



April 26 & 27, 2016

EMOTIONAL AND SPIRITUAL CARE IN DISASTERS

Course Number:

200-000-750-2016-SP-A

Location:

Cape & Islands CISM
Conference
Cape Codder Resort & Spa
1225 Iyannough Road
Hyannis, MA 02601

Time:

0800-1800

Notes:

This is a "Priority Selection" course which is not first come-first serve.

Priority Selection Date:

April 12, 2016

This advanced level course will enhance your skills to provide effective emotional and spiritual care (ESC) to meet the disaster-related needs of disaster responders and disaster-affected families and individuals within disaster operations. This course builds on the crisis intervention principles taught in the Critical Incident Stress Management (CISM) core courses to effectively integrate these principles within ESC teams for appropriate care throughout the disaster continuum from the immediate to the long-term recovery process.

This course is designed for trained clergy, chaplains, mental health professionals, and CISM trained crisis responders who desire to enhance their skills in providing Emotional and Spiritual Care to survivors of disaster and trauma. Topics include:

- One's own faith tradition and ESC
- ESC & the Incident Command System
- ESC & disaster relief operations
- Physical, psychological, emotional impact of disasters
- Behavioral, interpersonal, and spiritual impact of disasters
- Range of ESC interventions in the aftermath
- Suitability to provide ESC
- Maintaining health during deployment
- Deployment personal care plans
- Intervention and care giving concepts

Suggested, but not mandatory prerequisites: Individual Crisis Intervention & Peer Support; Group Crisis Intervention; Pastoral Crisis Intervention

Completion of "*Emotional & Spiritual Care in Disasters*" and receipt of certificate indicating full attendance (14 contact hours) qualifies as a class in the ICISF's *Certificate of Specialized Training Program*.



Registration

Register **online** at [List of Current MFA Courses](#). To register by mail or fax, please complete a standard [DFS/MFA Student Application](#) and mail to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775 or fax it to: (978) 567-3229. To register by email, please scan and email applications to mfa.registration@state.ma.us.



TERRORISM: PSYCHOLOGICAL IMPACT & IMPLICATIONS

April 26 & 27, 2016

Course Number:
200-000-648-2016-SP-A

Location:
Cape & Islands CISM
Conference
Cape Codder Resort & Spa
1225 Iyannough Road
Hyannis, MA 02601

Time:
0800-1800

Notes:
This is a "Priority Selection"
course which is not first
come-first serve.

Priority Selection Date:
April 12, 2016

Acts of terrorism are unparalleled in their potential to undermine psychological stability. This course will explore preparedness and response to terrorism with an emphasis on at-risk populations, coping mechanisms, resiliency, self-care for disaster responders, and lessons learned from recent events such as the Oklahoma City Bombing and the attacks of September 11, 2001. Psychological and psychosomatic symptoms will be presented, with discussion of how reactions may vary depending on the type of weapon utilized (chemical, biological, radiological, nuclear, explosive, and cyber-terrorism). Other topics will include recent innovations in response to catastrophic disasters and terrorism, including Family Assistance Centers and Respite Centers. Subjects covered include:

- Disasters and their psychological implications
- Trauma, "at-risk" groups, and phases of a disaster
- "Disaster invariables" that occur in every disaster
- Terrorism and its intended effects
- Personal stories of the impact of terrorism
- "Toxicity Factors" of terrorist events
- Factors and situations that influence psychological response
- Terrorist groups, methodologies, and goals
- Psychological impact of disasters
- "Benign" vs. "Malignant" psychological reactions



This course is designed for anyone who wants to be prepared for effectively responding to terrorism, including first responders, emergency managers, the military, health and mental health professionals, chaplains and spiritual care personnel, disaster workers, childcare workers and school personnel, and responders in the corporate sector.

Completion of "*Terrorism: Psychological Impact and Implications*" and receipt of certificate indicating full attendance (14 contact hours) qualifies as a class in the ICISF's *Certificate of Specialized Training Program*.

Registration

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April 26 & 27, 2016

LAW ENFORCEMENT PERSPECTIVES FOR CISM ENHANCEMENT

Course Number:

200-000-751-2016-SP-A

Location:

Cape & Islands CISM
Conference
Cape Codder Resort & Spa
1225 Iyannough Road
Hyannis, MA 02601

Time:

0800-1800

Notes:

This is a "Priority Selection" course which is not first come-first serve.

