Local public safety can now request a drone deployment for large structure fires, CBRNE (Chemical, Biological, Radiological, Nuclear, and Explosive) incidents, photo and video documentation, storm damage assessments, missing person searches, pre-planning site and structure evaluations and more.

The drone is capable of recording 4k video, taking 12 megapixel stills and utilizing FLIR® thermal imaging technology to provide incident commanders with information that may not be otherwise available.

For an immediate response of a drone:

Call Massachusetts Emergency Management Agency (MEMA) 508-820-2000

Drone missions are weather and location dependent. Missions will be in strict compliance with all Federal Aviation Administration (FAA) regulations, including but not limited to 14 CFR 107.

When you request the drone, you will be asked for:

- Nature of the incident
- City or town of the incident
- Street address (where the response vehicle[s] are needed)
- Contact name and number

Once a response has been activated, the requesting agency will be contacted with an estimated time of arrival (ETA) and for directions to the incident for the incoming vehicles.
SENIOR FIRE OFFICER FORUM SERIES 2017
SAVE THE DATE

Extreme Leadership - The Next Generation of Leading, Coaching and Mentoring

Lieutenant William Greenwood

The fire service has four different personalities in the workplace. Leading this dynamic group of men and women can be a challenge for even the best of officers at times. Extreme Leadership will provide a new look at leadership using Interpersonal Dynamics.

This program will provide the attendee with a better way to gain greater respect, productivity and motivation, by simply understanding who their personnel really are and communicating with them all on a different level. We call it "Personality Based Effective Communications."

The fire service has traditionally been based from an "Old Power" one-size fits all paramilitary culture. For the Millennial Generation coming in, that hasn’t been subjected to a military lifestyle, they often find Old Power Leadership as toxic. So if you are struggling to engage the newest generation of firefighters, our program will provide you with a "New Power" mindset to capture the leadership edge by communicating from the personality side of building relationships, confidence and trust in each other.

Learn how to provide behavioral modification for disciplinary action or training in a whole new light. The final module, Step Up Your Instructorship Game, will provide the attendee with a better understanding of Emotional Intelligence (EI) and Intelligence Mapping (IM). Have you ever worked with a person who struggled to comprehend and retain information? We all learn and retain information differently. This module will explain the “why” and provide you with alternative delivery models to better educate your personnel.

Eight Attitudes of Servant Leadership

Chief Douglas Cline

Leadership begins with serving. No role, position, job, task or calling of leadership in Emergency Services can be effective unless there is first a willingness to serve by the individual. Many want successful positions, ranks and roles in leadership, but not everyone wants to serve. Proper serving in leadership begins with a proper attitude. In this dynamic program Chief Douglas Cline will explore the 8 Attitudes of Servant Leadership as related to the fire service to focus the leadership efforts of officers in the right direction for high-performance leadership.

Features of this presentation Include:

- An understanding of the direct impact and positive change that can occur by simply adjusting one’s attitude
- A set of principles to strive for that will have a lasting positive impact on your organization
- A deeper understanding of how a negative attitude can erode an organization’s effectiveness

Registration
Register at DFS Learning Management System
Buildings on Fire: Lessons from the Fireground 2017

Chief Christopher Naum

This program will present and lead through a careful examination of History Repeating Events (HRE) to present leading insights and findings from pertinent case studies, NIOSH LODD Investigative Reports, and After Actions Reports from select incidents for a facilitated examination of apparent and contributing factors and an analysis and review of recommendations and actions to preclude similar events on the local and regional level. Elements of effective and adaptive fireground leadership and the hard lessons learned will be presented in this highly interactive program.

Select case studies are reviewed and applied to identify gaps and vulnerabilities. Lessons from the fireground resonate with recommendations and actions that all fire departments and personnel must recognize and implement in future fireground operations in order to reduce operational risks and improve incident mitigation at structure fires.

