



FDIC
INTERNATIONAL

**HONORING TRADITION.
IGNITING INNOVATION.**

APRIL 20-25, 2026

INDIANA CONVENTION CENTER & LUCAS OIL STADIUM
INDIANAPOLIS, INDIANA, USA | FDIC.COM



Optimizing Fireground Performance



**Feedback is Welcomed
Please Take the Survey**





DENNIS REILLY



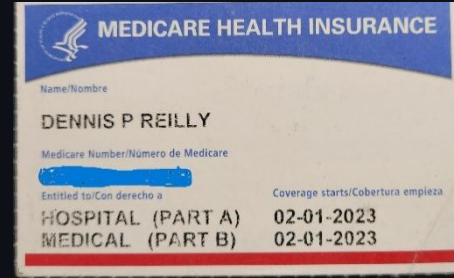
**CONTACT &
FOLLOW ME**

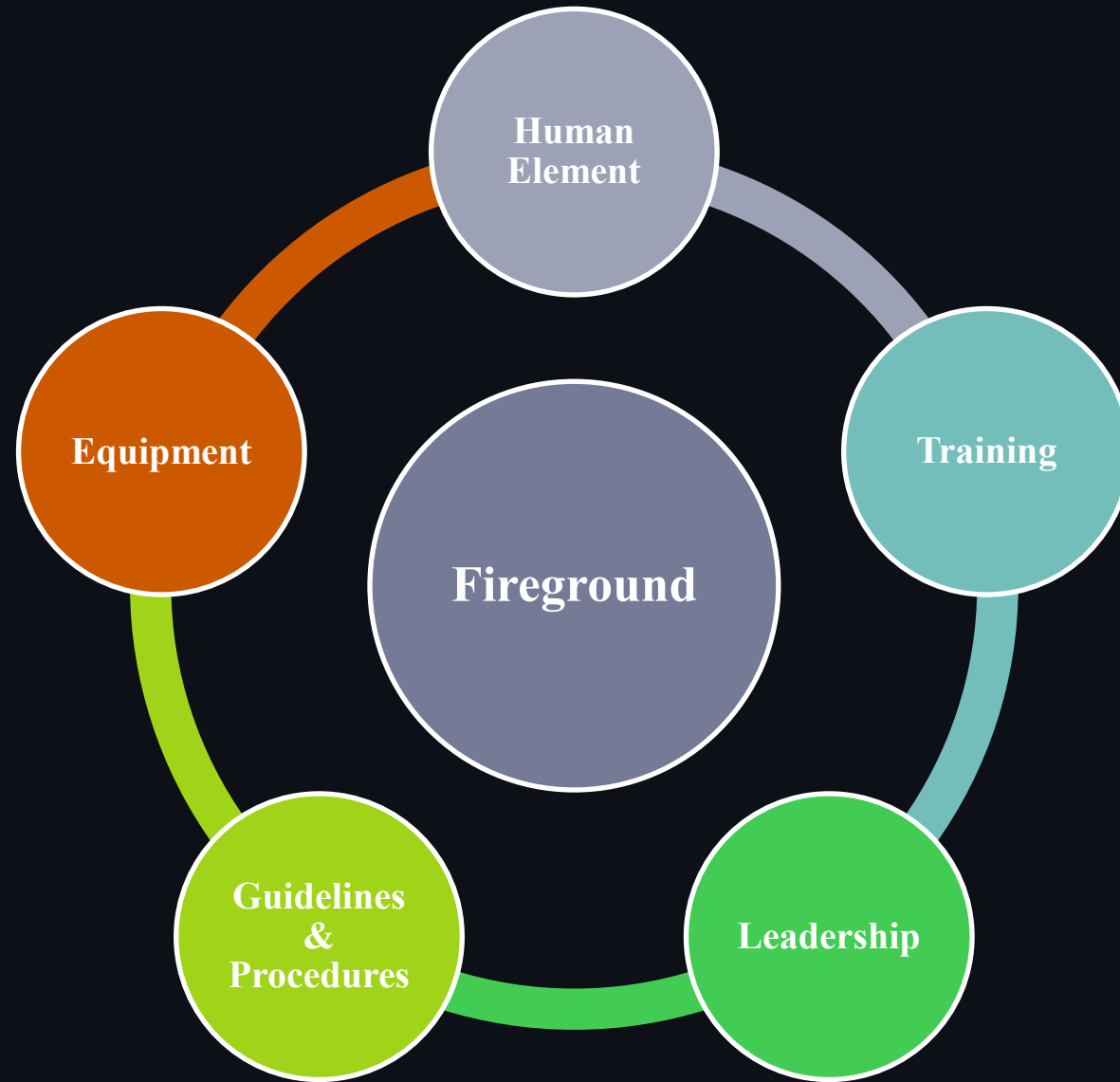


THE COMFORT ZONE IS WHERE EXCELLENCE GOES TO DIE

Dennis Reilly:

I am a fireman and have been around for a long time





TOWER 1 COMPANY

old The Sta
Downtown Truckin Company

5:15 P
10-14 of 120 climber
Wedge &
Partner Drig 1 East
- Valt 150
Via
Drill

The Human Element:



The most important
six inches on the
battlefield is
between your ears.

