

# Essentials Of Firefighting 5th Edition Audiobook

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**Essentials of Fire Fighting** - Ifsta 2019-01-22  
For courses in the essentials of fire fighting. Foundations for success in professional fire fighting Essentials of Fire Fighting and Fire Department Operations continues the tradition of excellence in firefighter education. It meets all the requirements of Fire Fighter I and II levels of NFPA 1001®, NFPA 472®, and OSHA 1910.120. The 7th edition offers a complete support package, including skill sheets, knot and rope requirements, and coverage of essential job tasks related to medical requirements of NFPA 1582®.

**Pride & Ownership** - Rick Lasky 2006

This book serves as a guide for the seasoned veteran, the new firefighter and everyone in between, bringing them together for what it all takes to have that love for the job.

**Firefighting Operations in High-Rise and Standpipe-Equipped Buildings** - David M. McGrail 2007

This book establishes a proper firefighting mindset and promotes maintaining preparedness for the extreme physical and mental demands of firefighting operations in high-rise and standpipe-equipped buildings ... Among the many valuable topics covered in this book are: standpipe system pressure regulating devices, pressure restricting devices and pressure reducing valves; cautious and disciplined elevator use during high-rise operations;

elevator rescue operations; proper engine company suppression selection, including techniques to operate more powerful firefighting weapons with limited manpower; air support operations during high-rise emergencies, with or without an internal resource.

**From Buddy to Boss** - Chase Sargent 2006

Whether youre a new officer or in need of a mentor, *From Buddy to Boss: Effective Fire Service Leadership*, is a must-have management book youll turn to over and over again. Fire service veteran Chase Sargent has taken his popular course and written a no-holds barred leadership book for the fire service in a conversational and easy-to-read style. He tells you how to accept and survive politics, deal with the fringe employees, and keep your cool -- tricks of the trade that usually takes years to acquire. In this book youll learn: \*\*\*Your credibility is a valuable currency that takes time to build up. What you do, not what you say, is the ultimate test of your credibility, reinforcing your expectations\*\*\* \*\*\*That leadership requires individuals and organizations to create an environment where people and their ideas can thrive\*\*\* \*\*\*How to use stories to impress upon our new members the necessity of doing certain things\*\*\* \*\*\*That the quickest ways to lose trust are to inconsistently apply and enforce rules and to allow your personal feelings to dictate what you will and wont enforce\*\*\* \*\*\*Why leading by

example and from the front, doing not saying, is critical to you success\*\*\* Reading From Buddy to Boss is like turning to a trusted friend for wisdom and advice you can count on to improve your job performance. Use this book to master your leadership as well as your management skills and successfully make the transition to boss.

**Truck Company Operations** - John Mittendorf  
2011-03

Author John Mittendorf has completely rewritten his best-selling book, Truck Company Operations, a must-have for all firefighters who are assigned to the truck and who have responsibilities for the truck on the fireground. The new second edition covers the many aspects, tasks, and functions of a truck company, and contains new and expanded information related to search, reading a building, reading smoke, the Ten Commandments of truck company operations, operating truck apparatus, and more--all from a truck company perspective.

**Young Men and Fire** - Norman Maclean  
2017-05-01

A devastating and lyrical work of nonfiction, Young Men and Fire describes the events of August 5, 1949, when a crew of fifteen of the US Forest Service's elite airborne firefighters, the Smokejumpers, stepped into the sky above a remote forest fire in the Montana wilderness. Two hours after their jump, all but three of the men were dead or mortally burned. Haunted by these deaths for forty years, Norman Maclean puts together the scattered pieces of the Mann Gulch tragedy in Young Men and Fire, which won the National Book Critics Circle Award. Alongside Maclean's now-canonical A River Runs through It and Other Stories, Young Men and Fire is recognized today as a classic of the American West. This twenty-fifth anniversary edition of Maclean's later triumph—the last book he would write—includes a powerful new foreword by Timothy Egan, author of The Big Burn and The Worst Hard Time. As moving and profound as when it was first published, Young Men and Fire honors the literary legacy of a man who gave voice to an essential corner of the American soul.

