



# Faribault Fire Department Hot Spots

Welcome to Hot Spots, the Faribault Fire Department newsletter. Hot Spots features information about the Fire Department's operations, training, response, safety tips, emergency management, and other points of interest.

## ADMINISTRATION

Dustin Dienst, Fire Chief  
Beth LaCanne, Ad. Asst.

## SUPPRESSION

### Captains

Matt DeGroot  
Joel Hansen  
John Milewski

### Firefighters

Chris Bauer  
Jason Bauer  
Josh Bauer  
Alex Bolster  
Alex Hanson  
Rick Martinez  
Brandon Ableman  
Ryan Angelow  
Jonah Bauer  
Ryan Bauer  
Andy Boevers  
Jon Bolster  
Brian Brazil  
Marc Chmelik  
Patrick DeGroot  
Nick Donahue  
Luke Donkers  
Dan Ferguson  
Zach Greeney  
Daniel Gruber  
Benjamin Jirik  
Chad Kreager  
Alec LaCanne  
Jeff LaCanne  
Richard Momberg  
Richard Rein  
Jonathon Sheridan  
Matthew Shuda  
Jon Vargo  
Clayton Voegele  
James Wunderlich  
John Wunderlich

## A NOTE FROM THE CHIEF

Severe weather can strike at any time, no matter what the season. Be prepared, make a plan and practice it with your family. Think about what you will do if when severe weather strikes, no matter where you are. Knowing what to do beforehand and having a plan saves precious moments during the onset of an event. Share your plans with your family and friends, not only so they know what you will be doing if severe weather occurs, but to encourage them to make their own plan.

## EQUIPMENT FACTS: LUCAS

LUCAS 3 is the newest member of the Faribault Fire Department. We recently purchased the LUCAS 3 with help from the Hannah Lips Foundation Grant. The LUCAS 3 device provides high-quality chest compressions without interruption during CPR to increase the patient's chances of a positive outcome.

The LUCAS 3 provides benefits to both the cardiac arrest patient and the resuscitation team working on the patient. Because the Lucas 3 device delivers consistent high-performance chest compressions, there is less fatigue and less risk for the rescuer.

The LUCAS 3 device can be used in a wide variety of settings: on scene, during patient movement,

during transport in road and air ambulances, in hospitals, and in catheterizations labs. LUCAS 3 also increases the efficiency of the rescue teams by calming the scene and providing an extra set of hands so rescuers can focus on the patient and underlying conditions.



# TRAINING INSIGHT

This month, three Full Time Firefighters gained certification by the MN Department of Public Safety State Fire Marshal Division as *Youth Firesetting Prevention and Intervention (YFPI) Specialists*.

Children are naturally curious about fire. In fact, children and adults alike find fire fascinating. Fire is part of American culture, from children's birthday candle to the 4th of July fireworks to cozy fireplaces to campfires. Curiosity in children is normal, intentionally starting fires is not. Nor is it a phase. Research shows that without intervention, youth firesetting behavior tends to continue. Children who repeatedly start fires need help.

The Faribault Fire Department hosted this special training at our fire station. Firefighter Josh Bauer, Captain John Milewski, and Captain Matt DeGroot attended the two-day training necessary to conduct youth firesetter intervention education. All participants took the state certification test at the conclusion of the training course.

Through this National Fire Academy accredited course, participants learned about primary prevention, identifying the type of youth who sets fires and why, intervention strategies, and how to conduct interviews with a firesetter and their family.



# WEATHER ALERT

## SEVERE WEATHER

### HAZARDS



Over 280 fatalities occur each year in the U.S. from thunderstorm-related hazards

[weather.gov/safety](http://weather.gov/safety)

**TORNADO**  
Take shelter immediately in a sturdy structure



**LARGE HAIL**  
Move indoors away from windows



**SEVERE WIND**  
Move indoors away from windows



**FLOODING**  
Avoid rising creeks and water-covered roads



**LIGHTNING**  
Move indoors if you hear thunder

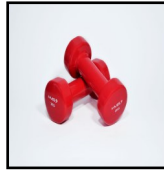
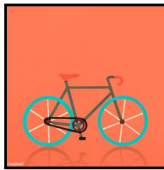


# HEALTH AND WELLNESS

April 1st kicked off the Fire Department's Fitness Incentive Program. New this year, the incentive program was inspired in part by the group *4th Shift Fitness*, which is a program designed by firefighters to increase durability, improve wellness, and reduce firefighter injuries.