Priority Selection Date:

April 12, 2016

Learn to identify, understand, and work with the "Blue Wall of Silence" in the law enforcement community. Designed to provide insight and understanding of the different types of stress in the law enforcement culture from a systems perspective emphasis, this course will provide practical "back pocket skills" in providing crisis intervention services to law enforcement officers, their families, mental health professionals, chaplains, and organizations that interact within the law enforcement community. It is an excellent course for CISM teams and team members who want to enhance their understanding of the differences in the law enforcement culture as compared to other first responder cultures. Topics include:

- Community perceptions of the Law Enforcement Profession
- Differential Model of oppression in capitalistic systems
- System dysfunctions in the Law Enforcement culture
- Special considerations when providing CMB group interventions
- Stress areas of a Law Enforcement Officer culture
- Healthy coping mechanisms and resiliency protective factors
- Interventions to a suicide of a Law Enforcement Officer or a LODD
- Addictions and CISM response
- Psychological/emotional perceptions following an officer involved shooting

Completion of "*Law Enforcement Perspectives for CISM Enhancement*" and receipt of certificate indicating full attendance (14 contact hours) qualifies as a class in the ICISF's *Certificate of Specialized Training Program*.



Registration

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Department of Fire Services
Massachusetts Firefighting Academy

SENIOR FIRE OFFICER FORUM

April 28, 2016

Course Number:

200-014-SOH-2016-SP-A

Location:

Massachusetts
Firefighting Academy
One State Road, Stow, MA
MFA - Link

Time:

1000-1500

Course Fee:

\$20.00

Check or money order
made out to "MFA Trust
Fund"

Notes:

Application deadline is
April 22, 2016.

Applications must include
payment.

Walk-ins and day-of
registrations will not be
allowed.

Lunch will be provided.

RESPONDING TO A MAJOR RAILROAD EMERGENCY— THE INCIDENT COMMANDER'S PERSPECTIVE

Presented By: Battalion Chief Robert Lipscomb of the Lynchburg VA Fire Department and Chief Tim Pellerin, of the Rangely ME Fire Department.

On July 6, 2013, an unattended 74-car freight train carrying highly volatile Bakken crude oil derailed in downtown Lac Megantic Quebec destroying more than 30 buildings in the town's center and killing 47 people. On 1 May, 2014 the derailment of a CSX freight train carrying Bakken crude oil in the center of Lynchburg VA resulted in an explosion and fire as well as the dumping of 30,000 gallons of oil in and around the James River. Chiefs Pellerin and Lipscomb will provide insight, actions, and lessons learned from the Incident Commander's perspective when responding to a rail incident involving derailment and a flammable commodity.

Registration –

Register at [List of Current MFA Courses](#) by completing a standard [DFS/MFA student application](#) and mail with the \$20 course fee payment to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775.



Presenter Biographies

Battalion Chief Robert Lipscomb currently serves as the Battalion 1 Chief on B Shift for the Lynchburg Fire Department. Employed by the City of Lynchburg Fire Department since July 1990, Chief Lipscomb is a 1989 Graduate of Lynchburg College with a BA in Middle Childhood Education. During his tenure with the Lynchburg Fire Department, Chief Lipscomb has served as a Firefighter/Paramedic in field operations, Public Education Captain, Engine Company Captain, Training Chief and Field Operations Chief.

Chief Lipscomb is currently certified as a Virginia Office of EMS EMT-Paramedic, Virginia Department of Fire Programs Instructor III and Fire Officer IV. Chief Lipscomb has attended numerous classes at the National Fire Academy, Emergency Management Institute as well as training programs sponsored by the Virginia Department of Fire Programs, Virginia Department of Emergency Medical Services, Virginia Department of Emergency Management, International Association of Fire Chiefs and the University of North Carolina-Charlotte.

As a fire service instructor Chief Lipscomb has taught in numerous fire academies for the Lynchburg Fire Department and neighboring jurisdictions as well as the Virginia Fire Chiefs Association annual conference, the Nebraska State Hazardous Materials Conference and the Fire Department Instructors Conference in Indianapolis.