Size-Up and Command for the Small Department: How to Avoid Being Lost in the Fog of the Fireground

Assistant Chief Joseph Pronesti

The expression “lost in the fog of war” is a familiar one to those who have been engaged in or commanded a military battle. This expression describes both a literal fog created by the dust, smoke, and debris on the battlefield and, more importantly, the mental fog of confusion and uncertainty created by the lack of knowledge of the enemy. A fireground operation is also a battlefield on which the incident commander must avoid becoming “lost in the fog.”

Chief Pronesti shares his fireground experience and lessons learned in commanding incidents involving small fire departments. Pronesti is an avid student of military leadership, and demonstrates how lessons learned from military engagements can be applied to fire ground operations.

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Date:</th>
<th>Location:</th>
<th>Time:</th>
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</thead>
<tbody>
<tr>
<td>Extreme Leadership - The Next Generation of Leading, Coaching and Mentoring</td>
<td>October 17, 2017</td>
<td>Massachusetts Firefighting Academy</td>
<td>0900-1300</td>
</tr>
<tr>
<td>Eight Attitudes of Servant Leadership</td>
<td>November 1, 2017</td>
<td>Massachusetts Firefighting Academy</td>
<td>0900-1300</td>
</tr>
<tr>
<td>Lessons from the Fire Ground 2017</td>
<td>November 14, 2017</td>
<td>Massachusetts Firefighting Academy</td>
<td>0900-1300</td>
</tr>
<tr>
<td>Size-Up and Command for the Small Department: How to Avoid Being Lost in the Fog of the Fireground</td>
<td>December 16, 2017</td>
<td>DFS - Springfield</td>
<td>0900-1300</td>
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</table>

Future Senior Fire Officer Programs – The agency is proud to present the Senior Fire Officer Forum to the Commonwealth’s Fire Service Leadership. We continually search for new and exciting topics which will enhance the responsibilities of Fire Officers who are climbing the fire service ladder or reached the Fire Chief’s level of management of their organization. Please contact Robert Loomer at Robert.Loomer@state.ma.us with your ideas and suggestions for those programs that you would participate in and like to see as part of the program.

Registration

Register at DFS Learning Management System
The fire service has four different personalities in the workplace. Leading this dynamic group of men and women can be a challenge for even the best of officers at times. Extreme Leadership will provide a new look at leadership through the use of Interpersonal Dynamics.

This program will provide the attendee with a better way to gain greater respect, productivity and motivation, by simply understanding who their personnel really are and communicating with them all on a different level. We call it "Personality Based Effective Communications." The fire service has traditionally been based from an "Old Power" one-size fits all paramilitary culture. The millennial generation that hasn't been subjected to a military lifestyle often find Old Power Leadership as toxic. If you are struggling to engage the newest generation of firefighters, this program will provide you with a "New Power" mindset to capture the leadership edge by communicating from the personality side of building relationships, confidence and trust in each other.

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WILLIAM GREENWOOD
William Greenwood is a 24-year veteran of the fire service, holding positions in volunteer, paid on call and career fire departments. He is currently the Assistant Fire Chief of Training with the Manchester-Boston Regional Airport Fire Department and a Lieutenant with the City of Keene, NH Fire Department. Bill is a Pro-Board Level III Fire Instructor and a Senior Staff Instructor with the New Hampshire Fire Academy. He has presented at the FDIC International for the past 6 years. Bill is member and presenter with the International Society of Fire Service Instructors. He owns and operates FETC Services, which provides advanced level firefighting and leadership seminars throughout the United States. He has been published in Fire Engineering and Fire Rescue Magazines and hosts a popular radio show called “Tap the Box” on Fire Engineering Radio.
Leadership begins with serving. No role, position, job, task or calling of leadership in Emergency Services can be effective unless there is first a willingness to serve by the individual. Many want successful positions, ranks and roles in leadership, but not everyone wants to serve. Proper serving in leadership begins with a proper attitude. In this dynamic program Chief Douglas Cline will explore the 8 Attitudes of Servant Leadership as related to the fire service in an effort to focus the leadership efforts of officers in the right direction for high-performance leadership.