**Smokejumper** - Jason A. Ramos 2015-07-14  
A rare inside look at the thrilling world of smokejumpers, the airborne firefighters who

parachute into the most remote and rugged areas of the United States, confronting the growing threat of nature's blazes. Forest and wildland fires are growing larger, more numerous, and deadlier every year — record drought conditions, decades of forestry mismanagement, and the increasing encroachment of residential housing into the wilderness have combined to create a powder keg that threatens millions of acres and thousands of lives every year. One select group of men and women are part of America's front-line defense: smokejumpers. The smokejumper program operates through both the U.S. Forest Service and the Bureau of Land Management. Though they are tremendously skilled and only highly experienced and able wildland firefighters are accepted into the training program, being a smokejumper remains an art that can only be learned on the job. Forest fires often behave in unpredictable ways: spreading almost instantaneously, shooting downhill behind a stiff tailwind, or even flowing like a liquid. In this extraordinarily rare memoir by an active-duty jumper, Jason Ramos takes readers into his exhilarating and dangerous world, explores smokejumping's remarkable history, and explains why their services are more essential than ever before.

[Norman Hall's Firefighter Exam Preparation Book](#) - Norman Hall 2004-01-01

Guaranteed Top Scores on Your Firefighter's Exam! Want to be a firefighter? Do you know what is involved in taking the exam? Don't take a chance at failing a test you could ace—learn from the expert, Norman Hall. For more than a decade, Norman Hall's Firefighter Exam Preparation Book has been the #1 test preparation book for prospective firefighters. Back by popular demand, Norman Hall has completely updated and revised this hugely successful book for this second edition, presenting new tips and time-tested methods for attaining the highest scores. Practice your skills using features such as tips on how to pass the physical requirements, practice exams with answer keys, memory aids to help you master the recall test, tables for self-scoring, insights on what a career in firefighting entails, and a discussion of the final interview. Use Norman Hall's Firefighter Exam Preparation Book, 2nd

Edition to study hard and score at the top!

**Essentials of Public Health** - Guthrie S.

Birkhead 2020-02-18

As one of the foundational texts in the Essential Public Health series, *Essentials of Public Health*, Fourth Edition -- formerly authored by Turnock -- is an excellent introduction to the field of public health, covering public health practice, government public health, and careers in public health. After defining Public Health and looking at the current U.S. public health system and practice, the book looks at population health measurement, policy development, and collaboration between the public health and the health system. Final chapters explore career opportunities in public health administration, epidemiology, public health nursing, and health education as well as emerging ones such as health information technologists, emergency managers, and more. Helpful learning tools such as chapter exercises and discussion questions, making it an ideal text to prepare your students for the profession of public health.

**First In, Last Out** - John Salka 2005-02-22

What does it take to lead people into a burning building? How do the leaders of the New York City Fire Department develop so much loyalty, trust, and grace under pressure that their subordinates will risk their very lives for them? As a high-ranking officer of the FDNY, John Salka is an expert at both practicing and teaching high-stakes leadership. In *First In, Last Out*, he explains the department's unique strategies and how they can be adopted by leaders in any field—as he has taught them to organizations around the country. In a tough-talking, no-nonsense style, Salka uses real-world stories to convey leadership imperatives such as: first in, last out—your people need to see you taking the biggest risk, as the first one to enter the danger zone and the last to leave manage change—the fire you fought yesterday is not the one you'll be fighting tomorrow communicate aggressively—a working radio is worth more than 20,000 gallons of water create an execution culture—focus your people on the flames, not the smoke commit to reality—never allow the way you would like things to be to color how things are develop your people—let them feel a little heat today or they'll get burned tomorrow Illustrated by harrowing real-life situations, the

principles in *First In, Last Out* will help managers become more confident, coherent, and commanding. On the web:

<http://www.firstinleadership.com>

[The Doctor of Nursing Practice Project](#) -

Katherine J. Moran 2019-03-01

*The Doctor of Nursing Practice Project: A Framework for Success*, Third Edition provides the foundation for the scholarl process enabling DNP students to work through their project in a more effective, efficient manner.

*Ordinary Heroes* - Joseph Pfeifer 2021-09-07

New York Times Bestseller From the first FDNY chief to respond to the 9/11 attacks, an intimate memoir and a tribute to those who died that others might live When Chief Joe Pfeifer led his firefighters to investigate an odor of gas in downtown Manhattan on the morning of 9/11, he had no idea that his life was about to change forever. A few moments later, he watched as the first plane crashed into the World Trade Center. Pfeifer, the closest FDNY chief to the scene, spearheaded rescue efforts on one of the darkest days in American history. *Ordinary Heroes* is the unforgettable and intimate account of what Chief Pfeifer witnessed at Ground Zero, on that day and the days that followed. Through his eyes, we see the horror of the attack and the courage of the firefighters who ran into the burning towers to save others. We see him send his own brother up the stairs of the North Tower, never to return. And we walk with him and his fellow firefighters through weeks of rescue efforts and months of numbing grief, as they wrestle with the real meaning of heroism and leadership. This gripping narrative gives way to resiliency and a determination that permanently reshapes Pfeifer, his fellow firefighters, NYC, and America. *Ordinary Heroes* takes us on a journey that turns traumatic memories into hope, so we can make good on our promise to never forget 9/11.

