



# Improving Sleep Hygiene in Existing SMFR Fire Stations *(aka - The Sleep Study)*

**Board of Directors Update**

**May 6, 2024**

# Crew Input:

## With \$1K or \$20K, What Would You Do?

\$1,000



A word cloud on a white background for a \$1,000 budget. The most prominent words are 'windowcoverings' and 'soundmitigation' in large blue font. Other words include 'lighting' in blue, 'lightmitigation' in red, 'firstin' in red, 'operationalwindows' in small yellow, 'whitenoisemachines' in small yellow, 'insulation' in small yellow, 'doors' in red, 'temperaturecontrols' in small yellow, and 'bedding' in small yellow.

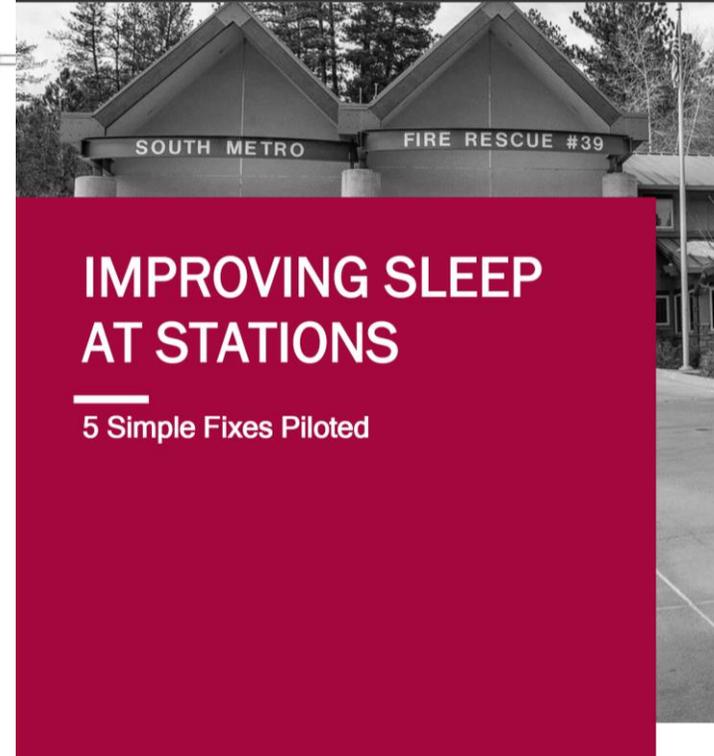
\$20,000



A word cloud on a black background for a \$20,000 budget. The most prominent words are 'soundmitigation' in large yellow font, 'mattresses' in large yellow font, 'windowcoverings' in large white font, and 'insulation' in large yellow font. Other words include 'sleepcommiteeorculturalchanges' in blue, 'biggerbeds' in small white, 'doors' in white, 'lighting' in small white, 'stationlayoutchanges' in small white, 'firstin' in white, and 'temperaturecontrols' in blue.

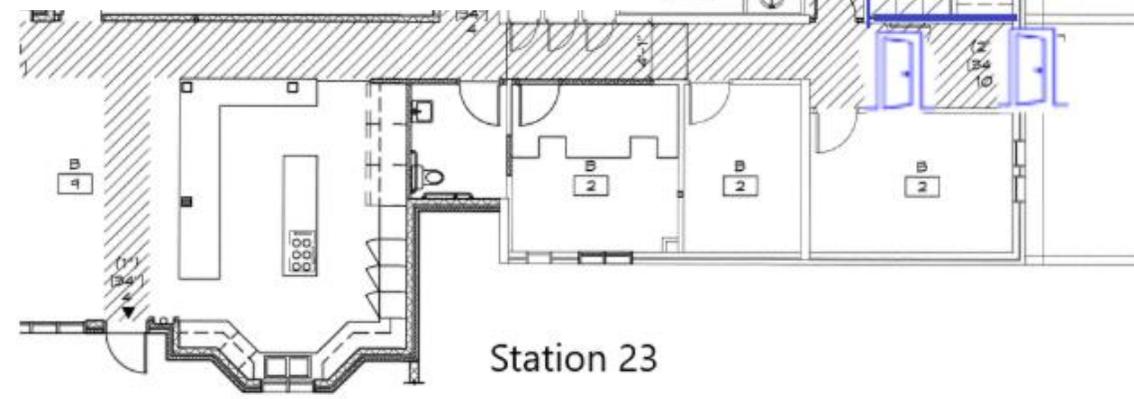
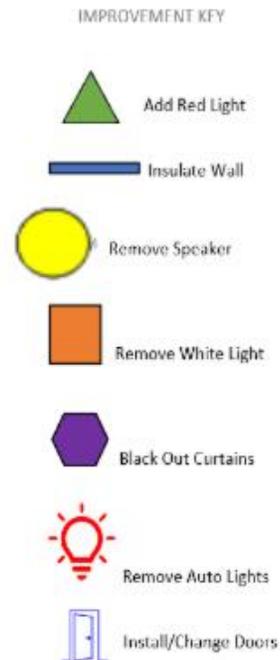
# Five Simple Fixes

