

## Turn in Your F-9Fs Now for Expiring Courses, This Includes All Firefighter I and II Courses

Due to the updates in the NFPA Firefighter I and II standard, all those approved to instruct any portion of these classes will need to resubmit their F-9Fs even though this course has not officially expired.

If you plan to instruct any part of NFPA Firefighter I or II, please submit your F-9F: Application to Instruct an Approved DPSST Course to [dpsst.fire@dpsst.oregon.gov](mailto:dpsst.fire@dpsst.oregon.gov) as soon as possible.

Additionally, as we approach the end of the year, all DPSST-approved instructors must take the following steps to ensure continued compliance and course validity.

DPSST-approved courses are valid for five years. After that, they must be renewed to remain active. On December 31, 2025, any course with an ID starting with "20" will expire. The following classes are set to expire on December 31, 2025:

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Course ID Numbers Expiring 12/31/2025	New Course ID Numbers
20F017-NFPA Mobile Water Supply Apparatus	26F046-NFPA Apparatus – Mobile water supply
20F021-NFPA Fire & Emergency Services Instructor I	26F040- NFPA Fire & Emergency Services Instructor I
20F022- NFPA Fire & Emergency Services Instructor II	26F041- NFPA Fire & Emergency Services Instructor II
20F023- NFPA Fire & Emergency Services Instructor III	26F042- NFPA Fire & Emergency Services Instructor III
20F027-NFPA Surface Water Rescue	26F036- NFPA Surface Water Rescue
20F028-NFPA Swiftwater Rescue	26F037- NFPA Swiftwater Rescue
20F036-NFPA Fire Investigator	26F038-NFPA Fire Investigator
23F026-NFPA Fire Fighter I Academy	26F001-NFPA Firefighter I Academy
23F046-NFPA Fire Fighter II Academy	26F021-NFPA Firefighter II Academy

## FIRE PROGRAM NEWSLETTER

# Turn in Your F-9Fs Now for Expiring Courses, This Includes All Firefighter I and II Courses (cont.)

Take the following steps to ensure your courses are current:

### 1. Review Your Approved Courses

- Check the list of courses you're currently approved to instruct. You can do this by identifying any courses with an ID number beginning with "20" — these will expire on December 31, 2025.
- Check for NFPA Firefighter I and II courses beginning with "23"- NFPA Firefighter I Academy is now 26F001 and NFPA Firefighter II Academy is now 26F021, please note you do not need to apply for each component individually, we will send you Rosters and NOCCs for each JPR as well as the Academy Roster and NOCC.
- You do not need to apply for courses you are already approved for that are not expiring 12/31/2025.

### 2. Submit Renewal Applications

- For expiring courses, submit the F-9F: Application to Instruct an Approved DPSST Course to [dpsst.fire@dpsst.oregon.gov](mailto:dpsst.fire@dpsst.oregon.gov). Courses under nationally recognized, canned curriculum have already been assigned new course ID numbers by DPSST staff. You can find the updated list of approved courses here: CourseList.pdf.
- If the course is proprietary to you or your department, meaning you've written curriculum yourself and have gone through the approval process, also submit:
  - F-20: Application for Certification of a Course
  - Supporting documentation

Please take the time to review your course expirations and submit the appropriate aforementioned documentation to ensure a smooth instructing transition in the new year. If you have any questions, please contact Brooke Bell-Urbe at [brooke.bell-uribe@dpsst.oregon.gov](mailto:brooke.bell-uribe@dpsst.oregon.gov) or 503-569-8260.

# FIRE PROGRAM NEWSLETTER

## 2026 Winter Fire School!

Registration for Winter Fire School has been open for three full months! This year's event features a selection of National Fire Academy (NFA) courses covering topics such as leadership, incident command, fire prevention, and more. In addition, we're offering two hands-on training courses: NFPA Support Person and NFPA Vehicle Extrication.

Please see the classes that still have opening and claim your spot today!

- |   |                      |
|---|----------------------|
| • New Fire Chief: Administrative Issues             | <u>1 spot left</u>   |
| • Strategy & Tactics for Initial Company Operations | <u>1 spot left</u>   |
| • Decision-Making for Initial Company Operations    | <u>4 spots left</u>  |
| • Preparation for Initial Company Operations        | <u>5 spots left</u>  |
| • Safety for Hazardous Materials Incidents          | <u>12 spots left</u> |
| • Youth Firesetting Intervention Specialist         | <u>1 spot left</u>   |
| • ICS and Resource Management for the Fire Service  | <u>26 spots left</u> |
| • WUI Firefighting for Structural Company Officer   | <u>Waitlist</u>      |
| • Health and Safety Program Manager                 | <u>1 spot left</u>   |
| • Vehicle Extrication -                             |                      |
| ▫ Northwest   | <u>Waitlist</u>      |
| ▫ Gorge   | <u>1 spot left</u>   |
| ▫ Salem   | <u>Waitlist</u>      |
| ▫ South Willamette                                  | <u>Waitlist</u>      |
| ▫ South Western                                     | <u>Waitlist</u>      |
| ▫ Central   | <u>Waitlist</u>      |
| ▫ Eastern   | <u>Waitlist</u>      |
| • Support Person (Hybrid)                           | <u>8 spots left</u>  |

