Fire Safety Task Force. He was designated as Citywide Tour Commander. He attended Oklahoma State University and received a Bachelor’s Degree in Fire Service Administration from Empire State College (SUNY). He attended the first FDNY/USMA West Point Combating Terrorism Leadership Program and is a graduate of the FDNY/Columbia University Fire Officers Management Institute. He has testified as an expert witness concerning fire operations in both State and Federal court cases and also served as a consultant to the City of Chicago. He has been an adjunct Instructor at the FDNY Fire Academy. John was a Task Force Leader with the NYC Urban Search and Rescue Task Force and has taught Rescue Specialist Training to the nation’s 28 U.S.A.R. Teams. He has authored many books and produced many DVD’s and written extensively for fire service magazines. He served on committees for IFSTA & NFPA. He lectures nationally on a wide variety of fire and rescue topics and was decorated for valor nine times by the FDNY.

- **“Active Shooter/Hostile Event Response (Asher) and NFPA 3000 Discussion: Lessons Learned and A New Standard”**

The presentation will cover an overview of the Las Vegas shooting last October, the deadliest mass shooting in American history, with 58 killed and hundreds more injured. In addition, Craig will review in general and explain how the recently released NFPA 3000 standard has been incorporated into the Las Vegas planning post October 1<sup>st</sup>, including the cooperative effort with law enforcement. As the nation endures a rising toll of mass shootings, NFPA responds with a

groundbreaking new provisional standard addressing preparation, response and recovery for active shooter and other hostile events.

- **Craig Cooper** – Currently serves as the Las Vegas Fire & Rescue Special Operations Chief (Administrative Battalion Chief). His responsibilities include Technical Rescue Team, HazMat Team, CBRNE unit, JTTF, Special Events planning and ASHER Program. He has been with Las Vegas Fire & Rescue for 19 years. He was on the Technical Rescue Team and FEMA NVTF-1. He has a B.S. in Public Administration from UNLV and sits on multiple committees at the local level. He served IFSTA as a committee member and a technical writer. He was in the Strategic Planning Group and now the Training & Exercise Group for the Interagency Board. He currently sits on the NFPA 3000 Committee.

- **“O2X Human Performance & Eat (Finding The Energy You Need Through Performance Nutrition)”**

There is an imperative need to extend the operational life, health and effectiveness of firefighters. This presentation will identify small, incremental changes that can lead to sustainable lifestyle improvements. Take part in this interactive session, led by nutrition scientist and O2X specialist Dr. Maria Urso, that will provide tools and easy fueling recommendations so firefighters can optimize energy needed for their jobs and lead long and healthy careers.

The O2X Human Performance program offers a comprehensive EAT SWEAT THRIVE approach designed to maximize an individual’s performance by combining physical conditioning, injury prevention, nutrition, sleep, stress management, and resilience.

- **Adam LaReau** – is the Co-Founder of O2X and a former Lieutenant Commander in the U.S. Navy Seals who began his career as a Midshipman at the U.S. Merchant Marine Academy. Having left active duty in August 2013, Adam attended the Harvard Kennedy School of Government and received an MPA. He also founded “One Summit”. A nonprofit to help build resilience in children with cancer. O2X is a company that provides world class education and training on maximizing human performance. The O2X team includes U.S. Navy Seals & U.K. Special Forces with more than 50 years’ experience, 10 plus years in Naval Special Warfare Development Group, 25 plus human performance specialists with passion for helping others achieve optimal Human Performance. There’s an imperative need to extend the operational life, health and effectiveness of firefighters. The human performance program implements a holistic approach to maximize an individual’s performance combining physical preparation, nutrition, sleep, stress awareness and mitigation as well as resilience. This program

identifies weaknesses and teaches sustainable training specific to a firefighter's operational lifestyle. Over the program covers working toward decreasing injury, enhancing readiness, and optimizing physical and mental performance through superior training education.