GENERAL 'MAD DOG' MATTIS



Our operational environment:

- ✓ Volatile
- ✓ Unpredictable



There is the distinct possibility of serious injury and/or death

- ✓ Ambiguous

Most human beings are not naturally inclined to work well in these conditions.





- ✓ **Who are you hiring?**
- ✓ **What is their background?**
- ✓ **Do they understand the dynamics of the team environment?**
- ✓ **Do they understand risk management vs. risk eversion?**

Who is training them?



**CONDITION:
WHITE**



**HEART RATE:
NORMAL**



**CONDITION:
YELLOW**



**HEART RATE:
NORMAL**



**CONDITION:
ORANGE**



**HEART RATE:
ELEVATED**



**CONDITION:
RED**



**HEART RATE:
115-145 BPM**



**CONDITION:
GRAY**



**HEART RATE:
145-175 BPM**



**CONDITION:
BLACK**



**HEART RATE:
OVER 175 BPM**



The Survival Stress Response: Understanding Heart Rate, Self-Defense, and Flight

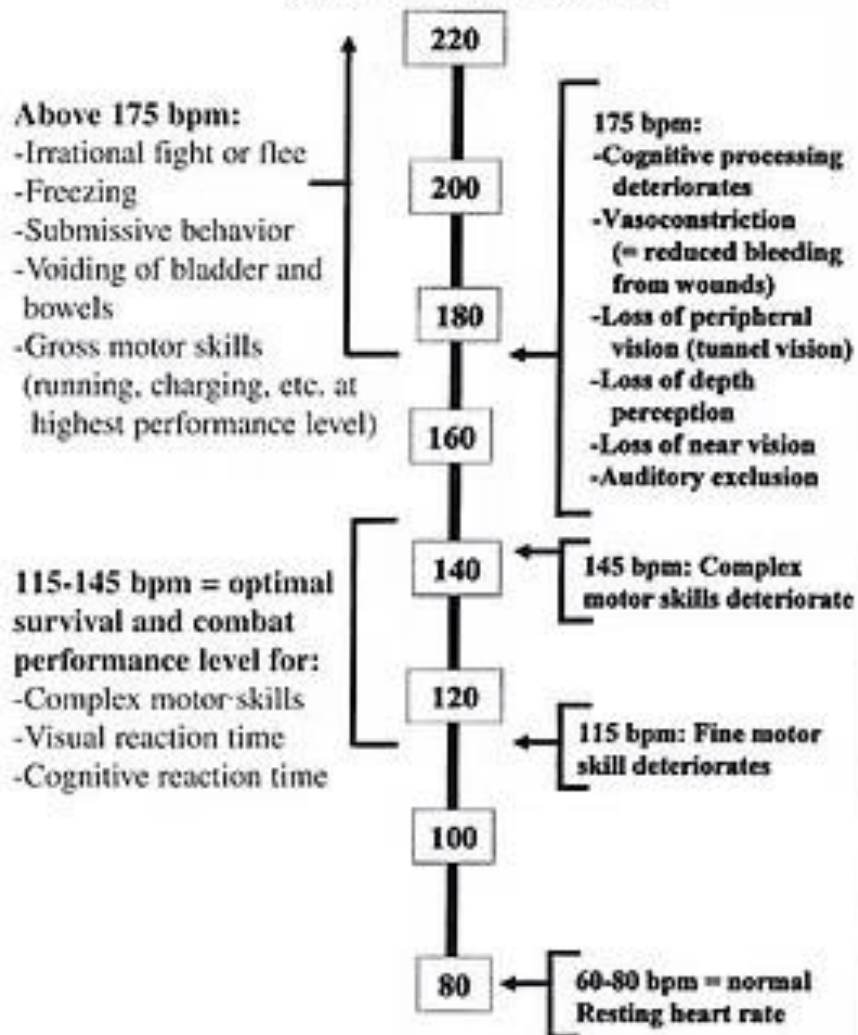


Center For
Violence
Prevention
And
Self Defense

Heart Rate

Beats Per Minute

(Copyright 1997 Siddle & Grossman)




EFFECTS OF HORMONAL OR FEAR
INDUCED HEART RATE INCREASE



The “Grayman/Woman:”

- ✓ They can operate in the gray zone with a very high level of proficiency and a low level of skill deterioration.
- ✓ They probably have a high level of tactical fitness and work capacity.
- ✓ Characterized by a high level of confidence and a low level of self doubt.
- ✓ Built over time and requires constant directed practice and maintenance.