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- An understanding of the direct impact and positive change that can occur by simply adjusting one’s attitude
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- A deeper understanding of how a negative attitude can erode an organization’s effectiveness

CHIEF DOUGLAS CLINE

Douglas Cline is the Chief of the Training and Professional Development Division with Horry County Fire Recue in South Carolina, a Metro Department with over 800 Fire and Emergency Medical Personnel, serving a diverse population and 1250 square miles of jurisdiction. He is an Executive Editor for Fire Officer, and Executive Director for the Command Institute in Washington, D.C.

A 38-year fire and emergency services veteran as well as a well-known author, he is an international speaker and instructor presenting dynamic power packed /high intensity programs on leadership, instructor development, officer development, fireground tactics, rapid intervention team training and firefighter safety and survival. Cline is a highly published author of articles, blogs and textbooks for both Fire and EMS. As a Chief Officer, Cline is a distinguished authority of officer development and has traveled internationally delivering distinguished programs on leadership and officer development.
NATIONAL FIRE ACADEMY PROGRAMS
AT MASSACHUSETTS FIREFIGHTING ACADEMY

Youth Firesetter Intervention Specialist (YFPI — Level I) F0633
This two-day course is based on requirements of National Fire Protection Association (NFPA) 1035, Standard on Fire and Life Safety Educator, Public Information Officer, Youth Firesetter Intervention Specialist and Youth Firesetter Program Manager Professional Qualifications. This course provides students with a broad understanding of the knowledge, skills and abilities that the Youth Firesetter Intervention Specialist should have as requirements of NFPA Standard 1035 pertaining to youth firesetting. This course is for the practitioner who provides services at the program delivery level. It replaces Youth Firesetting Prevention and Intervention - Level 1.

This course covers the following:
- Review of NFPA 1035 for Youth Firesetter Intervention Specialist.
- The extent of the youth firesetting problem and justification for local youth firesetting prevention and intervention programs.
- Examination of the typologies of firesetting and the motivation behind firesetting behaviors, as well as identification, intake, screening, disposition and follow-up.
- Youth firesetting educational interventions.

Health and Safety Officer F0730
This two-day course examines the Health and Safety Officer’s role in identifying, evaluating and implementing policy and procedures that affect health and safety aspects for emergency responders. Risk analysis, wellness, and other occupational safety issues will be the main emphasis of this course.

Youth Firesetter Program Manager (YFPI — Level II) F0634
This two-day course is based on requirements of National Fire Protection Association (NFPA) 1035, Standard on Fire and Life Safety Educator, Public Information Officer, Youth Firesetter Intervention Specialist and Youth Firesetter Program Manager Professional Qualifications. The course is designed for the person who is responsible or will be responsible for leading a youth firesetting prevention and intervention program. This course replaces Youth Firesetting Prevention and Intervention - Level 2.

The course covers the following:
- Review of NFPA 1035 for Youth Firesetter Program Manager.
- Leading a youth firesetting prevention and intervention program.
- Program development.
- Program evaluation.

Registration
Register at DFS Learning Management System
Emergency Response To Terrorism: Strategic & Tactical Considerations for Supervisors F0549
This two-day course is designed for the responder(s) who may be responsible for initial and expanded command of incidents involving terrorism. The course is intended to build upon the students' existing skills as Incident Commanders (ICs) and practitioners of Incident Command System, with knowledge of the National Incident Management System, the National Response Framework, and terrorism. The class will assist the officers in preparing an effective response to the consequences of terrorism. ICs must be prepared to operate as part of a multiagency, multidiscipline and multijurisdictional response. The course uses lecture supported by case studies and practice scenarios to address the command and control challenges that will likely confront the IC. This will enable the students to apply their knowledge of pre-incident planning, managing emergency incidents, and operating as part of a Unified Command structure to ensure the safety of responders while bringing the incident to a successful conclusion.

Leadership in Supervision: Creating Environments for Professional Growth F0646
This two-day course presents the supervisor with the basic leadership skills and tools needed to perform effectively in the fire service environment. The course includes concepts related to a successful transition to supervisory and leadership roles, including concepts of adaptive leadership; change management; active followership; effective communication, including difficult conversations and advocacy-inquiry based dialogue; ethics; authority; power; decision-making; and active engagement through development of a personal plan.