*Fundamentals of Fire Fighter Skills* - David Schottke 2014

**Building Construction Related to the Fire Service** - Ifsta 2012-12-01

This textbook matches the course outline and objectives identified by the National Fire Academy's Fire and Emergency Services Higher Education (FESHE) committee for the Building

Construction for Fire Protection core course. This new 3rd edition provides the reader with basic instruction about how buildings are designed and constructed and how this relates to emergency operations. In addition to basic construction principles, a new emphasis is placed on firefighter safety, newer types of construction that may be difficult to identify, and green construction principles. This edition is illustrated with new drawings and photos, case histories that emphasize real-life safety principles, key terms, and review questions. Fire inspectors, preincident planners, fireground commanders, investigators, and firefighters will all find useful and valuable information in this new edition.

**Step Up and Lead** - Frank Viscuso 2013

In his new book *Step Up and Lead*, Frank Viscuso--author, speaker, and career deputy chief--shares the secrets of effective fire service leadership, introduces the traits and skills essential for successful fire service leaders, and discusses the importance of customer service. Designed to help you reach the top of your profession, this new book is considered must-read material for anyone who is ready to step up and lead!

**Essentials of Epidemiology in Public Health**

- Ann Aschengrau 2013-06-03  
5733-8

**Collapse of Burning Buildings, 2nd Edition** - Vincent Dunn 2010

1. General collapse information 2. Terms of construction and building design 3. Building construction: firefighting problems and structural hazards 4. Masonry wall collapse 5. Collapse dangers of parapet walls 6. Wood floor collapse 7. Sloping peak roof collapse 8. Timber truss roof collapse 9. Flat roof collapse 10. Lightweight steel roof and floor collapse 11. Lightweight wood truss collapse 12. Ceiling collapse 13. Stairway collapse 14. Fire escape dangers 15. Wood-frame building collapse 16. Collapse hazards of buildings under construction 17. Collapse caused by master stream operations 18. Search-and-rescue at a building collapse 19. Safety precautions prior to collapse 20. Why the World Trade Center Towers collapsed 21. High-rise building collapse 22. Post-fire analysis 23. Early floor collapse EPILOGUE: Are architects, engineers, and code-writing officials friends of

the firefighters?

**Management in the Fire Service** - Harry R. Carter 2006-05-23

*Sharpen Your Leadership Skills And Improve Departmental Performance! This Revised Edition Of Management In The Fire Service Is The Best Source For Proven Strategies On Handling The Managerial Challenges Unique To Your Field. You'll Find The Latest On Vital Topics Such As Pre-Fire Planning, Incident Command, Public Fire And Life Safety Education, Management Of Financial Resources, And Training. New Chapters On Fire Prevention, Code Enforcement, And Labor Relations In The Fire Service Are Also Included. Boost Your Effectiveness In Motivating, Supervising, And Evaluating Personnel, And Apply Management Theory Principles To Actual Service Situations. From Chief And Company Officers To Fiscal, Personnel, And Administrative Managers, If You're In A Management Position, This Book Will Boost Your Performance!*

*Essentials of Fire Fighting and Fire Department Operations* - IFSTA 2012-12-30

This version includes all 21 chapters of *Essentials of Fire Fighting*, 6th Edition and adds three chapters written and validated to meet the emergency medical and hazardous materials requirements of NFPA® 1001, 2013 Edition. Chapter 22 specifically addresses the Firefighter I and Firefighter II knowledge and skills requirements for the emergency medical care competencies identified in NFPA® 1001, 2013 Edition Chapter 4. Chapters 23 and 24 meet the First Responder Awareness and Operations Levels for Responders according to NFPA® 472: Standard for Competence of Responders to Hazardous Materials/Weapons of Mass Destruction Incidents, 2012 Edition and OSHA 1910.120. The chapters also provide validated content to meet Section 6.6, Mission-Specific Competencies: Product Control, of NFPA® 472. The hazardous materials information is adapted from the IFSTA Hazardous Materials for First Responders, 4th Edition.