Tim Pellerin currently serves as Fire Chief/EMA Director for Rangeley Fire/Rescue Department in Rangeley, Maine. Rangeley is a community of 3300 nestled in the western Maine mountains that swells to over 30,000 in the summer and winter months for recreational sports. Chief Pellerin along with 30 Paid on-call firefighters provide response and rescue for 19 towns, townships, villages, and unorganized territories covering over 800 square miles. In July 2013, Chief Pellerin along with 7 other local fire departments and 30 firefighters responded to a call for mutual-aid from the village of Lac-Mégantic Quebec for a rail train derailment with explosions. Together they operated for over 30 continuous hours to help control this terrible rail disaster. In April 2014, Chief Pellerin testified at the Rail Safety & Transportation hearing before the U.S. Senate, Committee on Appropriations, Subcommittee on Transportation, Housing and Urban Development (THUD) to help support funding for rail safety and disaster training in America.

Tim brings over 35 years of experience working through the ranks of emergency management and the fire service. He has served as a career firefighter/EMT since 1980, a fire officer since 1987, a hazardous materials technician since 1995 and in a Chief Officer capacity for over 20 years.

He is certified as an NIMS/ICS Instructor, haz-mat Incident Commander, water/technical rescue technician and wilderness/snowmobile rescue technician. Tim started his full-time career in 1980 as a Firefighter/EMT for the Town of Brunswick, Maine, and then went on to serve in other Maine communities including 16 years in the City of Portland, Town of Raymond, City of Westbrook, Town of Scarborough and now the Town Rangeley, Maine.

Registration –

Register at [List of Current MFA Courses](#) by completing a standard [DFS/MFA student application](#) and mail with the \$20 course fee payment to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775.



Department of Fire Services
Massachusetts Firefighting Academy

MUNICIPAL HEARINGS OFFICER TRAINING

Course Date:
May 4, 2016

Course Number:
200-000-L03-2016-SP-A

Location:
Department of Fire Services
Room 125
One State Road
Stow, Massachusetts 01775

Time:
9:30-11:30 a.m.

Registration Deadline:
April 27, 2016

Highlights of the training include:

- Source of authority and rules for conducting municipal hearings
- Burden of proof, conduct of hearings, and admission of evidence
- Creating, documenting and preserving the record for appeal

As part of the Massachusetts Fire Safety Act of 2004, the Legislature enacted M.G.L. c. 148A which allowed for the issuance of citations for certain violations of the State Building and Fire Code by state and local code enforcement officers. In order to participate in the citation process, cities/towns must appoint a certified hearings officer. This training provides an opportunity for those communities who did not initially participate or who have a need to appoint a new or additional hearings officer. If you wish to participate in the citation process, you should urge your appointing authority to designate a hearings officer and send them to this training.

Citations written by local code enforcement officers, which are appealed, are heard before a municipal hearings officer. This municipal hearings officer is appointed by his or her municipality to conduct such hearings.

In order to serve as a municipal hearings officer, an individual must receive training provided jointly by the Office of the Attorney General and the Massachusetts Municipal Lawyers Association.

Former Assistant Attorney General Robert Ritchie and Attorney James Lampke, Executive Director, Massachusetts Municipal Lawyers Association are teaching this course.

PLEASE NOTE: Training is limited solely to those individuals designated by their appointing authority to serve in the capacity as Municipal Hearings Officer for hearing either building or fire appeals. Current members of a building/fire department **may not serve** as hearings officers for violations issued by their own department.

Registration

To reserve your spot for this important training, please call MaryElizabeth Lynch at (978) 567-3181 by Wednesday, April 27, 2016 at 5:00 p.m.



Department of Fire Services
Massachusetts Firefighting Academy

May 3, 2016

Course Number:
200-014-SOI-2016-SP-A

Location:
Massachusetts
Firefighting Academy
One State Road, Stow, MA
MFA - Link

Time:
1000-1500

Course Fee:
\$20.00
Check or money order
made out to "MFA Trust
Fund"

Notes:
Application deadline is
April 25, 2016.

Applications must include
payment.