Leadership in Supervision: Perspectives in Thinking F0647
This two-day course provides the supervisor with the conceptual foundation and framework for success in leadership roles by exploring creative, analytical, political and critical thinking perspectives. The course addresses skills needed for assessing situations from multiple perspectives, making critical decisions, fostering creativity and innovation, and using persuasion.

Leadership in Supervision: Frameworks to Success F0648
This two-day course provides the supervisor with the knowledge and skills to perform successfully in the fire and Emergency Medical Services environments. The course addresses professionalism, resilience, emotional intelligence, and situational awareness, as well as managing conflict, delegating, mentoring, coaching, empowering, and building collaboration and synergy for professional growth.

Fire Investigation: First Responders F0379
This two-day course is designed specifically to provide a clear definition of the role of first responders in fire investigation and provide essential knowledge to enable them to recognize the potential of intentionally set fires, preservation and protection of evidence, and proper reporting of information to appropriate officials. By strengthening the partnership between first responders and investigators, the chances for successfully solving arson-related crimes will increase. The course includes topics such as fire behavior, critical observations of the first responder, fire causes, scene security and evidence preservation, legal considerations, and documentation of findings.

Registration
Register at DFS Learning Management System
## NATIONAL FIRE ACADEMY PROGRAMS
### AT MASSACHUSETTS FIREFIGHTING ACADEMY

<table>
<thead>
<tr>
<th>Program</th>
<th>Activity Number</th>
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<tr>
<td>Youth Firesetter Intervention Specialist (YFPI — Level I) F0633</td>
<td>FI7</td>
<td>November 7 &amp; 8, 2017</td>
<td>0800-1700</td>
<td>Massachusetts Firefighting Academy</td>
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<td>Health and Safety Officer F0730</td>
<td>NFO</td>
<td>November 27 &amp; 28, 2017</td>
<td>0800-1700</td>
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<td>Youth Firesetter Program Manager (YFPI — Level II) F0634</td>
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<td>December 5 &amp; 6, 2017</td>
<td>0800-1700</td>
<td>Massachusetts Firefighting Academy</td>
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<td>Emergency Response To Terrorism: Strategic &amp; Tactical Considerations for Supervisors F0549</td>
<td>NF0</td>
<td>March 6 &amp; 7, 2018</td>
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<td>Leadership in Supervision: Creating Environments for Professional Growth F0646</td>
<td>NFQ</td>
<td>April 3 &amp; 4, 2018</td>
<td>0800-1700</td>
<td>Massachusetts Firefighting Academy</td>
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<td>Leadership in Supervision: Perspectives in Thinking F0647</td>
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<td>Leadership in Supervision: Frameworks to Success F0648</td>
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<td>Fire Investigation: First Responders F0379</td>
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<td>0800-1700</td>
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**Registration**
Register at [DFS Learning Management System](#)
The courses listed below are available at the time this calendar is created and are available through our new DFS Learning Management System.

MFA Course Calendar • October 2017

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<th>Sun</th>
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<td>Elevator Rescue (classroom), Burlington Town Hall</td>
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<td>Counter-Terrorism Ops, Fall River Flashover Simulator, Chelmsford</td>
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<td>Rapid Interv., MFA-Stow</td>
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<td>NFPA Electric Veh. Safety, Dover</td>
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<tr>
<td>HazMat Requal/Reentry, DFS-Springfield Rope Rescue: Tech, Turners Falls Rapid Intervention, Wakefield</td>
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<td>Rapid Interv., Wakefield SFOF: Extreme Leadership The Next Generation, DFS Stow</td>
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<td>Command. &amp; Control Mayday-D1, Bourne</td>
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<td>CO Strategy &amp; Tactics, Bourne Flashover Sim, Brookline Fire Prev. Offc II, DFS Stow</td>
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<td>Rapid Interv. For Public Safety Dispatch, Middleborough CO Fund. Trans Fire Attack, MFA-Stow High Volt Aware, Bedford FF Surviv SOS, MFA-Stow</td>
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<td>High Volt. Emerg, Bedford Trench Rescue: Tech, Lunenburg</td>
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<td>Fire Instructor II, DFS-Springfield</td>
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<td>Comp. Off. II, MFA-Stow Fire Instructor I, DFS-Springfield</td>
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MFA Course Calendar • November 2017