*Firefighting Principles and Practices* - William E. Clark 1991-01-01

This classic look at the basics of firefighting provides up-to-date information on firefighting operations beginning with fire behavior and on through to fundamental approaches, strategy,

coordination, and tactics of safe fireground activities. The book also discusses operational procedures of ladder and engine companies, along with preplanning routines that departments should follow, and finishes with a look at common fires, along with fires that could require special attention, including the "Big One."

*Firefighter's Handbook on Wildland Firefighting*  
- William C. Teie 2005

This text deals with the basics of wildland and forest firefighting. It has been totally revised and is now in full color.

Brannigan's Building Construction for the Fire Service - Francis Brannigan 2010-02-22

Brannigan's Building Construction for the Fire Service, Fourth Edition is a must read for fire fighters, prospective fire fighters, and fire science students. This edition continues the Brannigan tradition of using plain language to describe technical information about different building types and their unique hazards. This text ensures that critical fire fighting information is easy-to-understand and gives valuable experience to fire fighters before stepping onto the fireground. The first edition of Building Construction for the Fire Service was published in 1971. Frank Brannigan was compelled to write the most comprehensive building construction text for the fire service so that he could save fire fighters' lives. His passion for detail and extensive practical experience helped him to develop the most popular text on the market. His motto of: "Know your buildings," informs every aspect of this new edition of the text. Listen to a Podcast with Brannigan's Building Construction for the Fire Service, Fourth Edition co-author Glenn Corbett to learn more about this training program! Glenn discusses his relationship with the late Frank Brannigan, the dangers of heavy construction timber, occupancy specific hazards, and other areas of emphasis within the Fourth Edition. To listen now, visit:

[http://d2jw81rkebrcvk.cloudfront.net/assets/multimedia/audio/Building\\_Construction.mp3](http://d2jw81rkebrcvk.cloudfront.net/assets/multimedia/audio/Building_Construction.mp3).

Trench Rescue - Cecil "Buddy" V. Martinette Jr. 2015-10-14

The third edition of Trench Rescue: Principles and Practice to NFPA 1006 and 1670 provides a comprehensive introduction to trench rescue,

focusing on the knowledge and skills required to effectively perform rescues in a variety of trench environments. The text meets and exceeds the coverage of: - NFPA 1006, 2013 Edition, Chapter 8: Trench Rescue - NFPA 1006, 2017 Edition, Chapter 6: Trench Rescue - NFPA 1670, 2014 Edition, Chapter 11: Trench and Excavation Search and Rescue - OSHA 1926, Subpart P, Excavations The Third Edition is the most comprehensive trench rescue resource on the market, delivering updated information on soil assessment, trench protection, shoring techniques, and more. Each chapter identifies Trench Rescue Level I and Trench Rescue Level II content accordingly. Early chapters build the foundation of trench rescue knowledge, with discussion of rescue systems, incident management, and trench components and physics. Later chapters explore how and when to implement protective systems, rescue victims, and lead a rescue team. The Third Edition features: - Scenario-based learning through You Are the Trench Rescuer and Trench Rescuer in Action scenarios and questions to encourage critical thinking - Helpful hints and guidance through Tip boxes and Voices of Experience essays - Detailed, step-by-step instructions for shoring trenches, correlated to NFPA 1006 objectives

*Essentials of Fire Fighting and Fire Department Operations* - Carl Goodson 2008

Market-leading text for Fire Fighter I and Firefighter II training. Completely updated to meet NFPA 1001 objectives, the new 5e has been redesigned offering both students and instructors the most comprehensive package available.

American Fire: Love, Arson, and Life in a Vanishing Land - Monica Hesse 2017-07-11

A New York Times Notable Book of the Year A Washington Post Notable Book of the Year One of Amazon's 20 Best Books of the Year Named one of the Best Books of the Year by BuzzFeed, Bustle, NPR, NYLON, and Thrillist Finalist for the Goodreads Book Award (Nonfiction) Finalist for the Edgar Award (Best Fact Crime) A Book of the Month Club Selection A New York Times Book Review Editors' Choice Selection "A brisk, captivating and expertly crafted reconstruction of a community living through a time of fear.... Masterful." —Washington Post The arsons

