Yokosuka Firefighters compete in Red Rooster Competition

By MC3 Charles Oki,
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Firefighters from 13 fire departments under the Yokosuka City Fire Bureau competed for top honors during the 62nd annual Red Rooster Competition sponsored by Commander Naval Region Japan (CNRJ) Fire Department held at Commander Fleet Activities Yokosuka (CFAY) June 28.

"The Red Rooster Competition is a tradition we share with the city of Yokosuka and its firefighters," said Capt. David Owen, CFAY's commanding officer. "We support the city of Yokosuka in anyway we can and this competition gives us the chance for our emergency personnel to build a stronger relationship with those in the local area."

The competition was created by former CFAY Commanding Officer, Capt. Benny Decker to help motivate Japanese firefighters. It, has since, evolved as a way for Yokosuka firefighters to display their skills and to promote camaraderie between the different departments and the CNRJ fire department.

"This event is a great opportunity for any firefighter who is able to attend, "said Shuichi Ushio, chief of the Yokosuka City Fire Department. "Every April we transfer firefighters to different departments in the area, so when we hold this competition, most of the firefighters have only been working together for about two months. This gives them the opportunity to show everyone that they are successfully able to work as a team and complete a mission."

The competition begins with 4-man firefighting teams accepting a radio call, which gives them the signal to start the exercise by donning their firefighting equipment and then making their way to a water pump. After connecting their fire truck to the pump, three of the firefighters run around a course carrying a ladder, fire hose and nozzle and finally spraying a target.

The competition forces the firefighters to move quickly and execute their tactics flawlessly.

Local firefighters participate in the 62nd annual Red Rooster Competition at the CNRJ Fire Department June 28.

U.S. Navy photo by MC2 John Smolinski

"To people watching it might seem like a very easy competition," said Uraga Fire Department Firefighting Team Leader Taku Yoshida. "The situation is made difficult because the judges record and observe the execution time, as well as look for mistakes made by the team. Teamwork has a lot to do with the competition and I think we worked well together. We are all hoping for first place."

The Red Rooster flag and trophies will be awarded to the winning teams in January 2012 during the Dezome-shiki, or the New Years Parade for Firemen in Tokyo.

Tips for evaluating, controling heat stress during summer

By The Occupational Safety and Health Administration

The Occupational Safety and Health Administration (OSHA) offers the following information about recognizing, evaluating and controlling heat stress with these nine tips for workers and supervisors.

• Drink cool water. Anyone working in a hot environment should drink cool water in small amounts frequently--one cup every 20 minutes. Supervisors should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.

• Dress appropriately. Wear lightweight, light-colored, loose-fitting clothing and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.

• Work in ventilated areas. All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.

• Work less, rest more. Supervisors should assign a lighter workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate your work and rest periods with longer rest periods in a cooler area and schedule heavy work for cooler parts of the day.

• Ask how workers are feeling. Supervisors should monitor workplace temperature and humidity and check workers' responses to heat at least hourly. Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely uncomfortable.

• Know the signs and take prompt action. Employees and supervisors should learn to spot the signs of heat stroke, which can be fatal. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness, flushed face, hot/dry skin or has stopped sweating.

• Reduce work for anyone at risk. Supervisors should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.

• Check with your doctor. Certain medical conditions such as heat conditions and diabetes, and some medications can increase the risk of injury from heat exposure. Employees with medical conditions or those who take medications should ask their doctors before working in hot environments.

• Watch out for other hazards. Use common sense and monitor other environmental hazards that often accompany hot weather, such as smog and ozone.

Konnichiwa

CNRJ Master Labor Contract employee IT Specialist Eiji Matsumoto installs a security update for All Navy Japanese Automation System(JAS).

Photo by Yuji Kawabe

Where is your hometown?	**Yokohama.**
How long have you worked on base?	**Nineteen years.**
What is your favorite food?	**Sushi.**
What is your life goal?	**To live in rural Germany.**

Farewell and following seas

(Left) CFAY Commanding Officer Capt. David Owen presents former CFAY Resource Manager Le Roy Shibuya a farewell certificate during a retirement ceremony held at the Admiral Arleigh A. Burke Commissioned Officers' Mess June 29. Shibuya, who was born in Hawaii, joined the U.S. Army and served in Vietnam, prior to serving 37 years in the U.S. civil service. Shibuya worked on board CFAY from 2002-2011.

Photo by Mark Elrod