Walk-ins and day-of
registrations will not be
allowed.

Lunch will be provided.

SENIOR FIRE OFFICER FORUM

WHY FIREFIGHTERS DIE?

Presented By: Assistant Chief Matthew Tobia, Loudoun County VA Fire Rescue

In the age of instant access where the events of a firefighter's death are all too often memorialized in video and audio recordings posted on the internet faster than families can be notified of the circumstances of the their loved one's loss, it is more important than ever to learn from these case studies.

Through an interactive conversation, this program will explore several instances of firefighter fatalities and near misses to look beyond what is seen to what is not seen. This program will offer an opportunity to look deeper than the proximate causes of an event into the root causes and problems lying in wait that can contribute to an environment of suffering a Line-of-Duty Death (LODD).

We will examine a concept known as "standardization of deviance" and its role in contributing to a culture of tolerance for complacency. We will examine the role that command officers play in the pursuit of perfection. While it is absolutely possible to be doing everything right and still suffer an LODD, far too often our firefighter fatalities are predictable and therefore ... preventable.

If you believe in the brotherhood of the fire service, do not miss this program.

Registration –

Register at [List of Current MFA Courses](#) by completing a standard [DFS/MFA student application](#) and mail with the \$20 course fee payment to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775.



Presenter Biographies

Matthew Tobia is the Assistant Chief of Support Services and Volunteer Administration with the Loudoun County, VA Fire and Rescue Department, a metropolitan combination department of over 1300 members located in Northern Virginia just west of Washington, DC. With over 27 years of diverse experience, Matt has served as a firefighter, paramedic, company officer and chief officer. Chief Tobia began his career in Anne Arundel County, MD where he retired at the rank of Battalion Chief.

Chief Tobia holds a Bachelor of Science Degree from the University of Maryland, is a nationally certified Fire Officer IV, Instructor III, and is a graduate of the Executive Fire Officer program through the United States Fire Administration. He teaches extensively throughout the United States, and is a contributing editor and back page columnist for Fire-Rescue Magazine. He has served on the faculty at both the Pennsylvania State Fire Academy and the Maryland Fire Rescue Institute.

Chief Tobia is a member of the International Association of Fire Chiefs, and is a past-Chairman of their Safety, Health, and Survival Section. Matt is active in supporting the families of fallen firefighters, serving as a member of the Command Team for the National Fallen Firefighters Memorial Weekend. And in his spare time, he is a counselor at the Mid Atlantic Burn Camp for children who are survivors of burn injuries.

Matt resides in Loudoun County, VA with his wife Jeanne and two children, Hanna and Doc.

Registration –

Register at [List of Current MFA Courses](#) by completing a standard [DFS/MFA student application](#) and mail with the \$20 course fee payment to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775.

The courses listed below are available at the time this calendar is created. The Massachusetts Firefighting Academy is constantly updating our offerings and you should check the [Register for Current Courses](#) page to see the current list. If you cannot find the course on a specific date, it may have been removed due to an overwhelming amount of applications or registration has been closed.

MFA Course Calendar • April 2016

~ April 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Motor Pump Operator	2 Fire Instructor I Fire Prevention Officer I Rapid Intervention
3	4 Foam Tech Seminar I Ethanol for 1st Responders	5 Foam Tech Seminar I NFA: Commissioning New Occupancies	6 Ethanol for 1st Responders	7 Ethanol for 1st Responders	8 Ethanol for 1st Responders Fire Instructor I	9 Comp. Officer: Decision Making on Fireground Large Diameter Hose
10	11 High Voltage Awareness	12 Flashover Simulator Training	13 Ethanol for 1st Responders	14 Incident Safety Officer	15 Flashover Simulator Training	16
17	18	19 Rope Rescue Technician	20 Company Officer Strategy & Tactics	21 Elevator Rescue	22	23 Aerial Ladders
24	25 High Voltage Awareness	26 Counter Terrorism Ops	27 Emergency Vehicle Op - Advanced	28 SFOF: Responding to a Major Railroad Emerg. CNG Portable Pipeline Awareness & Ops	29 CNG Portable Pipeline Awareness & Ops	30 Rapid Intervention Aerial Ladders CNG Portable Pipeline Awareness & Ops Company Officer II
	Notes:					

The courses listed below are available at the time this calendar is created. The Massachusetts Firefighting Academy is constantly updating our offerings and you should check the [Register for Current Courses](#) page to see the current list. If you cannot find the course on a specific date, it may have been removed due to an overwhelming amount of applications or registration has been closed.

