

San Francisco Fire Department Health Safety and Wellness Report



**Acting Battalion Chief Natasha Parks
Health, Safety and Wellness Chief
Tony Boone, CIH, CSP, CHMM, CEI,
Department Industrial Hygienist**

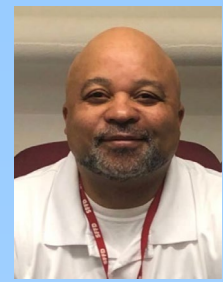
Health, Safety and Wellness Office

HSW Chief's position was created in September of 2019 to develop and organize the health, wellness, and safety initiatives for all uniformed members

- **Goals:**
 - **Cancer Prevention**
 - **in coordination with the San Francisco Firefighters Cancer Prevention Foundation**
 - **Improve Member's Behavioral Health**
 - **Improve Members' overall health**
 - **in coordination with the SFFD Physician's Office**

A/BC Natasha Parks, Health Safety and Wellness Chief

- **Roles and Responsibilities**
 - **Supervise the Behavioral Health Unit (BHU), Critical Incident Response Team (CIRT), and Peer Support Team.**
 - **Supervise Industrial Hygienist**
 - **Attend and represent the SFFD at meetings: CCSF Safety and Health Roundtable, Covid Q&A, Women's Firefighter Cancer Cohort Study, and various other meetings**
 - **Attend weekly meetings with BHU and CD3**
 - **Chair of Behavioral Health Committee and the Health and Safety Committee**



Tony Boone CIH, CSP, CHMM, CEI

▪ Roles and Responsibilities

- Department Industrial Hygienist since June 2017**
- Review, Update and revise Plans: IIPP, RPP, Workplace Violence Prevention, SPCC and others related to health and safety**
- Analyze injury and illness data for trends and recommend countermeasures**
- Training development/delivery/recordkeeping including but not limited to: Hearing Conservation, BBP, Heat Illness, Forklift Operation, others.**
- Update Environmental information in CERS for all stations; assist with facility inspections by SFDPH Environmental**
- Provide Industrial Hygiene and Safety support, respond to situations as needed**

Behavioral Health

- **Behavioral Health Unit (BHU)**
 - **Two full time SFFD members**
 - **Available 24/7 to members**
- **Critical Incident Response Team (CIRT)**
 - **Available for critical incidents (LODD, suicide, serious injury of SFFD member)**
 - **Currently 4 teams of 8-9 members**
 - **Ongoing training**
- **Peer Support Team**
 - **Available to talk to all members**
 - **Ongoing training**
- **Cordico App**

- **BHU talked to:**
 - **Battalion Chief's Leadership classes and Captain's Academy classes**
 - **Probationary class in the Academy**
 - **Will continue to talk to all future officer development and probationary classes**



Mental health and First Aid Classes

- **March 18 and 19**
- **Sponsored by Health Service System**
- **Free to members**

Mental Health First Aid Workshop



Dates & Times:

Only register for ONE of the following virtual workshops dates:

March 18, 2021 - 10:00am-2:00pm

March 19, 2021 - 10:00am-2:00pm

Location:

Virtual – Detailed Information Will Follow Registration.

Contact/Questions:

Natasha Parks
natasha.parks@sfgov.org

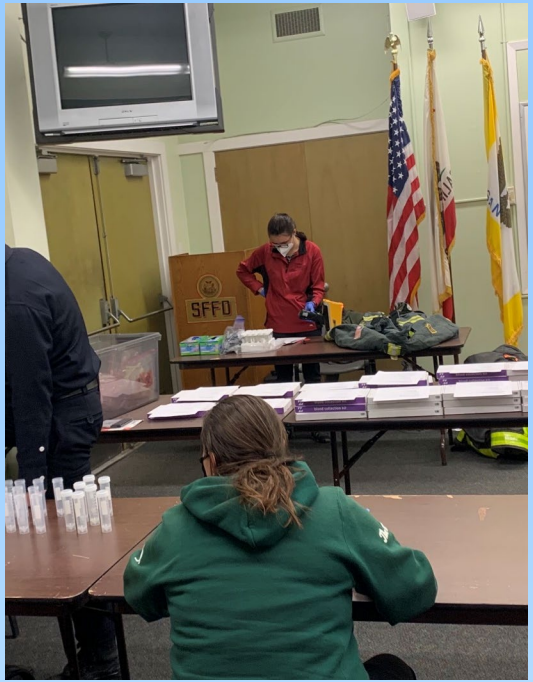
Register Today for one of the Workshops!