Box Breathing Belly Breathing Reilly Technique





Psychological Sigh:

- ✓ Helps manage cortisol release
- ✓ 2 nasal inhales stacked on each other
- ✓ Forceful exhale

<https://www.patreon.com/c/u89578184/posts>

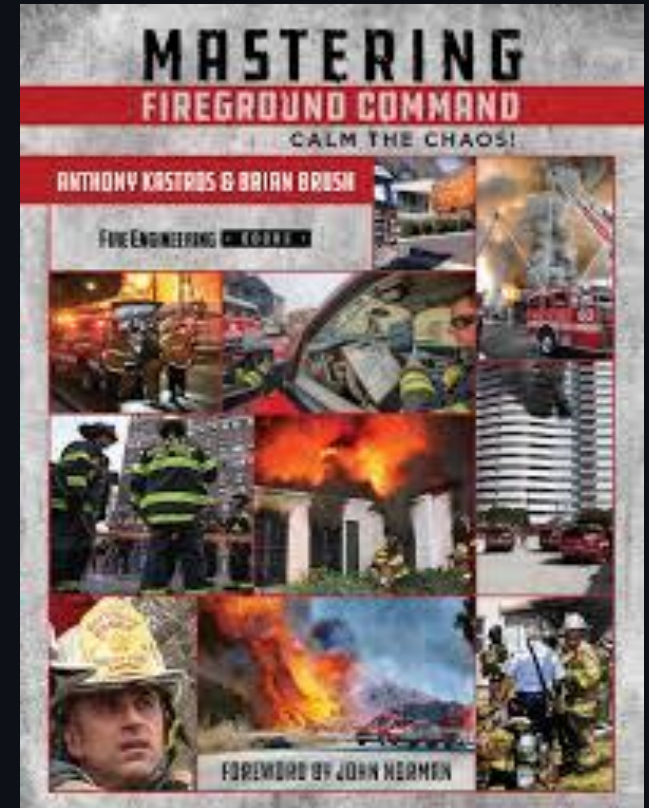


Training:



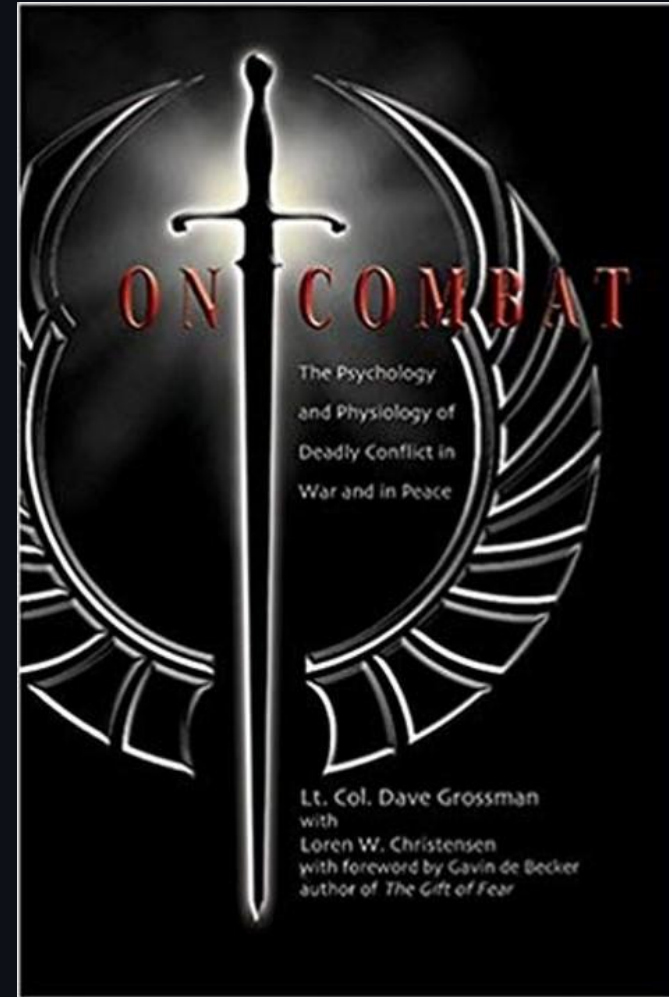


“When training scenarios set a rescue as a single firefighter locating a rigid plastic dummy, dragging them out by a handle and dropping them in front with no follow up they set up a commitment to failure.”



Grossman's 4 levels of competence:

- ✓ Unconscious incompetence
- ✓ Conscious incompetence
- ✓ Conscious competence
- ✓ Unconscious competence



Vet your sources:

Type I Construction (Fire-Resistive)

- Vertical extension
 - Fire spreads from floor to floor through exterior windows
 - Also known as auto-exposure



© Jones & Bartlett Learning.

Copyright © 2020 by Jones & Bartlett Learning, LLC, an Ascend Learning Company
www.jblearning.com



Training must produce:

“Tough competent firefighters who are able to operate at an extremely high level of proficiency in challenging dangerous environments”

- ✓ The minimum standard can be one step above unacceptable (Frank Viscuso)







Excellence in the basics is the foundation for dominance at the tactical level.