started on a cold November midnight and didn't stop for months. Night after night, the people of Accomack County waited to see which building would burn down next, regarding each other at first with compassion, and later suspicion. Vigilante groups sprang up, patrolling the rural Virginia coast with cameras and camouflage. Volunteer firefighters slept at their stations. The arsonist seemed to target abandoned buildings, but local police were stretched too thin to surveil them all. Accomack was desolate—there were hundreds of abandoned buildings. And by the dozen they were burning. "One of the year's best and most unusual true-crime books" (Christian Science Monitor), *American Fire* brings to vivid life the reeling county of Accomack. "Ace reporter" (Entertainment Weekly) Monica Hesse spent years investigating the story, emerging with breathtaking portraits of the arsonists—troubled addict Charlie Smith and his girlfriend, Tonya Bundick. Tracing the shift in their relationship from true love to crime spree, Hesse also conjures the once-thriving coastal community, decimated by a punishing economy and increasingly suspicious of their neighbors as the culprits remained at large. Weaving the story into the history of arson in the United States, the critically acclaimed *American Fire* recreates the anguished nights this quiet county lit up in flames, evoking a microcosm of rural America—a land half-gutted before the fires began.

*Fire and Emergency Services Company Officer - IFSTA 2014-11-14*

This new IFSTA manual details the training required of Company Officers according to NFPA® 1021, Standard for Fire Officer Professional Qualifications, 2014 Edition. The manual is divided into two sections to make a clear distinction between the information needed for Fire Officer Level I and Fire Officer Level II. Both print and eBook formats are available. There is no shortage of issues that a company officer might face in the everyday operation of a fire company or unit. This manual addresses the wide range of topics and issues encountered by a company officer, from leadership and supervision to health and safety issues. Great attention was given to focus on the

job performance requirements of NFPA® 1021. The fifth edition of *Fire and Emergency Services Company Officer* builds on the previous edition of the manual while presenting the material in a more concise manner to make it easier for students to read and instructors to teach. By merging related topics, the number of chapters was reduced from 32 in the fourth edition to 17 in the new manual while preserving the material related to the NFPA® standard. The number of appendices was reduced from 20 to 4 by removing information that can be found in other media. Along with reducing the volume of material from the fourth edition, the fifth edition of *Fire and Emergency Services Company Officer* offers several new features. The manual features a new look with IFSTA's single-column format and upgraded and updated curriculum components. Learning activities are included to help instructors present the material to their students. Case Histories open each chapter to illustrate important lessons learned in the real world. Photographs, illustrations, and tables are included throughout the manual to illustrate key points and improve the overall instructional value of the material.

*Essentials of Fire Department Customer Service* - Alan V. Brunacini 1996

Writing in a humorous conversational style, Chief Alan Brunacini explains the application of common-sense customer service concepts to the fire service. *Essentials of Fire Department Customer Service* is basic reading for every firefighter, officer, and administrator.

*Mastering the Fire Service Assessment Center* - Anthony Kastros 2006

This book identifies the key knowledge, skills and abilities required for success in the assessment center promotional process. Assessment centers are widely used by fire departments throughout the country. Unfortunately, many candidates fail to prepare for the test by failing to prepare for the position they seek. Whether aspiring to be a Lieutenant, Captain, Battalion Chief or above, this book gives the reader the tools to establish a personal plan for success in the test and in the position. This book is written in a humorous, matter-of-fact style that makes it easy to understand and retain. The reader is taught to truly prepare for the position and make the mental paradigm shift

from test candidate to incumbent officer, which is a very unique and effective method. The book provides the reader with the tools needed to create his/her own plan for success. A personal self-assessment helps the aspiring officer evaluate his/her current status and leadership style. This baseline provides the foundation to get the reader asking questions about real-world scenarios that are mimicked in the testing arena. Features & benefits: \* Gain a better understanding of what an assessment center is \* Contains test exercises, sample problems, rating criteria, scoring sheets, assessor selection and common pitfalls \*Learn the 27 knowledge, skills, and abilities (KSA's) spanning the 3 dimensions of leadership, management and emergency scene operations \*Gain an in-depth understanding of how to develop their KSAs to succeed in the test and the position This book identifies the key knowledge, skills and abilities required for success in the assessment center promotional process. Assessment centers are widely used by fire departments throughout the country. Unfortunately, many candidates fail to prepare for the test by failing to prepare for the position they seek. Whether aspiring to be a Lieutenant, Captain, Battalion Chief or above, this book gives the reader the tools to establish a personal plan for success in the test and in the position. This book is written in a humorous, matter-of-fact style that makes it easy to understand and retain. The reader is taught to truly prepare for the position and make the mental paradigm shift from test candidate to incumbent officer, which is a very unique and effective method. The book provides the reader with the tools needed to create his/her own plan for success. A personal self-assessment helps the aspiring officer evaluate his/her current status and leadership style. This baseline provides the foundation to get the reader asking questions about real-world scenarios that are mimicked in the testing arena. Features & benefits: \* Gain a better understanding of what an assessment center is \* Contains test exercises, sample problems, rating criteria, scoring sheets, assessor selection and common pitfalls \*Learn the 27 knowledge, skills, and abilities (KSA's) spanning the 3 dimensions of leadership, management and emergency scene operations \*Gain an in-depth understanding of how to