<https://mhfa-mar2021-fir.eventbrite.com>

Mental Health First Aid at Work is a high-impact, skills-based training program geared toward Managers, Leaders and Supervisors that teaches participants how to identify, understand and respond to a person who may be developing or experiencing a mental health concern or crisis. **This is a 6-hour Training, includes 2 hours of independent self-paced pre-work that is provided to each individual 2 weeks before the virtual training and a 4-hour certification virtual training.** In this training you will learn:

- Create and maintain a healthy, happy and high-performing workforce that recognizes the value of physical and mental health.
- Complement existing employee services and wellness programs.
- Help employees recognize and take responsibility for their mental health.

- **Stanford University PFAS study –
March 2021**
 - **What are PFAS?**
 - **Per and Polyfluoroalkyl substances (PFAS)**
 - **Persistent in environment and in humans**
 - **They do not break down and can accumulate over time**
 - **PFAS can be found in varying amounts in almost everything, including fire protective turnouts and firefighting foam.**
 - **Evidence that exposure can lead to adverse health effects**
 - **Low infant birth rates**
 - **Immune system effects**
 - **Cancer**
 - **Thyroid hormone disruption**
 - **PFAS study (collect urine and blood samples from volunteers for 2-5 months)**



PFAS in SFFD

- **Firefighting foam:**
 - **SFFD is looking into PFAS free foam**
- **Turnout gear**
 - **SFFD is looking into PFAS free turnouts**
 - **Wear trials for new turnouts happening now**
- **There is a lot interest from fire departments around the country in PFAS free turnouts and firefighting foam**

- **March was Nutrition Awareness Month**
 - **Fruit boxes were distributed to Stations and HQ on March 17**
 - **The HSW Chief works closely with the Physician's Office to provide SFFD's members with information about cardiovascular health, weight, stress, and nutrition.**



- **Upcoming Suicide Prevention classes**
 - **May 5 and 6**
 - **Sponsored by the NFRF**
 - **National First Responders Fund**



- **Upcoming Peer Support classes**
 - **May 24-26 (with SFPD)**
 - **July TBD**



First Responder Support Network

- **Taught by First Responder Support Network**
- **Sponsored by the NFRF**
 - **National First Responders Fund**

Fire Fighter Cancer Cohort Study

Welcome to the FFCCS Virtual Home!



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- **Upcoming Department's participation in FFCCS- Firefighter Cancer Cohort Study- Women Firefighters Study: Stress, Cancer Risk and Reproductive Toxicity**
 - **Goal: Evaluate causes of stress, cancer and reproductive health effects in women firefighters (incumbent women firefighters and new recruit women firefighters)**
 - **Develop effective intervention strategies to mitigate these conditions**

Coming Soon: Peer Support dog and handler

- **Certified peer support dog to assist members by responding to critical incidents**
- **Visit scenes to help responders decompress**
- **Visit stations to comfort and socialize with members, lowering their stress levels**

Aerosol Transmissible Diseases and Covid-19 Prevention Plan

■ Cal-OSHA Title 8 Section 5199

(a) Scope and Application.

(1) Scope. This section applies to work in the following facilities, service categories, or operations:

(A) Each of the following health care facilities, services, or operations:

1. Hospitals
2. Skilled nursing facilities
3. Clinics, medical offices, and other outpatient medical facilities
4. Facilities where high hazard procedures, as defined in subsection (b), are performed
5. Home health care
6. Long term health care facilities and hospices
7. Medical outreach services
8. Paramedic and emergency medical services including these services when provided by firefighters and other emergency responders
9. Medical transport

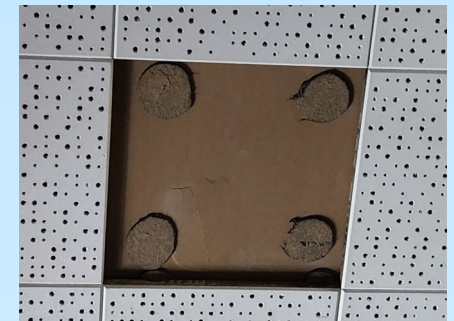
■ Cal-OSHA implemented Emergency regulations for those not covered by the ATD