## FIRE PROGRAM NEWSLETTER

# DPSST'S National Fire Academy Classes

## 2025 CLASSES

### Incident Safety Officer

**December 5 - 6, 2025  
Eugene, Oregon**

This 2-day course examines the Incident Safety Officer's (ISO) role at emergency responses. A specific focus on operations within an Incident Command System (ICS) as a Safety Officer is a main theme. Response to all-hazards types of situations will be emphasized. This is a National Fire Academy Course.

### LIS - Creating Environments for Professional Growth

**December 11 - 12, 2025  
Dundee, Oregon**

This 2-day course equips fire and EMS supervisors with essential leadership skills, focusing on transitioning into supervisory roles. Topics include adaptive leadership, change management, effective communication (including difficult conversations), ethics, decision-making, and developing a personal engagement plan.

### ICS 300: Intermediate Incident Command

**December 12 - 14, 2025  
Salem, Oregon**

Class Schedule:

Friday: 5:30pm-9:30pm

Saturday & Sunday: 8:00am-6:15pm (lunch break on Saturday & Sunday)

This 3-day course prepares emergency response personnel for Command or General Staff roles during large-scale incidents, including those serving on local or regional Incident Management Teams in single or multi-agency operations.

## FIRE PROGRAM NEWSLETTER

# DPSST'S National Fire Academy Classes

## 2026 CLASSES

### **LIS - Perspectives in Thinking**

**January 22 - 23, 2026  
Dundee, Oregon**

This 2-day course provides first-level fire and EMS supervisors with a foundation in leadership by exploring creative, analytical, political, and critical thinking. It focuses on decision-making, innovation, and persuasive communication, targeting Company Officers or Unit Supervisors in areas like fire prevention, EMS, and communications.

### **Command and Control of Incident Operations**

**January 26 - 31, 2026  
Salem, Oregon | [Join the waitlist!](#)**

In this 6-day course, fire officers are introduced to the Incident Command System (ICS), and they study proper command techniques for control and extinguishment of fires ranging from small, residential structures to multi-occupancy, commercial complexes.

### **LIS - Framework to Success**

**February 19 - 20, 2026  
Dundee, Oregon**

This 2-day course equips first-line fire and EMS supervisors with essential leadership skills, focusing on professionalism, emotional intelligence, resilience, conflict management, delegation, mentoring, and team collaboration to support professional growth.

***Questions? Please contact Madison Mancuso at  
[Madison.Mancuso@dpsst.oregon.gov](mailto:Madison.Mancuso@dpsst.oregon.gov).***



## FIRE PROGRAM NEWSLETTER

# From the Fire Training Trail

Your monthly look at DPSST Regional Fire Training happening across Oregon.

Salem Area Coordinator Aaron Bielemeier, with the assistance of Gorge Coordinator Nikki Heitschmidt, hosted several Aumsville RFPD firefighters at the DPSST campus on November 15th. Students started at the water mapping prop followed by various fire tower evolutions, responding to a variety of possible realistic calls.



On November 22nd and 23rd, Southwest Fire Coordinator Rick Cooper taught a hybrid Fire Officer I course in Sixes, Oregon to 8 firefighters throughout Oregon and even one from Hawaii! The students were engaged and had great discussions involving realistic company officer scenarios.



## FIRE PROGRAM NEWSLETTER

# Reflecting on 2025

By South Willamette Fire Coordinator Ryan Frizzell

The first half of the year started strong. I had lots of live fire training, shared my Mayday story, and worked with several new departments. June brought a one-of-a-kind road trip.

Then life threw some curveballs. Some you can hit; others feel like a one-handed, spinning swing you just can't connect with. That's what happened to me.

July: My mom went into the hospital with sciatica pain and never came out. Watching her decline was heartbreaking. As firefighters, we try to fix things, protect, reassure. But sometimes, no matter how hard we try, we can't. Pretending everything is okay wears you down and it wore me down

October: My wife was in a crash that shattered her pelvis. Anxiety spiked. PTSD episodes spiked. Clutter became unbearable. Public outings felt impossible. I wasn't sleeping. Sudden outbursts towards my family. I stopped participating in my home fire department. I was spinning out of control.

Fifteen years ago, I sought mental health support, which I share in my Mayday presentation. I felt the tsunami of emotion coming again and knew I couldn't let it overwhelm me, not for my wife, not for my kids.

I reached out to a DPSST peer support team member, who is also a mental health professional. They let me vent for two hours and offered options. That's when I started seeking help again.

This time was different. I realized I needed to put to rest the post-trauma I've carried for over 40 years. I needed to talk about the scary things I've seen and continue to see in the volunteer fire service. Most importantly, it gave me tools and courage to move forward.