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<tr>
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<td></td>
<td>1 SFOF: Eight Attitudes of Servant Leadership, DFS Stow</td>
<td>2 Surface Water Rescue Tech, Princeton</td>
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<td>4 Advnd Structural FF, DFS Stow</td>
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<tr>
<td></td>
<td>5</td>
<td>6</td>
<td>7 Rope Rescue Ops, Westwood</td>
<td>8</td>
<td>9 Preparing for Active Threat &amp; Mass Casualty, DFS Springfield Rapid Interv. For Public Safety Dispatch, Newton PD</td>
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<td>18 NFPA Elec. Veh. Safety, West Tisbury</td>
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<td>Basic Fire Investigation- DFS Stow</td>
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<td>22 Fire Instructor I, Dracut</td>
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<td>28 Comp. Offc. II, DFS-Springfield</td>
<td>29</td>
<td>30 Rope Rescue Ops, Auburn</td>
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</table>
Prevent Candle Fires
Follow the Circle of Safety

Burn Candles Inside a One Foot Circle of Safety
Use candles in the center of an area one-foot in every direction free of anything that can burn such as decorations, curtains that can blow around, and other items on a table or bureau. Use sturdy metal, glass or ceramic candle holders that will not tip over.

Before You Go Out, Blow It Out
Most candle fires start when they are left burning unattended. Blow out candles when you leave the room or go to bed. Avoid using candles in the bedroom or in places where people may fall asleep.

Use Candles Out of Reach of Children and Pets
Many candle fires are started when pets knock them over, or when children touch or play with them.

Teach Everyone in the Family the Rules of Safe Candle Use
Children, teenagers, grown-ups and older adults should know the rules of safe candle use.

Keep All Matches and Lighters Out of Reach of Children
Store in a high cabinet, preferably a locked one. You wouldn’t leave a loaded gun lying around and a lighter can be just as dangerous in a child’s hand.

Switch to Flameless Candles
To be safe, consider using flameless candles in your home. Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.

Candles Contribute to Fire Deaths in the Home
Several people are killed, usually in their own homes, from candle fires each year. If medical oxygen is used in the home, do not use candles, matches or other open flames.
Prevenga Incendios Con Velas
Siga el Círculo de Seguridad

Encienda Velas Dentro del Círculo de Seguridad
de 1 Pie (30 cm)
Use velas en el centro de un área de 1 pie (30 cm) de distancia en todas las direcciones, libre de cualquier elemento que sea combustible, como decoraciones, cortinas que pueden agitarse con el viento y otros artículos sobre una mesa o escritorio. Use candelabros sólidos de metal, vidrio o cerámica que no se desestabilicen.

Antes de Irse, Apáguela
La mayoría de los incendios con velas se generan cuando la vela queda encendida y desatendida. Apague las velas cuando salga de la sala o se vaya a dormir. Evite usar velas en el dormitorio o en lugares donde la gente pueda quedarse dormida.

Use Velas Fuera del Alcance de Niños y Mascotas
Muchos incendios causados por velas se inician cuando la vela es volcada por una mascota que pasa cerca o por niños que las tocan o juegan.

Enseñe a Todos los Miembros de la Familia las Reglas del Uso Seguro de Velas
Los niños, adolescentes, adultos y ancianos deben conocer las reglas del uso seguro de velas.

Mantenga Todos los Fósforos y Encendedores Fuera del Alcance de los Niños
Guárdelos en un armario alto, preferentemente bajo llave. Uno no dejaría un arma cargada al alcance de niños, y un encendedor puede ser tan peligroso como un arma en manos de un niño.

Use Velas sin Ilama
Para más seguridad, considere usar velas sin llama en su casa.

Las Velas Contribuyen a Muertes por Incendio en el Hogar
Todos los años, mueren personas, a menudo en sus propias casas, por incendios causados por velas. Si se utiliza oxígeno médico en el hogar, no use velas, fósforos ni ninguna otra fuente de llama abierta. Tenga linternas y luces a batería listas para usar durante un corte de electricidad. Nunca use velas.