Photo courtesy: Curt Isakson



Stress inoculation before
skill acquisition is a
recipe for disaster.



"For 42 years, I've been making small, regular deposits in this bank of experience, education, and training. And on January 15, the balance was sufficient so that I could make a very large withdrawal."

Captain Chesley "Sully" Sullenberger



Leadership:



Company Officers :

- ✓ **Captain knows what he or she is doing – they will not get me killed**
- ✓ **They maintain their composure in high stress situations**
- ✓ **They have a genuine concern for me – professionally & personally**
- ✓ **They empower me to make decisions**



Chiefs:

- ✓ Encourage smart aggressive behaviors
- ✓ Be the calming force
- ✓ Give your folks room to work
- ✓ Provide feedback
- ✓ Hold people accountable



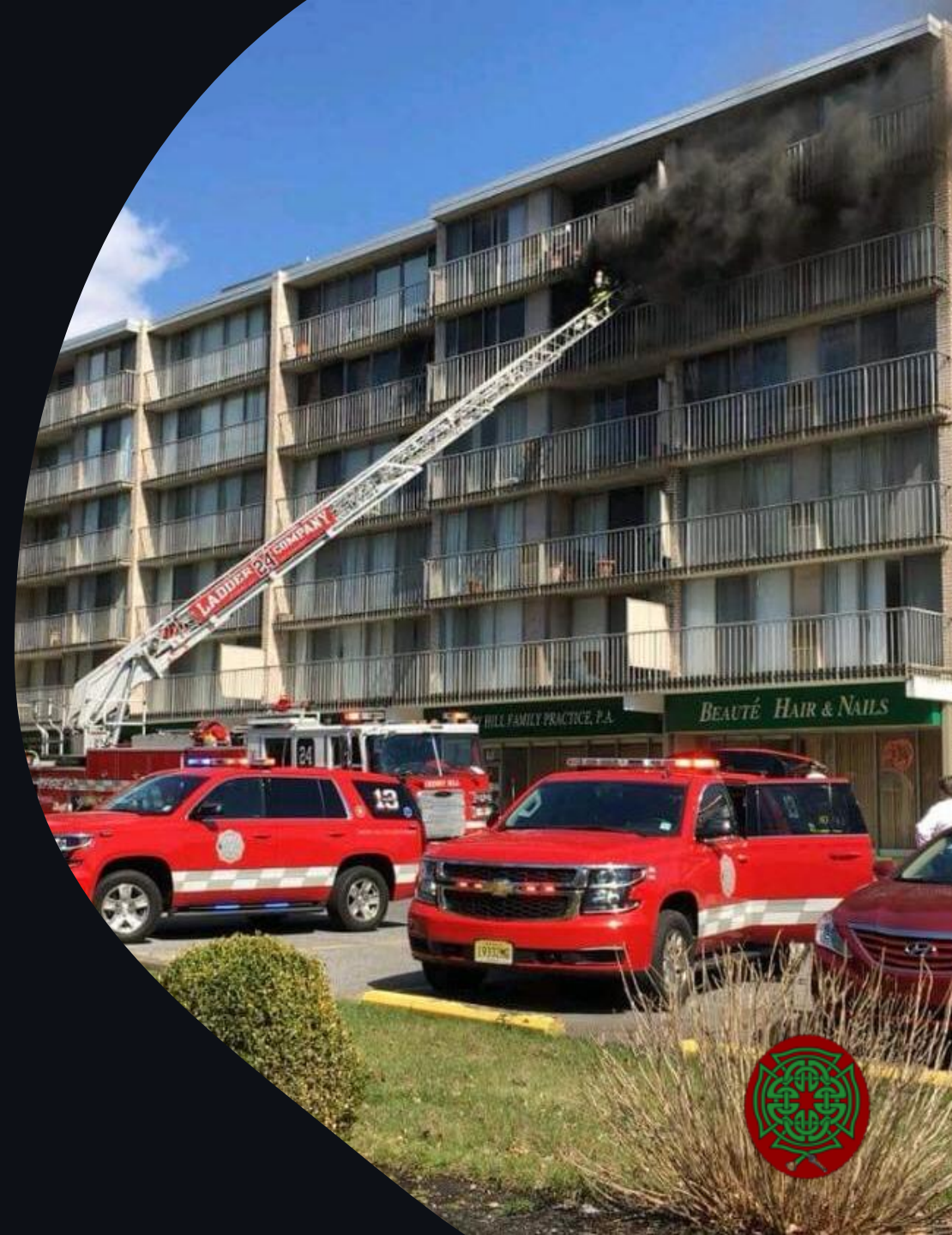
Commander's Intent:

- ✓ What I want you to do
- ✓ Where I want you to do it
- ✓ Who you will report to
- ✓ What resources you have