develop their KSAs to succeed in the test and the position

Animal Spirits - George A. Akerlof 2010-02-01  
The global financial crisis has made it painfully clear that powerful psychological forces are imperiling the wealth of nations today. From blind faith in ever-rising housing prices to plummeting confidence in capital markets, "animal spirits" are driving financial events worldwide. In this book, acclaimed economists George Akerlof and Robert Shiller challenge the economic wisdom that got us into this mess, and put forward a bold new vision that will transform economics and restore prosperity. Akerlof and Shiller reassert the necessity of an active government role in economic policymaking by recovering the idea of animal spirits, a term John Maynard Keynes used to describe the gloom and despondence that led to the Great Depression and the changing psychology that accompanied recovery. Like Keynes, Akerlof and Shiller know that managing these animal spirits requires the steady hand of government--simply allowing markets to work won't do it. In rebuilding the case for a more robust, behaviorally informed Keynesianism, they detail the most pervasive effects of animal spirits in contemporary economic life--such as confidence, fear, bad faith, corruption, a concern for fairness, and the stories we tell ourselves about our economic fortunes--and show how Reaganomics, Thatcherism, and the rational expectations revolution failed to account for them. Animal Spirits offers a road map for reversing the financial misfortunes besetting us today. Read it and learn how leaders can channel animal spirits--the powerful forces of human psychology that are afoot in the world economy today. In a new preface, they describe why our economic troubles may linger for some time--unless we are prepared to take further, decisive action.

The Rescuer - Jason Sautel 2020-09-01  
He helped save people every day—but he had no idea how to save himself. Jason Sautel had it all. Confident in his abilities and trusted by his fellow firefighters, he was making a name for himself on the streets of Oakland, California. His adrenaline-fueled job even helped him forget the pain of his childhood—until the day he looked into the eyes of a jumper on the Bay Bridge and came face to face with a darkness he knew

would take him down as well. In the following months, a series of traumatic emergency calls—some successful, others impossible-to-forget failures—drove Jason deeper into depression. Even as he continued his lifesaving work, he realized he could never rescue everyone, and he had no idea how to save himself. In the end, Jason was forced to confront the truth: only the relentless power of love could pull him back from his own deadly fall. Action-packed, spiritually honest, and surprisingly romantic, *The Rescuer* transports readers inside the pulse-pounding world of firefighting and into the heart of a man who needed to be broken before he could finally be made whole.

*Fire Officer's Handbook of Tactics* - John Norman 2012

John Norman has updated his best-selling book, a guide for the firefighter and fire officer who, having learned the basic mechanics of the trade, are looking for specific methods for handling specific situations. In this new fourth edition, readers will find a new chapter on lightweight construction, a new chapter on electrical fires and emergencies, updates to many chapters including such topics as wind-driven fires, and many new illustrations.

*Get Firefighter Fit* - Kevin Malley 2009-06-01

DEVELOP THE FITNESS LEVEL AND PHYSIQUE OF A TOP-FLIGHT FIREFIGHTER  
From the Former Director of the New York City Fire Department Physical Training Program  
Over 300 Step-by-Step Photos Illustrate Exercises That Dramatically Improve Firefighting Readiness  
Are you ready to push yourself to the next level? *Get Firefighter Fit* shows how to train and achieve the peak level of fitness exhibited by high-performance firefighters. Using a multi-phased approach to total body conditioning, the authors' methods have proven successful in transforming out-of-shape rookies into members of the highly respected FDNY. Regardless of your current fitness level, *Get Firefighter Fit* enables you to begin today to improve:

- Absolute Strength
- Aerobic Capacity
- Muscular Endurance
- Agility and Flexibility

The book also includes performance-oriented nutrition tips to properly fuel and hydrate your body during high-intensity training.