Requirements for employers covered by the COVID-19 Prevention standard

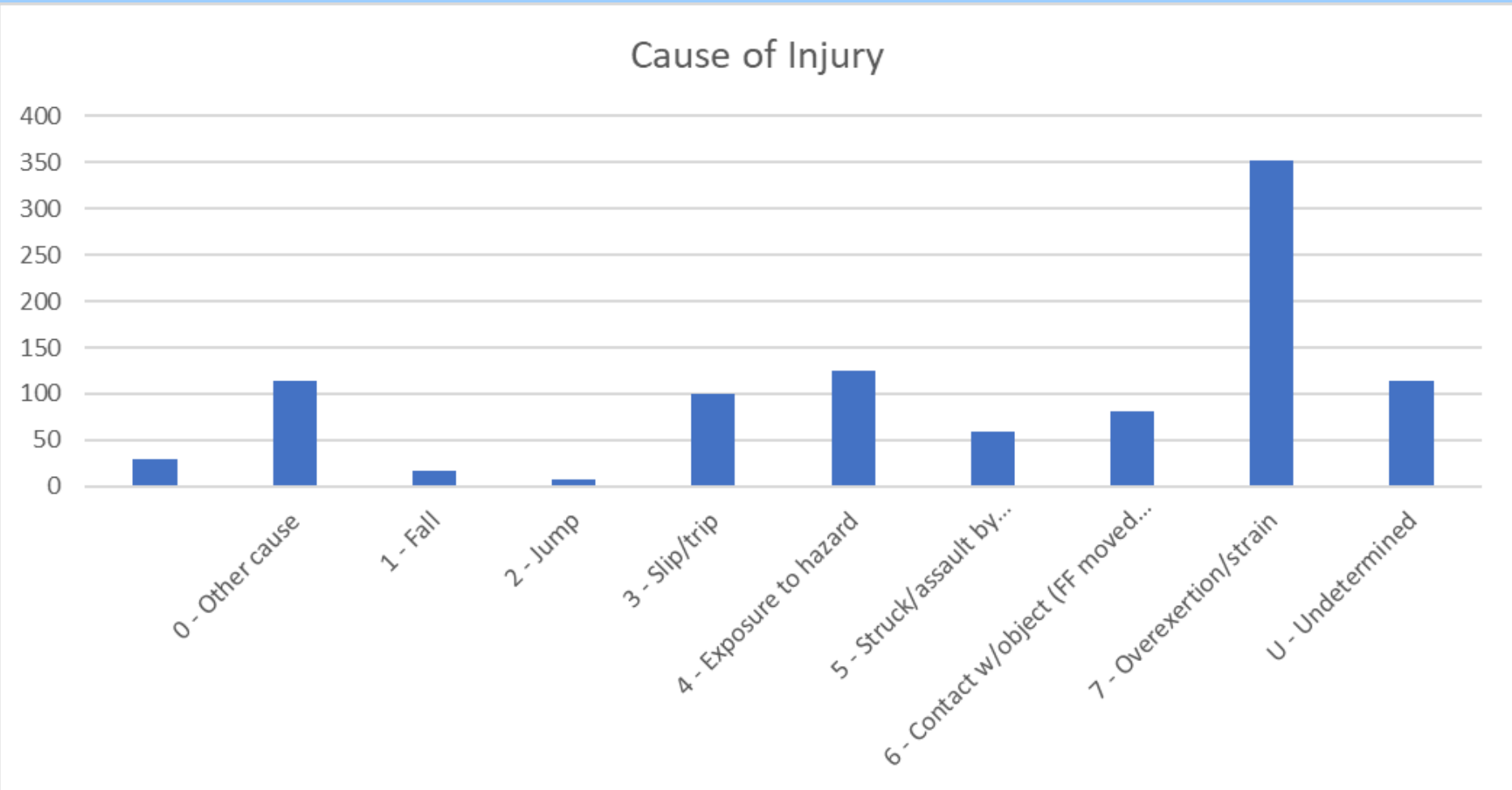
- Establish, implement, and maintain an effective written COVID-19 Prevention Program that includes:
 - Identifying and evaluating employee exposures to COVID-19 health hazards.
 - Implementing effective policies and procedures to correct unsafe and unhealthy conditions (such as safe physical distancing, modifying the workplace and staggering work schedules).
 - Providing and ensuring workers wear face coverings to prevent exposure in the workplace.
- Provide effective training and instruction to employees on how COVID-19 is spread, infection prevention techniques, and information regarding COVID-19-related benefits that affected employees may be entitled to under applicable federal, state, or local laws.