Through our wellness program, firefighters are encouraged to challenge themselves to go above and beyond their usual fitness routine. They keep track of, and earn points for, their fitness training each week. This can include a variety of activities including walking/jogging, strength training, and even meditation. At the end of the month, all participants can earn prizes depending on how many points they have. The FFD Wellness Committee sends out emails with tips and encouragement to all the firefighters to keep going strong all month.

The end goal is to keep mental and physical health a priority throughout the year.



After almost two years of a pandemic, many Americans have been feeling more stress and anxiety than ever before. Between 25-36% of adults 18 years and older have reported symptoms of anxiety since the pandemic started according to the Census Bureau's Experimental Household survey.

In addition, a recent study showed that our eating habits have changed in the last two years. We are snacking more, eating greater amounts of sweets and highly processed foods, and drinking more alcohol. A recent poll found that 24% of Americans said they had gained weight since the pandemic began.

Experts say an exercise routine can help with stress management, improve sleep quality, help with maintaining a healthy weight, and protect against a number of chronic health conditions.

**Go outside and play to relieve stress! Want to try something new? These two outdoor activities are not only fun, but come with lots of amazing health benefits:**

## PLAY TENNIS!

Did you know that playing tennis just 3 hours a week can reduce your risk of cardiovascular disease by 56%? And *tennis players add an additional 9.7 years to their life over sedentary individuals*. Playing tennis has a wide variety of health benefits that make it an ideal physical activity for anyone, at any age!

### HEALTH BENEFITS OF PLAYING TENNIS:

- Lower resting heart rate & blood pressure
- Improve muscle tone, strength and flexibility
- Improve metabolic function
- Increase bone density
- Lower body fat

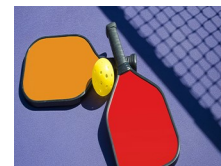


## PLAY PICKLEBALL!

Pickleball is the fastest growing sport in the US. The game is social, fitness-oriented and competitive. It is a great sport for all ages—most popular among adults 40 years old and older! Pickleball is easy to learn, inexpensive to buy the necessary equipment, is great for physical fitness, and it's fun!

### HEALTH BENEFITS OF PLAYING PICKLEBALL:

- Improve mood and mental health
- Improve balance and agility
- Healthy competition
- Burn calories
- Make new friends



# SPRING SAFETY TIPS

## SPRING CLEANING

The City of Faribault maintains a seasonal compost site. Compost site is available free of charge only for residents within the City of Faribault

- **Opens Monday, April 18th!**
- Located at 214 NE 14<sup>th</sup> Street
- Hours of Operation
  - Monday: 1 PM to 7 PM
  - Wednesday: 1 PM to 7 PM
  - Saturday: 8 AM to 4 PM
- Call the information hotline at 507-333-0390 for updates



### Top 5 Benefits of Composting:

1. Adds nutrients to the soil
2. Introduces valuable organisms to the soil that decompose organic material
3. Recycles kitchen and yard waste
4. Reduces landfill waste

## GRILLING SAFETY

Keep these tips in mind to ensure a safe grilling season:

- Never use a grill indoors. Never leave grill unattended.
- Keep your grill clean.
- Place the grill away from your home, deck railings and out from underneath the eaves.
- Check gas grill tubes and hoses before using a grill that has not been used in a while.
- Check the gas tank hose on propane grills for leaks before using them for the first time.
- When lighting a grill, keep the cover open. If it does not light in the first several attempts, wait five minutes before trying again.



## FIRE PIT SAFETY & REGULATIONS

We often receive inquiries about rules and regulations for fire pits or recreational fires. Both are allowed within the City limits without a permit, but there are some regulations you should be aware of:

- Recreational fires are defined as “a fire for cooking, warming, or for recreational purposes burning only clean, untreated wood or charcoal.”
- Fires shall not be more than three (3) feet in diameter nor more than three (3) feet high.
- No fire shall be located less than 15 feet from any structure or combustible materials unless contained in a pit with a depth of not less than two (2) feet.
- Before a fire is lit, all of the ground within five (5) feet of the base of the fire shall be cleared of any combustible material.
- Fires shall be attended at all times by a person of suitable age and experience who is knowledgeable in methods of extinguishing fires and who has tools for extinguishing the fire readily available.
- Fires may be prohibited during a burning ban, so check first!