FireFactors
Office of the State Fire Marshal • www.mass.gov/dfs • (978) 567-3380
The Fire Data and Public Education Unit manages all public fire and safety education programs in the Office of the State Fire Marshal, including the Student Awareness of Fire Education (S.A.F.E.) Program and the Senior SAFE Program. Technical assistance is provided to local fire departments, health educators, medical and public health professionals, classroom teachers, elder service providers, community and service organizations and others interested in life safety education.

Facts

- Cooking related fires were responsible for 49% of all fires reported in 1- & 2-family dwellings and over 90% of fires in apartments, dormitories, rooming houses and residential board and care facilities.

- Unattended cooking is the most frequent cause of this type of fire.

- The majority of victims injured in fires are hurt while attempting to fight the fire. Leave firefighting to trained professionals.

- In the event of a fire, leave the building immediately and call 9-1-1. All fires and burns, regardless of size, should be reported to your local fire department.

- A working smoke detector can double a family’s chances of surviving a fire.

- Test your detectors monthly. Change the batteries when you change your clocks.

- Don’t disable detectors to avoid false alarms while cooking. Relocate the detector or replace it with a photoelectric type to minimize nuisance alarms from cooking.
Cooking fires are the #1 cause of home fires and home fire injuries according to MFIRS statistics.

In 2016, there were 10,181 home fires in Massachusetts involving cooking. These incidents resulted in one civilian death, 62 civilian injuries, 60 firefighter injuries and an estimated $8.4 million in property damage. Cooking was the leading cause of residential fire injuries in 2016.

Cooking Safety Tips

- **Put a lid on a grease fire** to smother it, then turn off the heat. Baking soda will also work.
- **Never move a burning pan.** You can be badly burned or spread the fire.
- **Never throw water or use a fire extinguisher on a grease fire.** Water will only spread the fire and the force of the extinguisher can splash flaming grease out of the pan.
- **Stand by your pan.** Don’t leave food, grease or oils cooking on the stovetop unattended.
- **Wear short or tight fitting sleeves when cooking.** Loose fitting clothing can easily catch fire.
- **If your clothing catches fire, STOP, DROP & ROLL** to put out the flames. Put burns in cool running water. Call 9-1-1 for help.
- **Keep pot handles turned inward** to prevent accidental spills of hot contents.
- **Create a three-foot “child-free zone” around the stove.** Keep children and pets away from the stove while cooking to prevent burns and scalds.

Cooking Safety Tips (cont.)

- **Keep combustible objects such as pot holders, towels, paper or plastic bags away from heating elements.**
- **For fires inside an oven or microwave, keep the door closed, turn off the appliance, and call the fire department.**
- **Don’t place any metal inside a microwave.** Utensils, aluminum foil or twist-tie wraps can arc and cause a fire.
- **Microwaved foods and liquids can become very hot.** Use caution to avoid scalds.
- **Unplug appliances, such as toasters and coffee makers, when not in use.**
- **Don’t use the oven to store items.**

Covering a pan fire with a lid is the safest way to put out the fire.
Datos

• Los incendios relacionados con la cocina fueron responsables del 49% de todos los incendios informados en viviendas de 1 y 2 familias y de más del 90% de los incendios en departamentos, dormitorios, casas de alojamiento y residencias asistidas.

• Dejar alimentos que se están cocinando desatendidos es la causa más frecuente de este tipo de incendios.

• La mayoría de las víctimas lesionadas en incendios se lastiman cuando intentan apagar el fuego. Deje la tarea de apagar incendios a profesionales capacitados.

• En caso de incendio, abandone el edificio de inmediato y llame al 911. Todos los incendios independientemente de su tamaño, deben ser informados al departamento local de bomberos.

• Una alarma de humo en funcionamiento puede duplicar las posibilidades de una familia de sobrevivir a un incendio.

• Pruebe las alarmas de humo todos los meses. Cambie las pilas cuando cambie la hora de su reloj o según lo que indique las instrucciones.

