



## Highlights:

New Research on First Responder Sleep Disorder

Cross-Agency Training and Partnerships Save Lives

July e-Forums Discuss Training Collaborations

App Helps With Autism Communication

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For information regarding the EMR-ISAC visit [www.usfa.dhs.gov/emr-isac](http://www.usfa.dhs.gov/emr-isac) or contact the EMR-ISAC office at: (301) 447-1325 and/or [emr-isac@fema.dhs.gov](mailto:emr-isac@fema.dhs.gov).

# The InfoGram

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## New Research on First Responder Sleep Disorders

It is well established that shift work interferes with natural sleep patterns and is very detrimental to health and well-being. It poses more risk to firefighters, EMS personnel and 9-1-1 dispatchers who must be at the top of their game regardless of sleep disruption, as many lives depend on them.

Research continues to measure how sleep disruption affects first responder job performance and how to address the problem. It is difficult to study this with any consistency as call volume varies greatly between night and day calls, different regions or even stations. One recent Harvard study showed [over one-third of the study participants screened positive for a sleep disorder](#). Previous studies reported [80 percent of firefighters with sleep disorders were undiagnosed and untreated](#).

Health effects of sleep disorders include cardiovascular disease, diabetes and a higher likelihood of being in a motor vehicle crash. Education is a key component to changing these risks, which will likely require involvement of safety officers and leadership. The [International Association of Fire Chiefs](#) produced a set of resources jointly with the [U.S. Fire Administration](#), including a sleep deprivation quiz. Also see “[The Impact of Fatigue on the Public Safety Workforce](#),” a White Paper available for download through FireRescue1.com.

(Source: [FireRescue1.com](http://FireRescue1.com))

## Cross-Agency Training and Partnerships Save Lives

The Bureau of Justice Assistance’s VALOR Officer Safety and Wellness Program released a recorded podcast by the Florida State University (FSU) chief of police, who discusses FSU’s 2014 active shooter incident. In this episode, [the chief discusses training needs of law enforcement for these types of incidents](#), especially interagency drills. Other topics covered are post-event planning and ways to support the affected community after the incident. Law enforcement officers with a [VALOR for Blue account](#) can listen to this and other podcasts.

SchoolSafetyInfo.org conducted an interview with the chief in which he discusses building strong community-wide relationships. “[Campus, Community Partnerships Strengthen Emergency Response](#)” describes how working with campus facilities, food services, and the counseling center over the years eliminated red tape after the shooting and enabled them to quickly come to the aid of campus police and affected students.

*The InfoGram is distributed weekly to provide members of the Emergency Services Sector with information concerning the protection of their critical infrastructures.*

For example, the campus food services vendor brought snacks and drinks for the students stuck in the library after a 1:00 a.m. call from the chief. The ease with which everything came together was in part thanks to the chief's years of relationship building within the campus and the community.

In the interview the chief again stresses the importance of training, saying that "his officers responded exactly as they had been trained." Law enforcement leadership and training officers should consider how their officers might respond based on prior training, exercises and drills and, if there is any concern, should consider stepping up their training programs.

(Source: [VALOR for Blue](#))

## July e-Forums Discuss Training Collaborations

The Federal Emergency Management Agency's Emergency Management Institute (EMI) recently announced the July topics for its Wednesday e-Forums. The free e-Forums are hour-long moderated webinar discussions providing an opportunity for EMI and the emergency management community to discuss various topics related to national preparedness training. Topics and discussions are relevant to whole community.

On Wednesday, July 19, 2017, EMI presents "**State Training Officer and State Fire Training Director: Collaboration Achieves the Best Outcomes.**" Panel members will discuss the many benefits of training coordination between state emergency management and state fire service. On July 26, EMI will present "**Sharing Training Resources: Best Practices Across the Whole Community.**" Login information for the webinars:

- Login link: <https://fema.connectsolutions.com/emieforums>
- Conference call-in: 800-320-4330; PIN 107622

Individuals can sign up to [receive training bulletins from EMI](#). EMI is also interested in partnering with people or organizations to deliver future EMI e-Forum topics. Those interested should email [steven.heidecker@fema.dhs.gov](mailto:steven.heidecker@fema.dhs.gov).

(Source: [EMI](#))

## App Helps With Autism Communication

A year ago, a former law enforcement officer and mother of a child with autism started the Autism Law Enforcement Response Training (ALERT) program to help law enforcement learn how to respond to individuals on the autism spectrum during an emergency. Since then, the program has expanded to include fire and EMS, and it has trained personnel from 29 agencies in four states.

To meet a need repeatedly brought up at these trainings, ALERT has developed an interactive communication app, AutismTalk, to [help first responders communicate with someone who is nonverbal or has difficulty speaking](#). This app includes categories for fire, law enforcement and EMS, and features picture symbol communication enabling people to simply point to the picture matching their injury. It also has a sketch tool to help identify perpetrators, and a universal pain chart.

The app is available for iOS and Android through their respective stores. One third of the app proceeds go to fund further ALERT training opportunities.

(Source: [Law Enforcement Today](#))

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