*Hot to the Touch* - Jaci Burton 2019-05-07

Love burns white-hot in this first scorching romance in an all-new trilogy about a family of firefighters from the New York Times bestselling author of the *Play-by-Play* novels and the *Hope* series. Firefighter Jackson Donovan doesn't look back—as a rule. So when his past comes roaring back to life in the form of not-so-damsel-in-distress Becks Benning, the last thing he wants to do is relive old times. No matter how tempting she makes it seem... Now thanks to his two interfering brothers, Becks is living with them while she looks for a new place and tries to pick up the pieces of her tattoo business that went up in flames. Which means a grown up, smokin' hot Becks is in his house, sharing meals, and digging up old wounds. And despite his better judgement, the more time he spends with this smart, artistic, incredible woman the more he wants her in his bed—and his future. Becks always had it bad for Jackson. Unfortunately for her, not much has changed—he's still honorable, hard-working, sexy as sin—and closed off. But there's more than one way to get to a man's heart and if Jackson doesn't want to recall old memories, she'll just have to help him make new ones. Because now that she's found Jackson again, she's not letting him go.

*Wildland Fire Fighter: Principles and Practice* - Joseph D. Lowe 2020-04-23

This textbook is packaged with Navigate 2 Advantage Access which unlocks a complete eBook, Study Center, homework and Assessment Center, and a dashboard that reports actionable data. Experience Navigate 2 today at [www.jblnavigate.com/2](http://www.jblnavigate.com/2). *Wildland Fire Fighter: Principles and Practice*, Second Edition meets and exceeds the job performance requirements and objectives as outlined in the following National Fire Protection Association (NFPA) and National Wildland Coordinating Group (NWCG) standards:

- NFPA 1051, Standard for Wildland Firefighting Personnel Professional Qualifications, 2020 Edition (Chapters 4 and 5)
- NWCG S-190, Introduction to Wildland Fire Behavior, 2019 Edition
- NWCG S-130, Firefighter Training, 2008 Edition
- NWCG L-180, Human Factors in the Wildland Fire Service, 2014 Edition

From wildland fire service history, to safety, to water supply, to firing operations, this single manual covers everything an NFPA Wildland Fire Fighter I and Wildland

Fire Fighter II (NWCG Fire Fighter Type 2 and 1) needs to know. In addition, the Second Edition was significantly updated and reorganized to better serve the Wildland Fire Fighter I and Wildland Fire Fighter II. The program now features two distinct sections. Section 1 includes six chapters, which set the foundation for Wildland Fire Fighter I knowledge and understanding. Section 2 comprises eight chapters, which encompass the higher-level competencies required for Wildland Fire Fighter II. This new organization will allow instructors the flexibility to teach their Wildland Fire Fighter I and II course(s) exactly the way they wish. The features in this text will help students take that extra step toward becoming outstanding wildland fire fighters. These features include:

- Refined Table of Contents. Now divided by level, the new table of contents addresses NFPA and NWCG requirements and objectives in an easy-to-follow manner.
- New Chapters. New chapters including The Wildland Fire Service, Wildland/Urban Interface Considerations, Tools and Equipment, Human Resources, and Radio Communications ensure a comprehensive understanding of history, safety, and operations.
- Scenario-Based Learning. You are the Wildland Fire Fighter and Wildland Fire Fighter in Action case scenarios are found in each chapter to encourage and foster critical-thinking skills.
- Practical Tips for Wildland Fire Fighters. The Listen Up! and Did You Know? features provide helpful advice and encouragement.
- Skill Drills. This feature provides written step-by-step explanations and visuals for important skills and procedures. This clear, concise format enhances student comprehension of complex procedures.
- After-Action Review Section. The end-of-chapter review includes detailed chapter summaries and key terms to reinforce important principles.
- Updated photos and illustrations. New and improved photos and illustrations enhance learning with visuals of incidents and training simulations, as well as highlighting advances in

*Strategy of Firefighting* - Vincent Dunn 2007  
This is a "how to" book written by a "know how" person for anyone who practices firefighting strategy. Deputy Chief Vincent Dunn is passing on to the next generation of firefighters the lessons ("strategy summaries") he learned from

his years of firefighting experience. He describes firefighting strategies for the most common types of fire scenarios and identifies specific firefighting problems presented to an incident commander by occupancy and construction type. More importantly, he explains firefighting solutions and offers firefighting plans, standard procedures, action plans, ideas, guidelines, explanations, key steps, and systems of firefighting procedures. This book is not about tactics. It's about strategy - plans of firefighting, logical ways to solve problems at fires.