• No desactive las alarmas de humo para evitar falsas alarma mientras cocina. Reubique la alarma o remplácela por un tipo fotoeléctrico para minimizar alarmas molestas mientras cocina.

La Unidad de Datos y Educación Pública de Incendios (Fire Data and Public Education Unit) maneja todos los programas de educación pública sobre incendios y seguridad en la Jefatura de Bomberos del Estado, inclusive el Programa de Educación sobre Concientización de Incendios para los Estudiantes o S.A.F.E. (Student Awareness of Fire Education). Se brinda asistencia técnica a departamentos locales de bomberos, profesionales médicos y de salud pública, maestros de escuela, proveedores de servicios para personas mayores, organizaciones de la comunidad y de servicio y otras personas interesadas en la educación de la seguridad.
Los incendios en la cocina son la causa número 1 de incendios domésticos y de lesiones por fuego en el hogar según las estadísticas del MFIRS.

En 2016, hubo 10,181 incendios domésticos en Massachusetts que involucraron el hecho de cocinar. Estos incidentes provocaron 1 fallecimiento de civiles, 62 lesiones de civiles, 60 lesiones de bomberos y aproximadamente $8.4 millones en daños a la propiedad.

Consejos de Seguridad al Cocinar

- Si usted tiene un fuego producido por grasa, sofoque las llamas deslizando con cuidado la tapa sobre el sartén y después apague la hornilla. El bicarbonato de sodio también funcionará.
- Nunca mueva el sartén que se esta quemando. Al mover el sartén usted puede sufrir quemaduras graves o propagar el fuego. Para evitar que se vuelva a encender el sartén, deje la tapa puesta hasta que el sartén se haya enfriado por completo.
- No arroje nunca agua ni use un extintor de agua sobre el de fuego producido por grasa. El agua solamente propagará el fuego y la fuerza del extintor puede hacer que se salpique la grasa en llamas del sartén.
- No abandone la cocina. No deje sin supervisión lo que esta cocinando en la estufa.
- Use mangas cortas o ajustadas mientras cocina. La ropa suelta puede prenderse fuego con facilidad.
- Si su ropa se enciende, *deténgase inmediatamente*, táise al suelo y cúbrase el rostro con las manos, ruede una y otra vez para apagar el fuego. Coloque las quemaduras bajo la corriente de agua fría. Llame al 911 para pedir ayuda.
- Mantenga los mangos de los sartenes hacia adentro para evitar derrames accidentales de contenidos calientes.
- Cree una “zona libre de niños” de tres pies alrededor de la estufa. Mantenga a los niños y a las mascotas lejos de la estufa mientras está cocinando para evitar quemaduras.
- Mantenga los objetos combustibles como toallas, bolsas de papel o plástico lejos de la estufa o elementos que se usan para calentar.
- En el caso de fuego *dentro del horno* o del microondas, mantenga la puerta cerrada, apague el electrodoméstico y llame al departamento de bomberos.
- No coloque ningún elemento de metal dentro del microondas. Los utensilios, el papel de aluminio o los cierres de alambre pueden formar un arco y provocar un incendio.
- Los alimentos y líquidos calentados en el microondas pueden estar muy calientes. Sea precavido para evitar quemaduras.
- Desenchufe los electrodomésticos, como tostadores y cafeteras, cuando no los esté utilizando.
- No use el horno para guardar cosas.
Fatos

• Incêndios na cozinha foram responsáveis por 49% de todas as ocorrências de incêndios em habitações de 1 ou 2 famílias, e por mais de 90% dos incêndios em apartamentos, dormitórios, pensões e instalações residenciais que fornecem cuidados de saúde e alimentação.

• Cozinhar sem supervisão é a causa mais frequente desse tipo de incêndio.

• A maioria das pessoas feridas em incêndios machucam-se quando estão tentando apagar o fogo. Deixe a luta contra as chamas nas mãos dos profissionais com treinamento para fazer isso.

• No caso de incêndio, saia do prédio e ligue para 9-1-1. Todos os fogos e queimaduras, independentes de seu tamanho, devem ser comunicados aos bombeiros locais.