■ Drafts written for both; editing in progress

- **N95 fit testing**
- **SCBA fit testing for EMT and firefighter Academy classes**
- **Conducted Industrial Hygiene samples in fire Station 7 for asbestos**

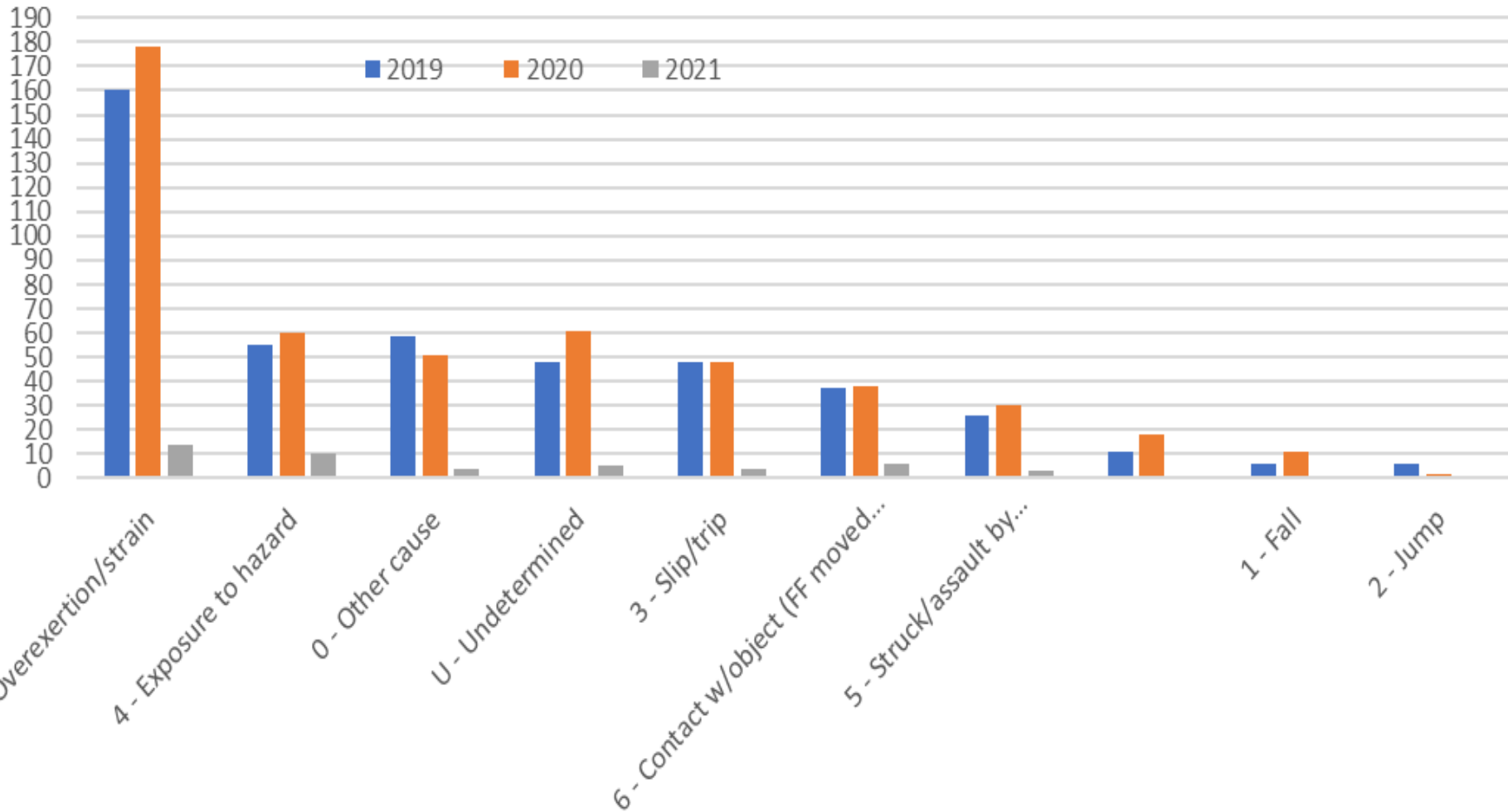


Data analysis of injuries to develop intervention strategies



Data analysis of injuries to develop intervention strategies

Cause of Injury by Year



- **Assist with Underground Storage Tank Inspections**
- **Conduct Above ground Storage Tank Inspections at St. 49 per SPCC (Spill Prevention Control and Countermeasures Plan)**



- **Questions?**