- Blackout Blinds
- Light Controls
- White Noise Machines
- Sleep Number Beds
- Station Alerting



## IMPROVING SLEEP AT STATIONS

5 Simple Fixes Piloted

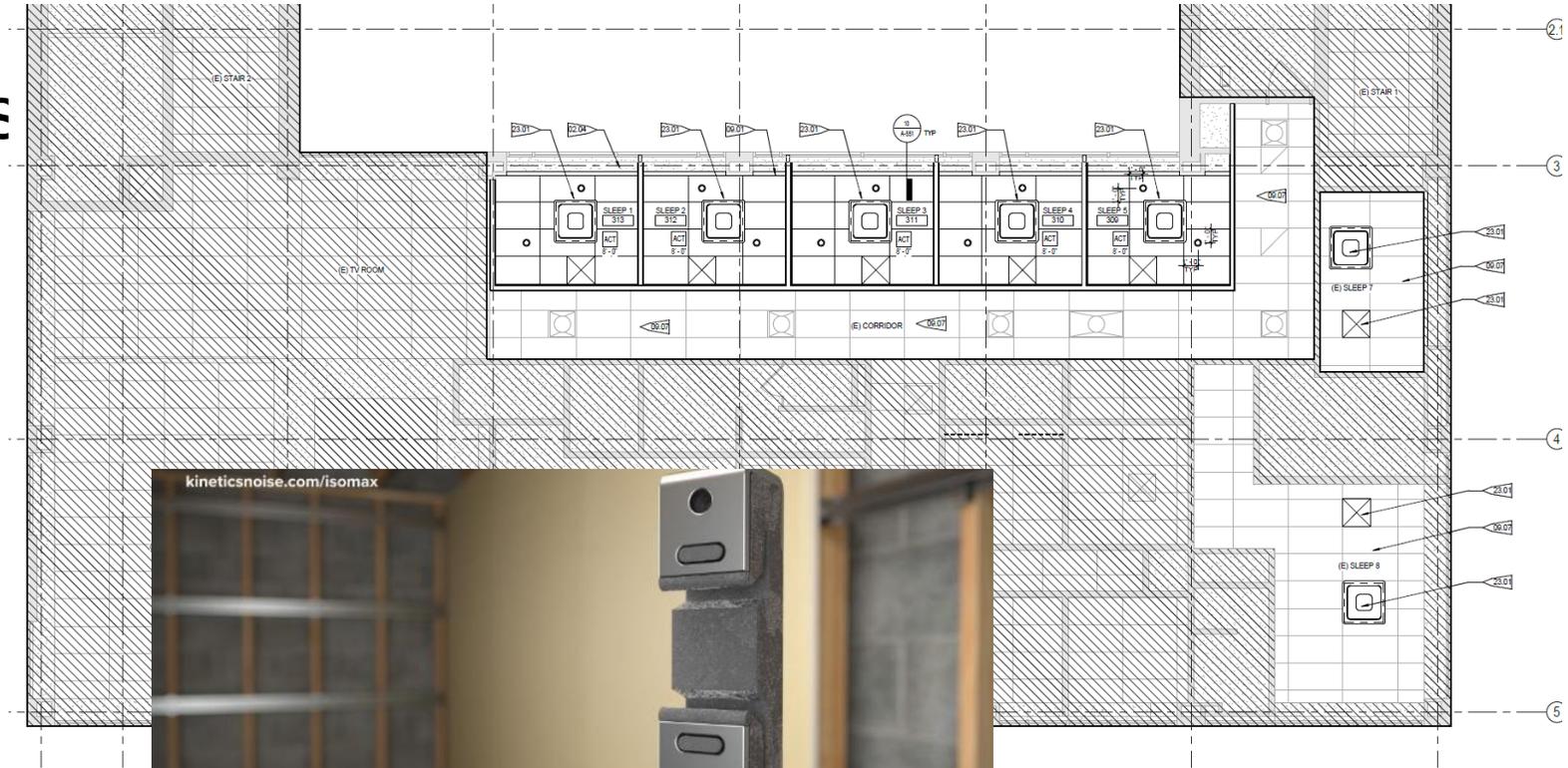


FLOOR CODE PLAN / EXIT ANALYSIS

# Construction & HVAC

Sound Control  
35s - Individual Rooms  
Locks, Alerting

Temperature Control  
Legacy Stations  
Individual Units



A close-up photograph of a desk setup. In the foreground, a white keyboard is partially visible, showing keys for '00', '+', '-', and '='. Below the keyboard is a calendar on a piece of brown paper, with dates 16, 17, 23, 24, 25, 29, 30, and 31 visible. Several notebooks with brown covers are stacked, with several purple and teal sticky tabs protruding from the pages. The background is a light-colored wooden surface.

