



SEPTEMBER 7, 2023 | ISSUE 66

Rattle Watch

Proudly informing South Carolina firefighters.



September 11, 2001: Twenty-two years later

Monday is the anniversary of the September 11, 2001 terrorist attacks that shocked the world and left an undeniable mark on the United States. Thousands lost their lives, and survivors are still dealing with the health ramifications from the catastrophe. Public safety changed forever on September 11, 2001.

President **Malcolm Burns** shared his thoughts on the upcoming anniversary:

"As we come upon the 22nd anniversary of the terrorist attacks on September 11, 2001, we remember everyone who lost their lives on that day. We continue to pray for the families of the victims and for the survivors who lived through that awful event. We also remember the 343 firefighters who lost their lives responding to the World Trade Center and those who have since succumbed to illness or injury related to working at the site in the days and weeks following the attack. We will never forget their courage, bravery, and sacrifice, and we will honor them every year as an Association, as the collective fire service, and as a Nation."

Communities across South Carolina are hosting September 11 memorial events in the coming weeks.

- **Aiken** — [Heroes Remembered Walk](#) — Saturday, September 9 from

- 8-10 a.m. at O'Dell Weeks Park — *free*
- **Belton** — [Walk to Remember](#) — Sunday, September 10 at 6 p.m. at Rocks Springs Fire Department — *free*
- **Columbia** — [Tunnel to Towers](#) — Friday, September 8 at 6 p.m. at Columbia Convention Center — *\$15-\$35*
- **Greenville** — [Stair Climb](#) — Saturday, September 9 at 7 a.m. (opening ceremony at 8:30 a.m.) at Fluor Field — *\$25*
- **Myrtle Beach** — [Tunnel to Towers](#) — Sunday, September 17 at 8 a.m. at the Grand Park-Market Common — *\$12-\$30*

Lowcountry residents, **Bluffton** is hosting Tunnel to Towers on Sunday, November 12 at 9 a.m. at Rose Hill Plantation. Registration is [open](#) for the event.



HEALTH & SAFETY BINGO

Mark each space with X when you've completed the task.

Clean/wash flashhood weekly	Perform/schedule annual wellness check	Prepare & cook a healthy meal	Wear seatbelt while in fire apparatus	Wash hands after call and before eating
Properly wear SCBA	Review/create fire incident rehab policy	Create and/or participate in a workout program	Use a spotter when backing	Take proper BSI precautions
Inspect/clean turnout gear	Don't use tobacco products/enroll in cessation program	FREE Upload a pic/video on social media of you completing a bingo card task & tag @scfirefighters	Review your department's Safety Policy	Wear gloves, eye & ear protection while using hose/equipment
Review II Best Practices to Reduce FF Cancer-IAFC	Read/review NIOSH report	Properly hydrate (8 glasses of water per day)	Conduct/participate in company fire-ground training	Wear high-visibility traffic vest while working in roadway
Perform self-check exam: testicular/breast	Review CDC's Heart Health Risk for Firefighters	Limit caffeine/energy drink intake	Perform apparatus/equipment checks to ensure safe working order	Watch SC FAST "About Us" Video

Name: _____ Department: _____
 Rank: _____ Date completed: _____

Submit your completed bingo card to healthsafety@scfirefighters.org by January 1, 2024 to be entered into a prize drawing (limit 1 per person).

Play along with Health & Safety bingo!

Your favorite family-friendly game night activity just got a Health and Safety upgrade. Play along with the **Health and Safety Committee's** [bingo](#) to be entered to win a prize giveaway!

The themed bingo card includes activities that address cancer prevention and proper decon, heart health, diet and exercise, fireground safety, and personal safety. The interactive activity allows for independent and group learning that promotes the importance of having a vested interest in your long-term health. The Committee has a [list of resources](#) to help you complete the bingo card.

"Our health and safety as firefighters is a crucial part in serving our communities and our families," said Horry County Capt. **Brad Kavetski**, chair of the Health and Safety Committee. "Often seen as an afterthought, taking proactive steps to maintain a healthy lifestyle both on and off duty as well as executing safe practices on the emergency scene ensure a long injury-free career and a prosperous retirement."

Playing is easy. Print the bingo card, complete the activities and mark with an "X" when it is complete, fill out the contact information on the card, and send a copy of the completed card to healthsafety@scfirefighters.org. Completed bingo cards can be emailed as a PDF or picture.

Please note that these instructions deviate from the traditional rules of bingo; the entire card must be filled out for Health and Safety bingo, not just one row or column.

Bingo cards should be submitted no later than **January 1, 2024**, and the giveaway winner will be announced during Fire Service Improvement Conference, January 18-21, 2024.