• Um detector de fumaça funcionando corretamente pode dobrar a probabilidade de uma família sobreviver a um incêndio.

• Teste os seus detectores de fumaça todos os meses. Troque as baterias quando mudar os relógios para o horário de verão.

• Não desligue os detectores de fumaça quando estiver cozinhando para evitar alarmes falsos. Coloque o detector em outro local ou substitua-o por um detector do tipo fotoelétrico para minimizar o incômodo de alarmes falsos quando você está cozinhando.

A Fire Data and Public Education Unit (Unidade de Educação Pública e Dados sobre Incêndios) gerencia todos os programas educativos públicos sobre segurança e incêndios no Office of the State Fire Marshal (Gabinete do Comandante do Corpo de Bombeiros Estadual), incluindo o Programa S.A.F.E. (Student Awareness of Fire Education ou Conscientização Estudantil da Educação sobre Incêndios). É fornecida assistência técnica às unidades locais do Corpo de Bombeiros, aos educadores de saúde, profissionais de saúde pública, médicos, professores de escolas, provedores de serviços para idosos, organizações de serviços, organizações comunitárias, e a outras pessoas ou organizações com interesse na educação para a segurança da vida.
Fogos na cozinha são a principal causa de incêndios domésticos e ferimentos por queimaduras, de acordo com as estatísticas da MFIRS (Massachusetts Fire Incident Reporting System ou Sistema de Relatórios de Ocorrências de Incêndios de Massachusetts).

Em 2016, houve 10.181 incêndios domésticos em Massachusetts envolvendo fogos na cozinha. Estes incidentes resultaram na morte de 1 pessoa, 62 pessoas feridas, 60 bombeiros feridos e calcula-se que tenham sido causados danos aos imóveis na ordem de $8.4 milhões de dólares.

Dicas de Segurança na Cozinha

- Coloque uma tampa para abafar o fogo da panela que continha gordura ou óleo, depois desligue o fogão ou a trempe.
- Nunca mova uma panela que esteja pegando fogo. Você poderá se queimar seriamente ou espalhar o fogo.
- Nunca jogue água nem use um extintor de incêndio em um fogo em óleo ou gordura. A água só fará o fogo se espalhar e a força do extintor pode esparramar a gordura em chamas pela cozinha.
- Panela sozinha, incêndio na cozinha - Fique ao lado de sua panela. Não deixe alimentos, gordura ou óleo cozinhando no fogão sem supervisão.
- Use mangas curtas ou justas quando for cozinhar. Roupa larga e folgada podem pegar fogo com facilidade.
- Se suas roupas pegarem fogo, PARE, DEITE-SE NO CHÃO E ROLE para apagar as chamas. Coloque suas queimaduras em água corrente fria. Ligue para 9-1-1 e peça ajuda.
- Mantenha as alças das panelas viradas para dentro do fogão para evitar acidentes com o derramamento acidental do conteúdo quente da panela.
- Crie uma “zona proibida para crianças” de 3 pés (1 m) em volta do fogão. Mantenha crianças e animais domésticos longe do fogão quando estiver cozinhando, para evitar queimaduras no fogão ou com o derramamento de líquidos quentes.
- Mantenha objetos inflamáveis como pegadores de panela, toalhas e sacos de plástico ou de papel longe dos elementos de aquecimento do fogão.
- Para fogos dentro do forno ou do micro-ondas, mantenha a porta fechada, desligue o aparelho e chame os bombeiros.
- Não coloque nenhum objeto de metal dentro do micro-ondas. Utensílios, papel alumínio, ou os arames para fechar embalagens podem causar um curto e um incêndio.
- Alimentos e líquidos colocados no micro-ondas podem ficar muito quentes. Tenha cuidado para não queimar-se com líquidos ou alimentos quentes derramados.
- Desligue os eletrodomésticos, como torradeiras e cafeteiras, quando não estiverem em uso.
- Não use o forno para guardar objetos.

Cobrir uma panela que está pegando fogo com uma tampa é maneira mais segura de apagar o fogo.