MFA Course Calendar • May 2016

~ May 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 MFIRS Company Officer I SFOF: Why Firefighters Die?	4	5	6 Emergency Vehicle Operator - Advanced	7 Advanced Structural Firefighting Practices
8	9 Rope Rescue: Technician	10 Gas Cylinder Emergency Response NFA: New Fire Chief III: Contemporary Issues Rapid Intervention	11 Gas Cylinder Emergency Response	12 Company Officer Strategy & Tactics	13 Fire Instructor I	14 Incident Safety Officer Small Aircraft Hazards- Procedures Firefighter Survival Skills SOS
15	16	17 NFA: Leadership for Fire and EMS	18 Company Officer Seminar- Decision-making on the Fireground	19 Rapid Intervention - STATEWIDE	20	21 Company Officer Transitional Fire Attack
22	23 HazMat Technician Regualification	24	25	26 Company Officer Transitional Fire Attack	27	28
29	30	31 Emergency Vehicle Operator - Advanced				

Safety Tips for Open Burning Season



Open burning is prohibited in 22 Massachusetts cities and towns due to population density and proximity of buildings. Contact your local fire department to determine if open burning is allowed in your city or town.

Permits Are Required

Get a permit from the local fire warden or fire chief. Fire wardens determine when it is safe to conduct open burning on a daily basis. Weather conditions change rapidly, especially in the spring. Permits can be rescinded if conditions change suddenly, making it unsafe to burn.

According to Department of Environmental Protection regulation (310 CMR DEP 7.07), open burning must: be a minimum of 75 feet from all buildings; be conducted between 10 a.m. and 4 p.m. from January 15 to May 1; and take place on the land closest to the source of material to be burned. You must also be sure air quality conditions are acceptable for burning by calling the Massachusetts DEP Air Quality Hotline at (617) 556-1021 or by visiting the MassAir Online website at <http://public.dep.state.ma.us/MassAir>.

Only Certain Materials Can Be Burned

- Brush, cane, driftwood, and forestry debris from **other than** commercial or industrial land clearing operations.
- Agricultural materials such as fruit tree and bush prunings, raspberry stalks, and infected bee hives for disease control.
- Trees and brush resulting from agricultural land clearing.
- Fungus infected elm wood, if no other acceptable means of disposal is available.

Burning Leaves and Other Materials Is Prohibited

- Brush, trees, cane and driftwood **from** commercial and/or industrial land clearing operations.
- Grass, hay, leaves, stumps, and tires.
- Construction material and debris.

How to Safely Ignite and Tend the Fire

An adult should always be present during open burning. Children and pets should be kept a safe distance away. Use paper and kindling to start the fire and add progressively larger pieces of

(over) →



FireFactors

Office of the State Fire Marshal • www.mass.gov/dfs • (978) 567-3380

wood. Parts of a discarded Christmas tree can be used. **Never use gasoline, kerosene or any other flammable liquid to start a fire** because the risk of personal injury is high. Burn one small pile of material at a time and slowly add to it. This helps to keep the fire from getting out of control. Select a burn location away from any utility lines.

Fires Must Be Attended Until Extinguished

An adult must attend the fire until it is completely extinguished.

Have Fire Control Tools Handy

Have fire extinguishing materials on hand including a water supply, shovels and rakes. The water supply can be a pressurized water fire extinguisher, a pump can or a garden hose. Test the water source before igniting the fire. You do not want to find out that the water is off or that the hose is cracked when you need it.



Watch the Wind and Be Prepared to Extinguish All Open Burning

Be prepared to extinguish the fire if winds pick up or the weather changes. Use common sense. Don't wait for the fire department to contact you to say that it has become unsafe to burn. Most open burning gets out of control during a sudden wind change.

Call For Help Immediately

If a fire gets out of control, call the fire department immediately. Use the utmost caution to prevent injury to yourself and others or any fire damage to your home.