- **“Safety Leadership; From The Firehouse To The Fireground”**

The move throughout the American fire service regarding the safety and health of our personnel is more prominent today than ever before. This workshop examines the responsibilities of the individual firefighters, officers and senior leadership in the fire service in insuring the safety of the members from the firehouse to the fire ground including wellness, cancer and cardiac issues. Some national programs discussed are the NFFF 16 LSI's, IAFC's Rules of Engagement, IAFF Fire Ground Survival program and others. Case histories are examined through photos and videos and a host of resources are presented in a hands-on workshop atmosphere. Personnel will return to the firehouse with a new sense of responsibility for safety and health.

- **CHIEF RON KANTERMAN** – Ron Kanterman is currently the Fire Chief for the Town of Wilton, Connecticut Fire Department. He entered the fire service in 1975 in Brooklyn, New York and then took a position in 1989 as the Assistant Chief and then Chief of Fire Protection for a Fortune 100 pharmaceutical company until 2008 when he was promoted to Chief of Public Safety. In 2009 he took the position of Fire Chief/Fire Marshal for the Mohegan Tribal Nation in South Eastern Connecticut.

He holds a BA in Fire Service Administration and a MS in Fire Protection Management, both from John Jay College in New York City. He holds a second Master's Degree in Environmental Sciences from the New Jersey Institute of Technology. Chief Kanterman is currently an adjunct professor of Fire Protection and Emergency Management at the University of New Haven and has taught for the past 28 years at various 2 and 4 year colleges at the undergraduate and graduate levels.

He holds memberships with numerous national, state and local organizations and is the Administrator for the National Fire Academy Alumni Association. He also teaches as an Adjunct Instructor at the National Fire Academy in Emmitsburg, Maryland.

He has been published over 150 times and contributes to Fireengineering.com regularly through his blog page known as “Chief Kanterman's Journal” as well as Fire Engineering magazine. He hosts a monthly radio show on Fire Engineering Blog Talk Radio with his partner Tom Aurnhammer, known as “The Back Step Boys.” He was a contributing

chapter author for the Fire Engineering/Pennwell Firefighter I & II manual published in 2008, the 7th Edition of the Fire Chief's handbook published in 2015, 6 other fire service texts, as well as his own text on Fireworks Display safety. He also sits on the Educational Advisory Committee for, and teaches at, the Fire Department Instructor's Conference (FDIC) held in Indianapolis, Indiana each year.

Chief Kanterman is an avid volunteer with the National Fallen Firefighters Foundation and worked as the Chief of Operations for 13 years at the National Memorial Weekend in Emmitsburg, Maryland. He assumes the role of Memorial Weekend Incident Commander in 2018. He is also the Lead Instructor for the Local Assistance State Teams (LAST) program which assists fire departments and families who have experienced a line-of-duty-death. He is also affiliated with the Firefighter Cancer Support Network.

- **“25 To Survive – Reducing Residential Injury And LODD”**

Statistically, the residential building is where the majority of our operational line-of-duty deaths (LODD) and civilian casualties occur where we most frequently fight fire. These facts reinforce the need for all firefighters to have a thorough knowledge of the residential building how to execute sound fireground strategies and tactics, and how to develop and implement relevant training. This dynamic and interactive program address 25 critical firefighting concerns common to these deadly buildings and numerous tips and drills you can implement to change the trend. The 25 points are grouped into four sections: Combat Readiness, Mastering the Environment, Engine Operations, and Ladder Operations. Proper preparation, effective communications, and all the keys for successful operations are covered for each section.

- **Dan Shaw** – Deputy Fire Chief Fairfax County Virginia Fire & Rescue Department/Traditions Training, LLC. He co-authored a book "25 to Survive: Reducing Residential Injury and LODD" Published by Penn-Well in 2013.
- **Doug Mitchell** - Captain (3rd Division) FDNY, 25 years in the fire service, currently detailed to probationary firefighters school operating as Executive Officer. A Lieutenant in the Bronx, a fire marshal in Queens and a firefighter in Manhattan. He also served with Fairfax County, VA fire and rescue. Bachelors degree from University of MD. Serves as Vice President of Traditions Training LLC and instructs fire service topics nationwide. He co-authored a book "25 to Survive: Reducing Residential Injury and LODD" Published by Penn-Well in 2013.