



Memorial Training Bulletin



Honor, Educate, Remember

July 7th, 2007

Technician James J. McRae III

Badge No. 698

No. 12 Truck Company

JAMES J. McRAE III



Overview

From The United States Fire Administration - Firefighter McRae was on-duty as the driver of Truck 12. Firefighter McRae reported for duty at 0700hrs on July 6, 2007. During the course of the shift, Firefighter McRae and the members of his fire company performed fire station and apparatus maintenance duties, conducted a fire inspection, attended a meeting, and responded to 3 emergency incidents. At 0050hrs on July 7, 2007, Firefighter McRae awakened another paramedic firefighter and asked the firefighter to medically assess him. Firefighter McRae was not feeling well, he was having difficulty breathing and he was coughing. Three minutes later, an ambulance was requested. Firefighters provided paramedic-level emergency medical care to Firefighter McRae and he was transported to a hospital by ambulance. At approximately 0315hrs, Firefighter McRae was transferred by medical helicopter to another hospital. Firefighter McRae was pronounced dead at 0415hrs. The cause of death was a heart attack.

From DC Fire and EMS Bulletin No. 100 - Roll of Honor (GO-2020-10):

Died at the hospital after experiencing shortness of breath while on duty in quarters.

Lessons learned

Coronary Artery Disease and the Pathophysiology of Heart Attacks - In the United States, coronary artery disease (atherosclerosis) is the most common risk factor for cardiac arrest and sudden cardiac death. Risk factors for its development include age over 45, male gender, family history of coronary artery disease, smoking, high blood pressure, high blood cholesterol, obesity/physical inactivity, and diabetes. Heart attacks typically occur with the sudden development of complete blockage (occlusion) in one or more coronary arteries that have not developed a collateral blood supply. (NIOSH LODD Report - Firefighter Technician James J. McRae)

Review of Current Departmental Policies

Bulletins - 40 (Death of a Member/Family Services)

Order Book – Article 11 (Employee Wellness)

Ops. Bull. Book – EMS Ops. Bull. 4 (Rehab), EMS Ops. Bull. 17 (Rehab/Canteen Unit Org), Saf. Ops. Bull. 6 (On Duty Injury), Saf Ops. Bull. 8 (Post Fire Decon), Saf Ops. Bull. 9 (Rest, Recovery, and Fatigue)

Drill Topics

NIOSH LODD Report - <https://www.cdc.gov/niosh/fire/reports/face200723.html>

Nutrition in the firehouse

Food on the Stove

O2X Human Performance

Incident Rehabilitation

Recent LODD Incidents in the US Fire Service involving heart disease

PFC Annual Physical and Stress Test Policies

Visiting the O2X Nutritionist that is assigned to the Training Academy (M-F, 0700 to 1500 hours)

Related News Links and Fire Service Information

<https://foodonthestove.org/>

<https://wjla.com/features/hero-247/dc-firefighter-aiming-to-teach-healthy-habits-in-fight-against-heart-disease>

<https://o2x.com/> <https://www.pennmedicine.org/updates/blogs/heart-and-vascular-blog/2019/january/firefighters-and-heart-health>

<https://pubmed.ncbi.nlm.nih.gov/21646874/>