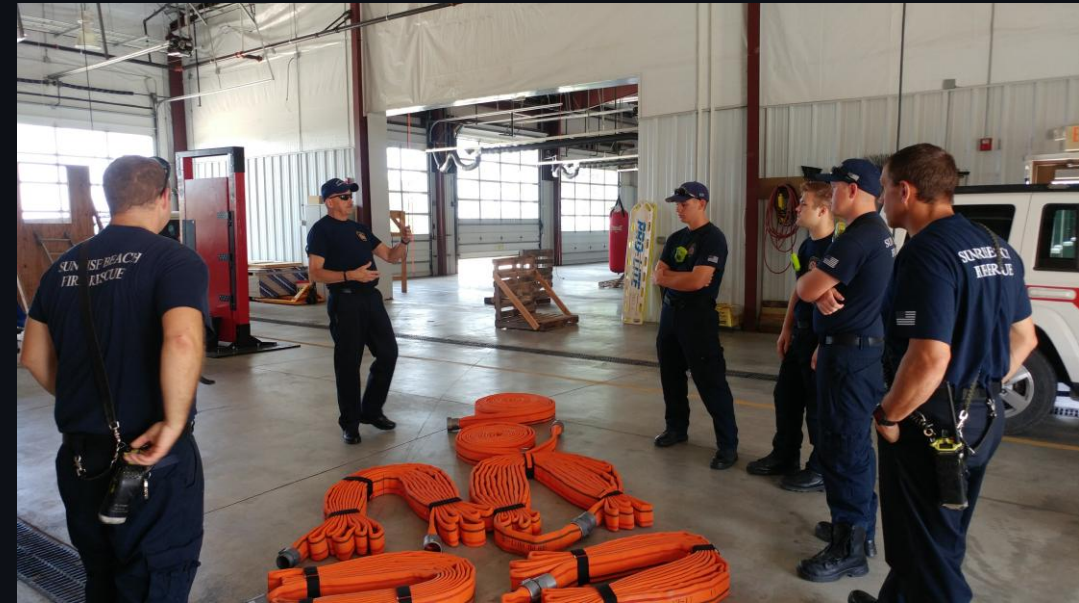
Commander's Intent:

- ✓ Engine 31 from command, I need a line to the number 6 floor, Bravo/Charlie corner, open up and check for extension.
- ✓ You will Operate as Division 6
- ✓ I am giving you Squad 13 to assist.



Where's the boss?

- ✓ Your firehouse rep follows you to the fireground
- ✓ Trust is built in part based on exposure
- ✓ Are you the positive voice?
- ✓ Be willing to explain the why



Guidelines & Procedures:



A photograph of two firefighters in full gear working at a house fire at night. The house is heavily on fire, with bright orange flames and thick smoke. One firefighter is on the left, and another is in the center, both facing away from the camera towards the burning structure. The scene is illuminated by the fire and emergency lights.

Guideline vs. Procedure

There is a big difference



Your documents must fit you:

**Your response local, your capabilities, your staffing,
your water supply etc.**



PHILOSOPHY OF COMMAND

SUNRISE BEACH FIRE PROTECTION DISTRICT

OUR MISSION:

Our mission is to maintain a mastery of our skills and live in a state of readiness that allows us to deliver lifesaving services in a high risk/high threat environment, regardless of the situation. Ours is a demanding profession that has no margin for error. The community depends on us to bring a driven, cohesive team to the fight. We need to understand and respect the enormity of our task and commit our every action to succeeding in this challenging endeavor.



MY EXPECTATIONS OF YOU:

I expect you to take ownership for your part of our mission. You must achieve and maintain a mastery of your skills. Your fitness must be exceptional as does everything else you do in the workplace. Our organization has no room for the “it’s good enough” attitude. We must embrace the need for excellence and remain committed every day to demonstrate excellence in our actions, not just talk about it at the kitchen table.

I expect you to form your own opinions, to have a voice in our organization and use your talents to make us better. No member of this organization, regardless of your rank or position, can lay claim to all the answers or all the good ideas. As much as I expect you to respect my right to command and make decisions, I expect you to be an engaged and active participant in our organization.



WHAT YOU CAN EXPECT OF ME:

I am a tough, hard, driven man. I will hold you accountable to the same standards to which I hold myself accountable. You will never be asked to do something I would not do myself. I will also do everything in my power to help you grow and be successful. I understand that the success of our team depends on the development of our members. My goal is to build a cohesive team made up of high performing, satisfied, motivated professional firefighters. Dignity and respect shall be the standard for our interactions in the workplace and our community. Anything less is unacceptable. We are here for each other and will stand by one another in times of need.

MY CATASTROPHIC UNRECOVERABLES:

No one is perfect, and we all will make mistakes. The mistakes that, in my eyes, you can never recover from are: lying, stealing and dishonoring this organization or our profession. Avoid these at all costs, as I have zero tolerance for those who don't.



