



INSTRUCTOR GUIDE



WILDLAND FIRE SAFETY REFRESHER

Mission Statement

The intent of annual fireline safety refresher training is to focus line-going personnel on operations and decision-making issues related to fireline and all-hazard incident safety. Refresher training will ensure firefighters have information regarding current initiatives and the upcoming fire season. Refresher training is provided in order to recognize and mitigate risk, maintain safe practices, and reduce accidents and near misses.

The 2016 Fire Refresher was built for firefighters, by firefighters.

<http://www.nifc.gov/wfstar/>



Notes to Instructor

Introduction

Annual Fireline Safety Refresher Training is required for all personnel participating in wildland fire who may be subject to assignments on the fireline. Check specific agency policy at the WFSTAR website to determine if this training package meets refresher training requirements of all the attendees.

Expectations

****NOTE: This is not a plug and play product. Instructor preparation and student interaction is required.**

Instructors should facilitate a quality refresher that engages all students no matter their ICS qualification or firefighting experience. The success of this program is dependent on your ability to stimulate meaningful discussion during group exercises. Classes with a wide array of experiences and qualifications can provide an excellent opportunity for the less experienced to be mentored and for the more experienced to rethink old habits.

Instructor Prerequisites

Lead instructors must be at least Single Resource Boss (SRB) qualified, and unit instructors must be at least Firefighter Type 1 (FFT1) qualified.

Adjunct instructors may be utilized to provide limited instruction in specialized knowledge and skills at the discretion of the lead instructor. They must be experienced, proficient and knowledgeable of current issues in their field of expertise.

All instructors will need the knowledge and skills to utilize current educational technology, as it relates to the WFSTAR website. Examples would be streaming and downloading interactive videos as well as the use of apps and mobile devices.



Equipment and Materials

A list of equipment and other material required for course presentation includes:

- Media player
- Instructor Guide and Student Workbooks from [WFSTAR](http://www.wfstar.com) website
- *Incident Response Pocket Guide*, one for each student
- Sign-in sheet/training documentation form
- Flip chart(s) with paper and marking pens
- Download modules from [WFSTAR](http://www.wfstar.com) website
- Optional: *New Generation Fire Shelter* video, NFES #2711
- Optional: *The New Generation Fire Shelter* booklet, NFES #2710

Administration

The instructor is responsible for identifying necessary equipment, materials, and supplies. The instructor is also responsible for recording attendance and assuring that evaluations are completed and returned:

ON THE WEB: http://www.nifc.gov/wfstar/contact_comments.html
BY MAIL: NWCG Training Development
Attn. Scott Anderson
3833 S. Development Avenue
Boise, ID 83705
BY FAX: (208) 387-5378
BY E-MAIL: s80ander@blm.gov

If all modules are utilized, the length of this program is approximately four hours, depending on time allowed for exercises. Additional time will be needed for the fire shelter deployment practice.



Sleep Deprivation:

Overview:

The intent of this module is to initiate a discussion on sleep deprivation that may occur as a wildland firefighter.

Target Audience: Wildland Firefighters

Time: Video 5 minutes

Exercise: 15 minutes

Instructor Tasks

- Introduce the overview listed above
- Watch the video, and then divide into groups or work as a whole class. Take 15 minutes and discuss the questions below. If exercise is done in groups share your answers with the whole class when complete.
- This Ted Ed video is hyperlinked from YouTube to the WFSTAR site. Thus, this video is not available to download.

Please encourage students to submit feedback for the 2016 Fire Refresher using the QR code below.





Exercise

Throughout the summer as a wildland firefighter, it may be challenging to get proper sleep and rest while fighting fires. It may be common to develop cumulative sleep deprivation and fatigue.

- Discuss some of the experiences that you have encountered when you didn't get proper sleep while on assignment?
- When have you, "hit your limit" of sleep deprivation while on fires?
- Describe some fireline operations that you have seen or are aware of that were adversely affected by sleep deprivation?

Waste products in the brain get cleaned out while we sleep utilizing the glymphatic system. If these waste products don't cleaned out, "sleep pressure" builds up.

- How do you feel when you have to much sleep pressure built up in your head? How does that pressure affect your performance and decision making?
- How do you think the brains cleaning system is affected if you are exposed to excessive smoke, saw exhaust, pump exhaust or dust and dirt while being sleep deprived?

Refer to the Smoke Module on the WFSTAR website for more information on how smoke exposure affects the human body.

Instructor Notes:
