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DIRECTOR  
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February 26, 2013

**Labor and Public Employees Committee Public Hearing**

Good afternoon Senator Osten, Representative Tercyak and members of the Labor and Public Employees Committee. My name is Paul Rapanault. I am the Director of Legislation/Political Affairs of the Uniformed Professional Fire Fighters of Connecticut. The UPFFA represents 4,000 career fire fighters, Emergency Medical Technicians and dispatchers in nearly 60 municipal and state local unions.

I am here today to speak on several bills before you today.

We **SUPPORT** S.B. No. 905 (RAISED) AN ACT CONCERNING PORTAL-TO-PORTAL WORKERS' COMPENSATION COVERAGE FOR MUNICIPAL AND STATE POLICE AND FIRE DISPATCHERS. This bill would cover dispatchers who were responding to a direct order to appear at his or her work assignment under circumstances in which nonessential employees are excused from working, or were working two or more mandatory overtime work shifts on consecutive days. Under these circumstances the employees conceivably were being ordered to work in excess of their normal shifts under 'emergency' circumstances when travel conditions would be less than optimal.

We **SUPPORT** S.B. No. 925 (RAISED) AN ACT CONCERNING WORKERS' COMPENSATION COVERAGE FOR FIREFIGHTERS AND POLICE OFFICERS. Currently, a fire fighter who suffers any condition or impairment of health caused by a cardiac emergency must demonstrate such injury while training for or engaged in fire duty at the site of an accident or fire, or other public safety operation within the scope of such fire fighter's employment for such fire fighter's municipal employer. The signs and symptoms of a heart attack can develop suddenly. However, they also can develop slowly—sometimes within hours, days, or weeks of a heart attack. For this reason, we believe that the window for the demonstration of such cardiac injury should be expanded so as to permit such circumstances up to 72 hours after the precipitating incident. We believe that this is a reasonable time frame and it is, of course rebuttable.

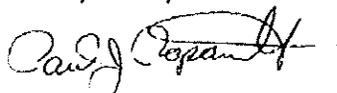
We **OPPOSE** Proposed H.B. No. 5533 AN ACT CONCERNING THE MUNICIPAL EMPLOYEE RETIREMENT SYSTEM CONTRIBUTION RATE. Municipal employers have in the past enjoyed contribution rates much lower than today's. At one point in time, the contribution rate was less than their employees. There was no effort to lower the employee's rate to that of the municipality at that time. Additionally,

Walter M. O'Connor, *President Emeritus*  
Santo J. Alleano, Jr., *Vice President Emeritus*

Raymond D. Shea, *President Emeritus*  
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municipalities participating in the Municipal Employees Retirement System have made the conscious and responsible choice of properly funding their pension obligations. The cost of adequately funding their pension promises result in no long term pension liabilities that add to the annual budget outlays of the municipality. The contribution rate is the only pension liability of the municipality.

Thank you for your consideration.

A handwritten signature in black ink, appearing to read "Paul J. Rapanault". The signature is fluid and cursive, with a large initial "P" and "R".

Paul J Rapanault, Legislative/Political Affairs

# What Are the Signs and Symptoms of a Heart Attack?

Not all heart attacks begin with the sudden, crushing chest pain that often is shown on TV or in the movies. In one study, for example, one-third of the patients who had heart attacks had no chest pain. These patients were more likely to be older, female, or diabetic.

The warning signs and symptoms of a heart attack aren't the same for everyone. Many heart attacks start slowly as mild pain or discomfort. Some people don't have symptoms at all. Heart attacks that occur without any symptoms or very mild symptoms are called silent heart attacks.

## Chest Pain or Discomfort

The most common heart attack symptom is chest pain or discomfort. This includes new chest pain or discomfort or a change in the pattern of existing chest pain or discomfort.

Most heart attacks involve discomfort in the center or left side of the chest that often lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain. The feeling can be mild or severe.

Heart attack pain sometimes feels like indigestion or heartburn.

The symptoms of angina (an-JI-nuh or AN-juh-nuh) can be similar to the symptoms of a heart attack. Angina is chest pain that occurs in people who have coronary heart disease, usually when they're active. Angina pain usually lasts for only a few minutes and goes away with rest.

Chest pain or discomfort that doesn't go away or changes from its usual pattern (for example, occurs more often or while you're resting) can be a sign of a heart attack.

All chest pain should be checked by a doctor.

## Other Common Signs and Symptoms

Other common signs and symptoms of a heart attack include new onset of:

- Upper body discomfort in one or both arms, the back, neck, jaw, or upper part of the stomach
- Shortness of breath, which may occur with or before chest discomfort
- Nausea (feeling sick to your stomach), vomiting, light-headedness or sudden dizziness, or breaking out in a cold sweat
- Sleep problems, fatigue (tiredness), or lack of energy

Not everyone having a heart attack has typical symptoms. If you've already had a heart attack, your symptoms may not be the same for another one. However, some people may have a pattern of symptoms that recur.

The more signs and symptoms you have, the more likely it is that you're having a heart attack.

## **Act Fast**

The signs and symptoms of a heart attack can develop suddenly. However, they also can develop slowly—sometimes within hours, days, or weeks of a heart attack.

Know the warning signs of a heart attack so you can act fast to get treatment for yourself or someone else. The sooner you get emergency help, the less damage your heart will sustain.

Call 9-1-1 for help right away if you think you or someone else may be having a heart attack. You also should call for help if your chest pain doesn't go away as it usually does when you take medicine prescribed for angina.

Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.