**Hey Chief, that's
an awful lot to
read**



**You don't have
15 minutes to
invest in this
organization?
Let me see your
phone!**



LEESBURG
FIRE
DEPARTMENT
PLAY BOOK



Always room for an audible

The “Play Book”:

- ✓ Roles & responsibilities I.E.
- ✓ 1st due, etc.

positions & tool assignments

- ✓ You must understand the Why

https://www.leesburgflorida.gov/my_city/departments/fire/index.php



**Good documents
limit options to no
more than 3
choices**



**A periodic
review is
necessary
to make
sure your
documents
stay
relevant**



Equipment:

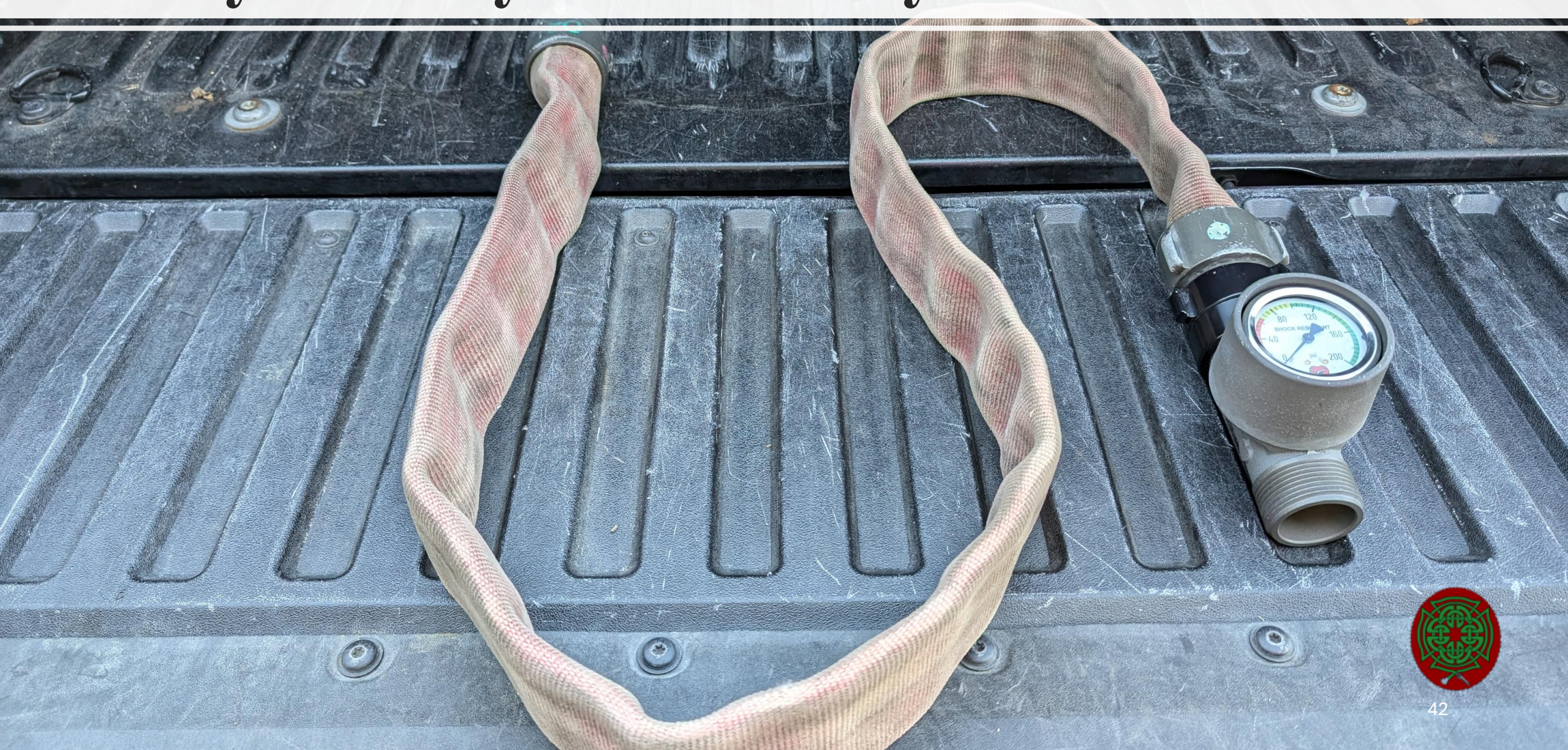


Who has Input?





Do you really know what your stuff can do?



**Does your
equipment
support sound
tactics?**



A social media post:

- ✓ “Must be a small-town engine company? The tools in the cab would never fly in my agency or any of our auto-aid partners”
- ✓ “I work in one of the largest auto-aid systems within the Nation and this would be considered a huge firefighter safety threat”
- ✓ *“It's not an option for us because chiefs would lose their jobs if they allowed this level of cowboy on an engine”*



Tool placement on your rigs:

- ✓ Supports Operational Efficiency
- ✓ Economy of Motion
- ✓ DOES NOT COMPROMISE SAFETY OF THE MEMBERS!