# Expenses to Date:

*\*Expect to be within Budget (\$1,500,000) and complete this summer*



# SMFR Standards: All Stations

## SOUTH METRO FIRE RESCUE SLEEP RENOVATION PROJECT MANUAL

A well-rested firefighter is a productive and safe firefighter

The following manual outlines recommendation and details for multiple station interior improvements to aid with firefighter sleep and recovery



### Issue #4 - Sound Transmission through the floors from the corridor

#### Recommended Solutions:

- A. Install carpet tile at corridors with sound barrier underlayment to provide a STC/IIC rating above 50
  - o At floors over a basement or above the first floor, install Rockwool insulation between joists

#### Reference Material:

- 4.1 Floor underlayment product data  
<https://commercial-acoustics.com/product/floor-blokker/>
- 4.2 Carpet tile product data  
<https://shop.interface.com/US/en-US/carpet-tile/ice-breaker/9189C.html>

#### Identified Locations:

	Station 11		Station 19		Station 34		Station 43
	Station 12	X	Station 21	X	Station 36		Station 44
	Station 13		Station 22		Station 37		Station 45
	Station 14	X	Station 23		Station 38		Station 47
X	Station 16		Station 31		Station 40		
	Station 17		Station 32		Station 41		
			Station 33		Station 42		

# Questions?



# Staff Vehicle Overview



**May 6, 2024**

**Board of Directors**

# Overview

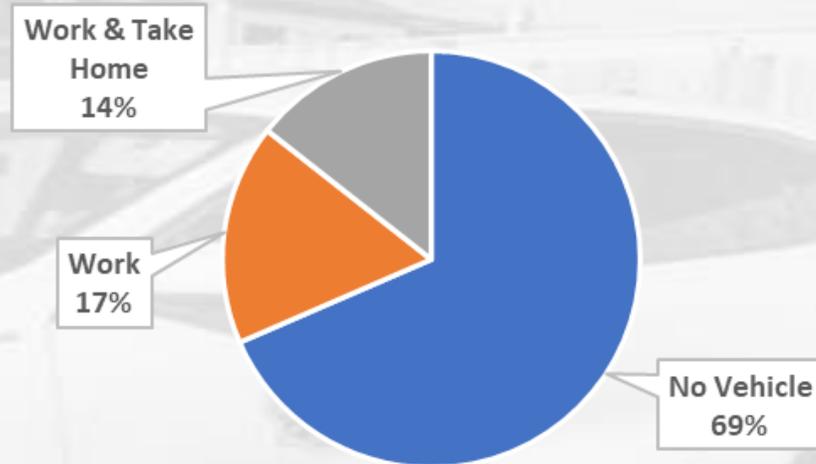
- Types of Assignments

- Pool
- Work
- Work & Take-home

- Typical Functions

- FMO
- CRR
- Comms
- Facilities
- Tech
- Fleet
- Management

Staff Vehicle Assignments



Approximately 70 staff vehicles



# Work & Take Home

- On-call only
  - Scheduled
  - Timely response
  - Remote parking not feasible
  - Examples
    - Investigators
    - PIO's
    - Fleet



# Work & Take Home

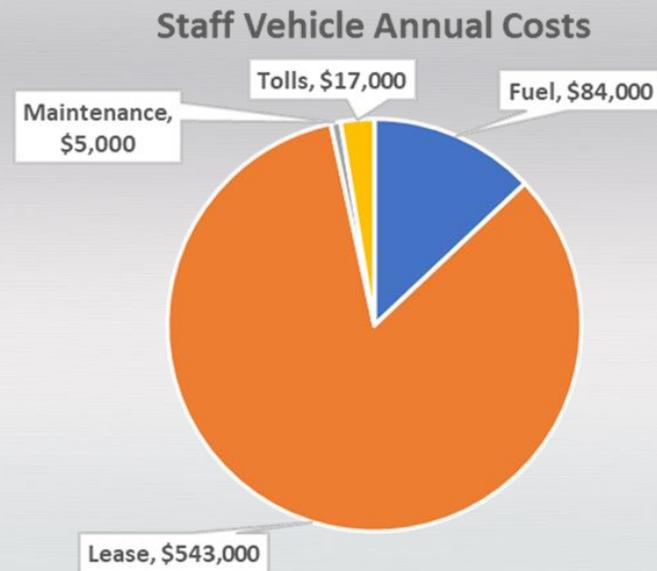
- Full Time
  - Specific purpose, timely response
  - Management
    - After-hours
      - Events
      - Government
      - Community
    - Mgmt. responsibilities
    - Response: observe, support, ICS role
- Miscellaneous



# Costs

## Lease Program

- Non-response vehicles
- Replacement schedule: 3-5 years
- No penalties for extended/shorter use; no mileage restrictions
- Fixed monthly cost
  - ~\$425 – \$925/month
- Equity
  - Rolled into new lease
- Maintenance
  - Outsources to Enterprise
  - \$5.50/month
  - Preventative costs



# Questions?