People conducting illegal burning, or who allow a fire to get out of control, may be held liable for the costs of extinguishing the fire in addition to fines or imprisonment (M.G.L. c.48, s.13).

April is the Worst Month for Brush Fires

April is usually the worst month for brush fires. When the snow pack recedes, but before new growth emerges, last year's dead grass, leaves and wood are dangerous tinder. Winds also tend to be strong and unpredictable in April.

Prevent Wildfires By Burning During Wet Snowy Conditions

Prevent permit fires from becoming wildland fires by burning early in the season. Wet and snowy winter conditions hinder the rapid spread of fire on or under the ground. Weather conditions and increased fire danger in spring can lead to many days when burning is not allowed.

Alternatives to Open Burning

Open burning releases large amounts of carbon dioxide, other gases, and solid substances directly into the air, which can contribute to respiratory problems. Disposal of natural materials is never as good for the environment as using them again in a different form. Tree limbs, brush and other forestry debris can be chipped or composted into landscaping material. Check with your local public works or highway department; many have chippers at the municipal recycling center or transfer station and will process debris from homeowners.

Maintenance

Electrical wiring, like all other systems, needs maintenance and inspection. Have your electrical system examined by a licensed electrician every 10 years. All electrical work should be done by a licensed electrician who obtains a permit when required. The permit process protects homeowners by requiring that an inspector check that the work is done correctly.



Arc Fault Circuit Interrupter (AFCI)

An arc fault circuit interrupter is a new device designed to actually reduce the likelihood of fires. It responds to arcing and sparking within a circuit before the circuit breaker or fuse trips. The AFCI breaker trips to help prevent the fire from occurring in the first place.

The AFCI is installed at the electrical panel and doesn't look much different than a regular circuit breaker.

Don't confuse the AFCI with GFCI. Both devices serve different functions.

AFCIs are mostly found in newly built homes, but can easily be installed in older homes equipped with circuit breakers.

Ground Fault Circuit Interrupter (GFCI)

Installing Ground Fault Circuit Interrupter (GFCI) receptacles can reduce deaths from electrical shock in and around the home by two-thirds. GFCIs should be installed by a qualified electrician in places near water such as kitchen counters, bathrooms and other areas subject to moisture, including the outdoors.



Preventing Electrocutions and Shocks

Safety Tips:

- Read and follow instructions and safety tips provided with electrical appliances and equipment.
- Install plastic safety covers in unused electrical outlets to protect children from shock hazard.
- When unplugging a cord or appliance from an outlet, pull the plug not the cord. Pulling by the cord can cause damage to the wiring at the connection.
- Do not defeat polarized plugs (one prong larger than the other) or the third or ground prong.
- Keep electrical appliances and cords away from water. Keep yourself alive by keeping water and electricity separate.



Preventing Electrical Fires at Home

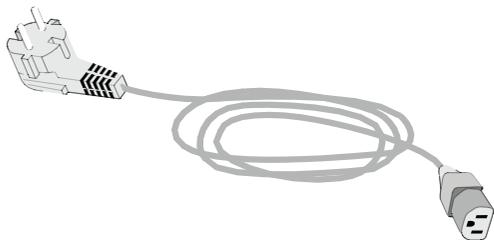


Electricity is a powerful energy source that must be treated with care and respect.

When we think about electricity, we think about electric current. Electric current is the power running along wires in our home and generates heat as it travels. The electrical current is like water running through a hose. The size of the cord can carry only so much electricity before it starts to overheat. The insulation on home wiring, fuses and other parts of the electrical system are all designed to carry a certain amount of electricity safely. The more electricity you draw along a cord, the more quickly it heats up. For instance, an appliance like a space heater can draw a lot of current and needs to be plugged in with a properly designed cord.

Extension Cords

The plugs on cords are the places where heat builds up and the more cords you connect together, the more trouble spots you have. The connection between an extension cord and an appliance cord does not have the same safety features (like fuses or circuit breakers) as those that are built into a wall socket. That is why extension cords are for temporary use only.