*Managing the Unexpected* - Karl E. Weick  
2015-09-15

Improve your company's ability to avoid or manage crises *Managing the Unexpected*, Third Edition is a thoroughly revised text that offers an updated look at the groundbreaking ideas explored in the first and second editions. Revised to reflect events emblematic of the unique challenges that organizations have faced in recent years, including bank failures, intelligence failures, quality failures, and other organizational misfortunes, often sparked by organizational actions, this critical book focuses on why some organizations are better able to sustain high performance in the face of unanticipated change. High reliability organizations (HROs), including commercial aviation, emergency rooms, aircraft carrier flight operations, and firefighting units, are looked to as models of exceptional organizational preparedness. This essential text explains the development of unexpected events and guides you in improving your organization for more reliable performance. "Expect the unexpected" is a popular mantra for a reason: it's rooted in experience. Since the dawn of civilization, organizations have been rocked by natural disasters, civil unrest, international conflict, and other unexpected crises that impact their ability to function. Understanding how to maintain function when catastrophe strikes is key to keeping your organization afloat. Explore the many different kinds of unexpected events that your organization may face Consider updated case studies and research Discuss how highly reliable organizations are able to maintain control during unexpected events Discover tactics that may bolster your organization's ability to face the unexpected with confidence

Managing the Unexpected, Third Edition offers updated, valuable content to professionals who want to strengthen the preparedness of their organizations—and confidently face unexpected challenges.

**The Library Book** - Susan Orlean 2019-10-01  
Susan Orlean's bestseller and New York Times Notable Book is "a sheer delight...as rich in insight and as varied as the treasures contained on the shelves in any local library" (USA TODAY)—a dazzling love letter to a beloved institution and an investigation into one of its greatest mysteries. "Everybody who loves books should check out *The Library Book*" (The Washington Post). On the morning of April 28, 1986, a fire alarm sounded in the Los Angeles Public Library. The fire was disastrous: it reached two thousand degrees and burned for more than seven hours. By the time it was extinguished, it had consumed four hundred thousand books and damaged seven hundred thousand more. Investigators descended on the scene, but more than thirty years later, the mystery remains: Did someone purposefully set fire to the library—and if so, who? Weaving her lifelong love of books and reading into an investigation of the fire, award-winning New Yorker reporter and New York Times bestselling author Susan Orlean delivers a "delightful...reflection on the past, present, and future of libraries in America" (New York magazine) that manages to tell the broader story of libraries and librarians in a way that has never been done before. In the "exquisitely written, consistently entertaining" (The New York Times) *The Library Book*, Orlean chronicles the LAPL fire and its aftermath to showcase the larger, crucial role that libraries play in our lives; delves into the evolution of libraries; brings each department of the library to vivid life; studies arson and attempts to burn a copy of a book herself; and reexamines the case of Harry Peak, the blond-haired actor long suspected of setting fire to the LAPL more than thirty years ago. "A book lover's dream...an ambitiously researched, elegantly written book that serves as a portal into a place of history, drama, culture, and stories" (Star Tribune, Minneapolis), Susan Orlean's thrilling journey

through the stacks reveals how these beloved institutions provide much more than just books—and why they remain an essential part of the heart, mind, and soul of our country.

**Introduction to Public Health** - Mary-Jane Schneider 2011

New to the Third Edition: New or expanded sections covering: Pandemic Flu Response to Hurricane Katrina FDA Regulation of Tobacco Promoting Physical Activity Poisoning (now the #2 cause of injury death) Nonfatal Traumatic Brain Injuries National Children's Study Coal Ash and other unregulated waste from power plants Medical errors Information Technology New information/discussion on: H1N1 swine flu Conflicts of interest in drug trials Problems in planning for the 2010 census Genomic medicine Cell phones/texting while driving National birth defects prevention study The new HPV vaccine controversy Lead paint in toys imported from china Bisphenol A (BPA) and phthalates The recent Salmonella outbreak in Peanut Butter Contaminated drug imports from China Managed care efforts to control medical costs Evaluation of Healthy People 2010 and planning for Healthy People 2020 New examples including: Andrew Speaker/Extremely Drug Resistant (XDR) Tuberculosis Football players and increased risk for dementia later in life. **Suburban Fire Tactics** - Jim Silvernail 2013  
*Suburban Fire Tactics* is a guide for suburban-based fire operations. All fire departments share the same common objectives: to save lives, protect and conserve property, and limit harm to the environment. How urban, rural, and suburban agencies differ is in the delivery of tactics and strategies. This book explains the factors that limit suburban operations and depicts the differences between urban and suburban capabilities. This is a valuable resource for policymakers, chief officers, company officers, and firefighters (both veteran and neophyte). Features and benefits: \* Understand the key objectives and strategies for suburban operations. \* Obtain a guide to develop suggested operating methods for suburban firefighting. \* Gain the knowledge to develop and apply successful fireground tactics in suburban settings.