Economy of motion:



The smallest details matter:



In closing:

- ✓ Make your lane as good as you can
- ✓ It's not about what you don't have, it's all about what you do have
- ✓ Hard work shapes everything
- ✓ Who do you want coming to your emergency? Do you owe your community the same?





**We only get one chance,
so it's got to be right
the first time!**



And now for a very personal message...



30 October 2025

✓ I had Stage II Prostate
Cancer



**“You have a life
altering disease.”**

Dr Raymond Pak

Mayo Clinic



You have to be your own advocate:



Name: Dennis P Reilly
Date of Birth: 19-Feb-1958
Gender Identity: Male

Results

Order: PSA, Free And Total Ordered On: 06/16/2025 Collected On: 06/16/2025

Name	Resulted On	Value	Units	Range	Source
PSA, Total	6/16/2025	4.3	ng/mL	<=4.0	Baptist Health Care

FollowMyHealth®

Name	Resulted On	Value	Units	Range	Source
G. PROSTATE, LB, BIOPSY: - PROSTATIC ADENOCARCINOMA, GLEASON SCORE 4 = 7, INVOLVING 30% OF TISSUE. - GRADE GROUP 2.					
H. PROSTATE, LLB, BIOPSY: - BENIGN PROSTATIC TISSUE.					
I. PROSTATE, LM, BIOPSY: - PROSTATIC ADENOCARCINOMA, GLEASON SCORE 3 + 4 = 7, INVOLVING 40% OF TISSUE. - GRADE GROUP 2.					
J. PROSTATE, LLM, BIOPSY: - PROSTATIC ADENOCARCINOMA, GLEASON SCORE 3 + 4 = 7, INVOLVING 25% OF TISSUE. - GRADE GROUP 2.					

Final Diagnosis

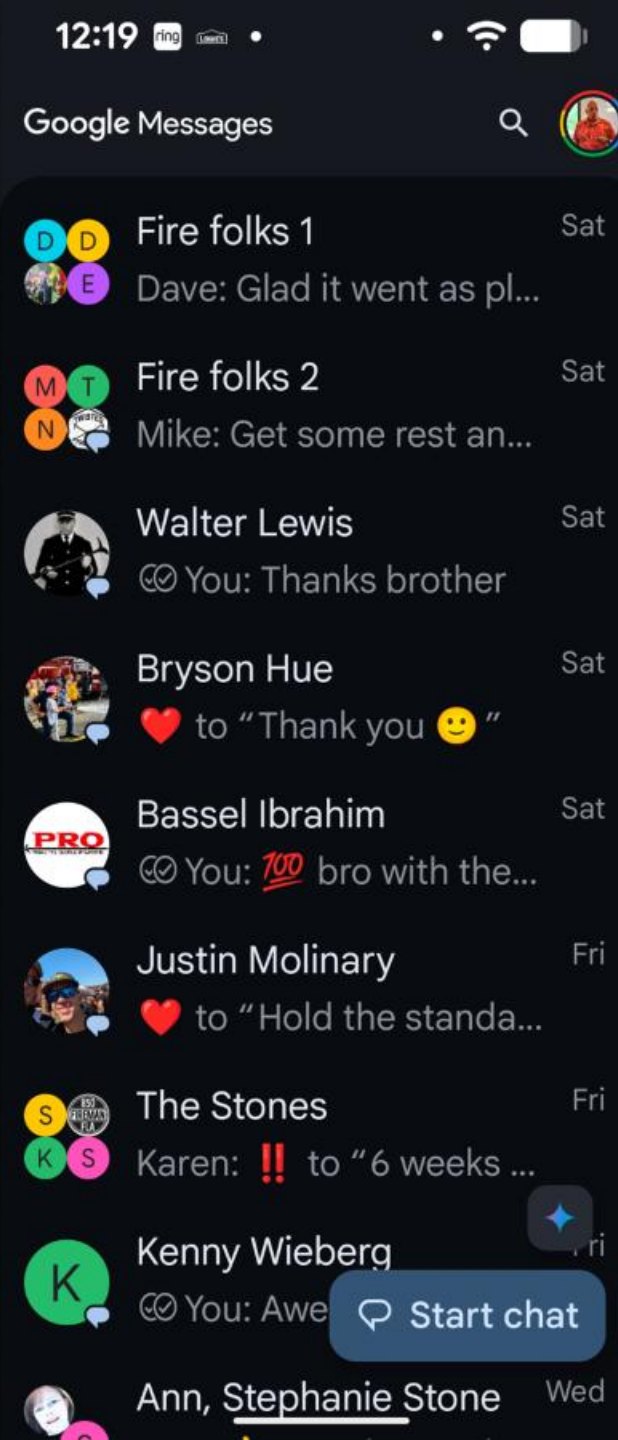
- A. PROSTATE, RB, BIOPSY:
 - BENIGN PROSTATIC STOMA.
- B. PROSTATE, RLB, BIOPSY:
 - BENIGN PROSTATIC TISSUE.
- C. PROSTATE, RM, BIOPSY:
 - PROSTATIC ADENOCARCINOMA, GLEASON SCORE 3 + 4 = 7, INVOLVING 10% OF TISSUE.
 - GRADE GROUP 2.
- D. PROSTATE, RLM, BIOPSY:
 - BENIGN PROSTATIC TISSUE.