Electrical Fires: A Leading Cause of Fire Deaths

From 2010-2014, Massachusetts fire departments reported 2,743 home fires caused by electrical problems. These fires caused 42 civilian deaths, one fire service death, 121 civilian injuries, 310 fire service injuries and an estimated dollar loss of \$136 million. The average loss per fire was \$49,598. Electrical fires were the leading cause of fire deaths in 2011 and 2014, and they were tied as the number two cause in 2012 and 2013.

Potential Warning Signs and Hazards

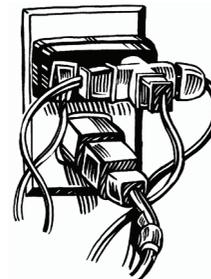
Call the fire department immediately if you have any of these warning signs:

- Arcs, sparks or short circuits;
- Sizzling or buzzing sound;
- Odors, vague smell of something burning

Firefighters can use thermal imaging technology to see excessive heat inside the walls.

Call a professional electrician soon if you have any of these warning signs:

- Frequently blown fuses or tripped circuit breakers;
- Dim or flickering lights, bulbs that wear out too fast;
- Overheated plugs, cords or switches;
- Shock or mild tingle – more than normal static electricity;
- Loose plugs; or
- Unusually warm or faulty outlets or switches.



Look around for these hazards in your home and correct them:

- Overloaded outlets – more than one appliance cord plugged into one wall outlet.
- Cords pinched behind furniture like couches or bureaus.
- Overloaded power strips. They should only be used with a few low current devices such as electronics.
- Lamps or fixtures with light bulbs higher than the recommended wattage. Most lamps recommend 60 watts. Be careful where you use higher wattage bulbs.
- Electrical cords underneath rugs, carpet or furniture. Move them to reduce the risk of fire from overheating due to worn insulation.
- Cords with frayed wires or cracked insulation. Replace them with new ones having a certification label from an independent testing laboratory.
- An extension cord that is not properly



rated for the appliance it powers. Typical “lamp cord” extension cords cannot carry the electrical current needed for appliances such as space heaters or air conditioners.

- Cords or wires that are nailed into place. This can cause electrical shorts and arcing.
- Indoor appliances and cords being used outdoors.

Mantenimiento

El cableado eléctrico, como cualquier otro sistema, necesita mantenimiento e inspección. Haga revisar su sistema eléctrico por un electricista cada 10 años. Todo trabajo eléctrico debe ser realizado por un electricista matriculado, quien deberá obtener un permiso cuando sea requerido. El proceso de permiso protege a los propietarios, ya que un inspector debe verificar que el trabajo haya sido correctamente realizado.

Interruptor de Circuito por Falla de Arco (AFCI)

Un interruptor de circuito por falla de arco es un nuevo dispositivo diseñado para reducir realmente la probabilidad de incendios. Responde al arco y encendido dentro de un circuito antes que salte el disyuntor o el fusible. El interruptor AFCI se activa para evitar que se produzca un incendio.

El interruptor AFCI se instala en el panel eléctrico y se parece bastante a un disyuntor común.

No confunda AFCI con GFCI. Son dispositivos que tienen distintas funciones.

Los interruptores AFCI se encuentran principalmente en casas nuevas, pero pueden instalarse fácilmente en hogares más antiguos equipados con disyuntores.

Interruptor Para Circuito Con Pérdida a Tierra (GFCI)



Instalar un receptáculo GFCI puede reducir en dos terceras partes el riesgo de muerte por choque eléctrico en el hogar.

Estos dispositivos deben ser instalados por un electricista calificado en lugares cerca del agua, como mesadas de cocina, baños y otras áreas con humedad, incluso en el exterior.

Prevención de Electroclusiones y Choques Eléctricos

Consejos de seguridad:

- Lea y siga las instrucciones y las recomendaciones de seguridad de fábrica para artefactos y equipos eléctricos.
- Instale cubiertas plásticas de seguridad en tomacorrientes que no están en uso, para proteger a los niños del peligro de choque eléctrico.
- Al desenchufar un cable o un electrodoméstico, jale del enchufe, no del cable, para evitar dañar el cableado en la conexión.
- No anule los enchufes polarizados (una clavija más larga que la otra) ni la tercera clavija de conexión a tierra.
- Mantenga los artefactos eléctricos y sus cables alejados del agua. Evite riesgos a la vida manteniendo el agua y la electricidad por separado.