# FIRE PROGRAM NEWSLETTER

## Reflecting on 2025 (cont.)

By South Willamette Fire Coordinator Ryan Frizzell

### **Mental Health & Firefighter Suicide — National & Oregon Data**

#### **National Firefighter Data:**

- ~100 firefighters die by suicide each year in the U.S. (U.S. Fire Administration) (Roberts)
  - ~25% have considered suicide; ~12% have made a plan (Cannady)
- Up to 20% may develop PTSD; 30–40% report mental health symptoms during their careers (SAMHSA DTAC)

#### **Oregon Firefighter Data (Oregon State Fire Marshal):**

- Behavioral health challenges include PTSD, anxiety, depression, and substance abuse.
- Peer-support networks and training programs are available to help manage stress and trauma.
- Surveys show suicide, PTSD, and substance abuse remain critical issues for Oregon firefighters.
- Sleep disruption from shift work and high call volume is common and strongly linked to mental health strain.

### **Oregon Presumed PTSD Law — Summary (Oregon Legislature, ORS 656)**

Oregon law provides a rebuttable presumption that PTSD or acute stress disorder in certain public safety workers, including paid firefighters, EMS providers, police officers, and dispatchers, is work-related and eligible for workers' compensation.

#### **Key points:**

- Workers could qualify after 5 years of service or following a single traumatic event meeting DSM-5 criteria.
- Claims must be filed while employed or within seven years of leaving the job.
- Medical evidence from a qualified professional is required.
- Helps Oregon firefighters access care and compensation for work-related mental health conditions.



## FIRE PROGRAM NEWSLETTER

# Reflecting on 2025 (cont.)

By [South Willamette Fire Coordinator Ryan Frizzell](#)

What that means: These aren't just numbers. Firefighters nationally and in Oregon face real mental health risks. Lean into peer support, use the tools available, and look out for one another.

The Frizzell (Fraser) clan motto says it all: "Je suis pret"—"I am ready."

Be ready. Take care. Seek help. Keep moving forward.

### Works Cited:

- U.S. Fire Administration. Firefighter Mental Health and Well-being. U.S. Fire Administrator's Summit on Fire Prevention and Control, 2023, [usfa.fema.gov/downloads/pdf/summit/2023-factsheets/mental-health-and-wellbeing.pdf](https://usfa.fema.gov/downloads/pdf/summit/2023-factsheets/mental-health-and-wellbeing.pdf).
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- Oregon State Fire Marshal. "Behavioral Health." Oregon Fire Service Health & Safety Collaborative, State of Oregon, [www.oregon.gov/osfm/healthandsafety/Pages/behavioral-health.aspx](https://www.oregon.gov/osfm/healthandsafety/Pages/behavioral-health.aspx)
- Oregon Legislature. Oregon Revised Statutes, Chapter 656: Workers' Compensation. State of Oregon, [www.oregonlegislature.gov/bills\\_laws/ors/ors656.html](https://www.oregonlegislature.gov/bills_laws/ors/ors656.html)

## FIRE PROGRAM NEWSLETTER

### Airport Firefighter Task Force

On November 13th, 2025 the NFPA Airport Firefighter Task Force convened at DPSST to review and discuss the National Fire Protection Association (NFPA) 1010 Standard for Professional Qualifications for Firefighters, 2024 Edition, Chapter 8 related to Airport Firefighter qualifications.

At present, the Oregon Administrative Rule (OAR) for fire related to NFPA Airport Firefighter refers to the 2019 Edition of the NFPA 1003 standard.

The Task Force members represented the Oregon fire service Airport Firefighters well and there was a healthy discussion throughout the meeting. Results from this meeting will be projected to be presented at the Fire Policy Committee (FPC) meeting on February 25th meeting. If the FPC approves the recommendation, updates to the OAR will be available for review during the public comment period likely in March.

Questions about these updates can be directed to Fire Certification Supervisor Brooke Bell-Urbe at [brooke.bell-uribe@dpsst.oregon.gov](mailto:brooke.bell-uribe@dpsst.oregon.gov) 503-569-8260.

# FIRE PROGRAM NEWSLETTER

## About DPSST



Our mission is to pursue excellence in training and accountability for public safety professionals. DPSST trains and certifies/licenses police officers, corrections officers, parole and probation officers, regulatory specialists (OLCC), telecommunicators (9-1-1), emergency medical dispatchers, criminal justice instructors, private security providers, private investigators, fire services professionals, and polygraph examiners in the State of Oregon.

We strive to provide resources and certification programs that public safety officers and local public safety organizations need to maintain the highest professional skill standards, stewardship and service to Oregon's communities and citizens. These services are based at our 236-acre academy and extend across the state through a network of regional training coordinators.

Agency functions are guided by several Oregon Revised Statutes and our authority is defined specifically in Chapter No. 259 of the Oregon Administrative Rules. We are governed by a 26-member Board and six discipline-specific policy committees; we serve more than 43,000 public safety constituents across the state.

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