Association events

save the date

QUARTERLY TRAINING + BUSINESS MEETING

October 25, 2023

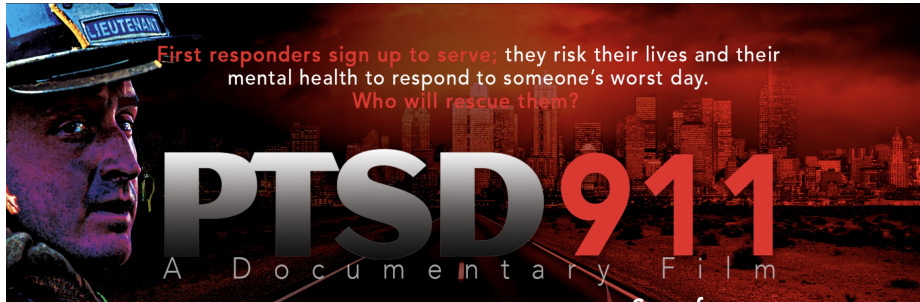
Quarterly Training is on October 25 in Charleston

Quarterly Training is on **October 25, 2023 at 10 a.m. at Trident Tech in Charleston**. We are excited to have **National Volunteer Fire Council (NVFC)** Deputy CEO Dr. **Candice McDonald** join us to present "Igniting Firefighter Recruitment & Retention Efforts." Dr. McDonald has

served for over two decades in public service as a firefighter, EMS chief, public educator, instructor, and inspector. She holds a doctor of business administration with a specialty in homeland security, a master's in organizational leadership, a bachelor's in organizational management, and an associate's in health and human services. Dr. McDonald also has a certification in project management from Kent State University and NASA Lean Six Sigma Green Belt.

The business meeting will take place after Dr. McDonald's presentation.

Lunch is on us. [Let us know you're coming.](#)



PTSD911 screenings coming to South Carolina

September is Suicide Prevention Month. According to Forbes, The National Fallen Firefighters Foundation estimates that there are **between 100 and 200 firefighter deaths by suicide each year**, double the rate of the general population. One factor that contributes to the rate of firefighter suicides is Post Traumatic Stress Disorder.

PTSD911, a documentary about first responders and the lingering issues from repeat trauma, is being shown in Columbia, Greenville, and North Myrtle Beach this month.

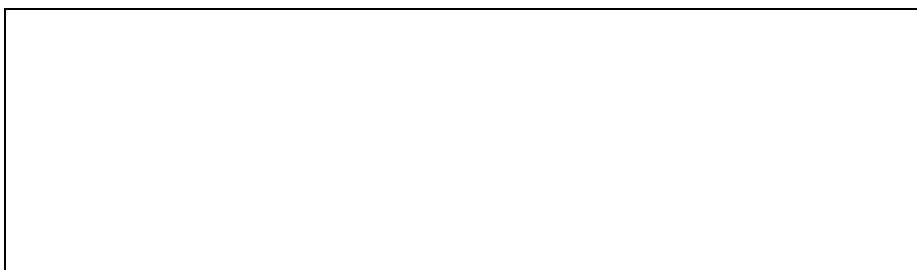
South Carolina First Responders Assistance and Support Team has partnered with ConjoStudios, LLC to screen the important documentary. Each screening will feature a Q&A with documentary director Conrad Weaver and members of the public safety community in the area.

According to the documentary website, "PTSD911 will provide information about a path forward from PTSD that does not lead to suicide, but rather leads to return to a fulfilling life that involves serving others."

Purchase your tickets:

- [September 27 — North Myrtle Beach, The Conference Center at Barefoot Resort](#)
- [September 28 — Columbia, Calvary Chapel Northeast](#)
- [September 29 — Greenville, Boiling Springs Station 15](#)

Community events





FIERO's Station Design symposium is in Greenville

Our friends at **Fire Industry Education Resource Organization** (FIERO) are hosting a **Station Design Symposium** at the Hyatt Regency Greenville **September 24-27** where attendees will learn the latest innovative solutions for contamination control, streamlined design, cost-saving measures, and environmentally friendly practices that can be employed in and around emergency facilities.

View the full schedule and [register](#) for the symposium.

Member benefits



Save when you shop at Dell

The Member Benefits Committee is proud to offer our members a discount at **Dell** through its [Member Purchase Program](#).

Benefits of the Member Purchase Program include:

- Member monthly offer
- Offers extend to family and friends
- Free expedited shipping on every order

- Free enrollment in Dell Rewards Loyalty Program with 3% back
- Military and Veteran discount
- End to end customer service
- White Glove Quoting - email MPP.Contact@dell.com for a quote request

To receive the discounts and benefits, you will need to create an account on the Association's page on the Dell website.

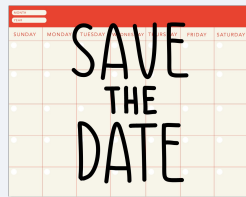
Here's how you sign up and shop:

- [Visit the member site](#)
- Sign in - create an account
- Shop the products
- Add product to cart
- Member discounts apply under → "Member Savings"
- Checkout

You can access the Association's Member Purchase Program site at any time. No additional information is necessary to receive benefits; offers automatically apply at checkout as "Additional Member Savings" in your cart. *Some exclusions may apply.*

For questions or concerns on the program, please contact MPP Coordinator Joey Collins at Joey_Collins@Dell.com.

Was this email forwarded to you? Subscribe to receive Rattle Watch every Thursday.



- [October 1-6 - Fire Officer Academy: The Company Officer class 23-02](#)
- [October 17 - 1% Regional Training Class: York County](#)
- [October 25 - Quarterly Training + Business Meeting](#)
- January 18-21 - Fire Service Improvement Conference
- June 12-15, 2024 - Fire-Rescue



South Carolina State Firefighters' Association

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