Prevención de Incendios Eléctricos en el Hogar



La electricidad es una potente fuente de energía que merece cuidado y respeto.

Cuando hablamos de electricidad, pensamos en la corriente eléctrica. La corriente eléctrica es la energía que viaja por los cables instalados en nuestro hogar y genera calor a su paso. La corriente eléctrica es como el agua que fluye por una manguera. Por su tamaño, un cable puede transportar determinada cantidad de electricidad antes de empezar a sobrecalentarse. La aislación en la instalación eléctrica del hogar, los fusibles y otras partes del sistema eléctrico están diseñados para llevar una cierta cantidad de electricidad en forma segura. Cuanta más electricidad se carga en un cable, más rápido se calienta. Por ejemplo, un artefacto como un calefactor puede necesitar mucha corriente y debe enchufarse con un cable correctamente diseñado.

Alargues

Los enchufes de los alargues son los lugares donde se acumula calor, y cuantos más cables se conectan juntos, más puntos problemáticos se tiene. La conexión entre un alargue y el cable de un artefacto no tiene las mismas características de seguridad (como fusibles y disyuntores) que los que están empotrados en un tomacorriente de pared. Por ese motivo, los alargues son solo para uso temporario.

Incendios Eléctricos: Una Causa Líder de Muertes por Incendio

Entre 2010 y 2014, el departamento de bomberos de Massachusetts registró 2.743 incendios en el hogar causados por problemas

eléctricos. Estos incendios ocasionaron la muerte a 42 civiles y a un bombero, lesiones a 121 civiles y 310 bomberos, y una pérdida estimada de \$136 millones. La pérdida promedio por incendio fue de \$49.598. Los incendios eléctricos fueron la causa número uno de muertes por incendio en 2011 y 2014 y empataron en el segundo puesto en 2012 y 2013.

Signos de Alerta y Peligro Potencial

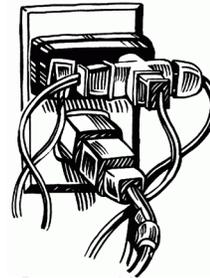
Llame al departamento de bomberos de inmediato si tiene alguno de los siguientes signos:

- Arcos, chispas o cortocircuitos;
- Sonidos chisporroteantes o zumbidos;
- Olor (aunque sea un olor vago) a quemado.

Los bomberos pueden usar tecnología de imágenes térmicas para ver el calor excesivo dentro de las paredes.

Llame a un electricista profesional de inmediato ante estas situaciones:

- Fusibles que se queman o disyuntores que se disparan con frecuencia;
- Lámparas tenues o que titilan, bombillas que se queman demasiado rápido;
- Enchufes, cables o interruptores recalentados;
- Choque u hormigueo: superior a electricidad estática normal;
- Clavijas sueltas;
- Tomacorrientes o interruptores sobrecalentados o defectuosos.



Busque estos signos de peligro en su hogar y corríjalos:

- Tomacorrientes sobrecargados: más de un artefacto enchufado al toma de pared.
- Pinzamiento de cables detrás de muebles como sillones o escritorios.
- Alargues con múltiples tomas sobrecargadas. Solo deben usarse con pocos dispositivos de baja corriente, como electrónicos.
- Lámparas o artefactos con bombillas de más voltaje que el recomendado. La mayoría de las lámparas recomiendan bombillas de 60 watts. Tenga cuidado dónde utiliza bombillas más potentes.
- Cables eléctricos debajo de alfombras, felpudos o muebles. Muévalos para reducir el riesgo de incendio por sobrecalentamiento debido a mala aislación.
- Cables gastados, pelados o con aislación rota. Reemplácelos por cables nuevos que tengan una etiqueta de certificación de un laboratorio de ensayos independiente.
- Un alargue que no tiene la misma potencia nominal que el artefacto que alimenta. Los típicos alargues de "cable de lámpara" no pueden transportar la corriente eléctrica necesaria para artefactos como calefactores o acondicionadores de aire.
- Cables fijados con clavos: pueden causar cortos y arcos eléctricos.
- Electrodomésticos y cables de interior usados en el exterior.