You need a care team!



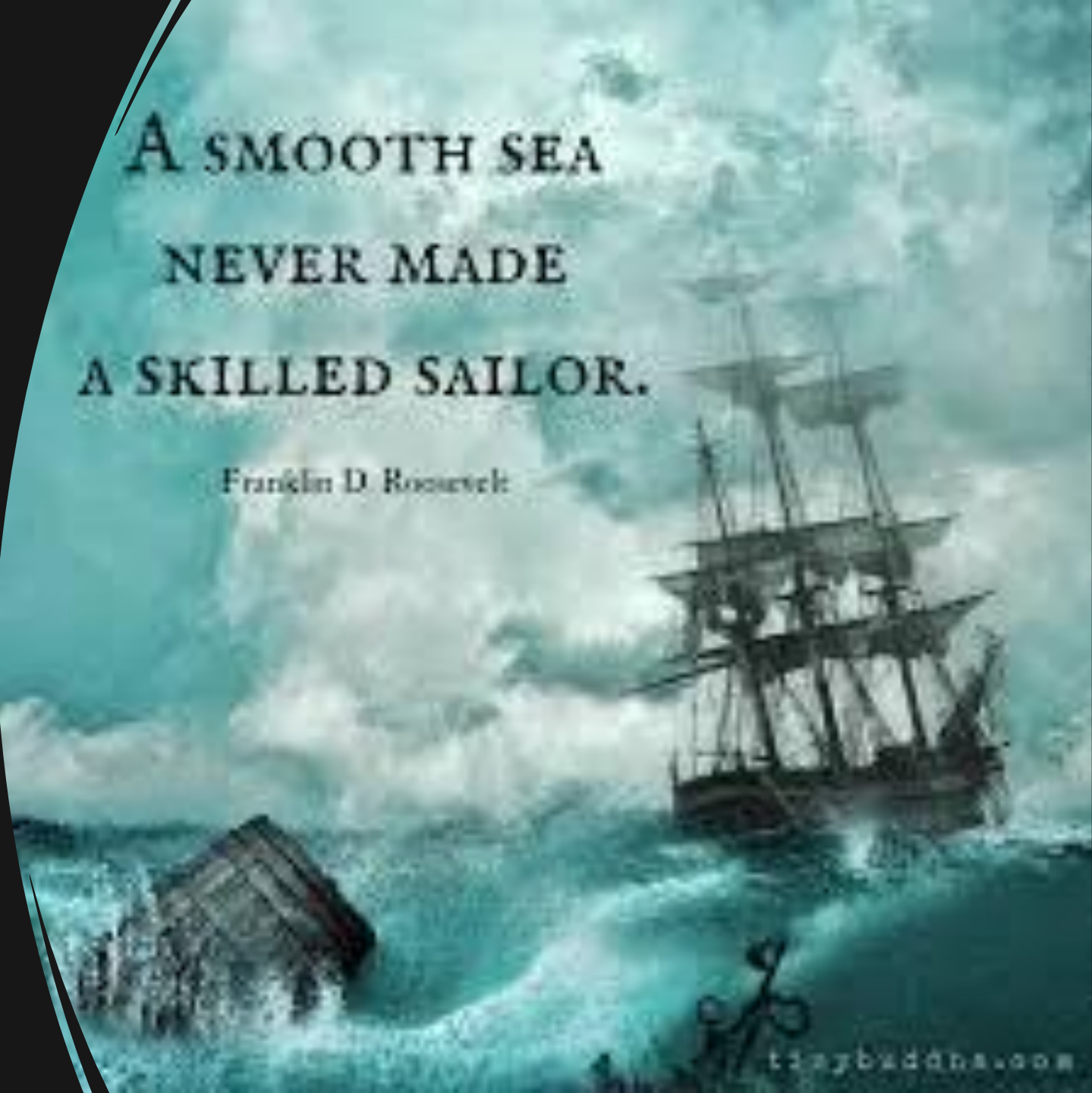
The strength
of the wolf is
in the pack.



**Through all this I
have learned:**

**A SMOOTH SEA
NEVER MADE
A SKILLED SAILOR.**

Franklin D. Roosevelt



Thank You

It's been a privilege to share some time with you



**Feedback is Welcomed
Please Take the Survey**





DENNIS REILLY



**CONTACT &
FOLLOW ME**



THE COMFORT ZONE IS WHERE EXCELLENCE GOES TO DIE