

Firefighter Health Seminar



January 28-31, 2019

Eielson Fire Emergency Services is pleased to announce a **FREE** Firefighter Health Seminar with course instruction from the *Fire Fighter Cancer Foundation* and the *Firefighter Behavior Health Alliance*.

Topics:

Fire Fighter Cancer Foundation

28 Jan: 0900-1100 - [What is Cancer?](#)

1300-1500 - [How Exposures Creates Opportunity](#)

29 Jan: 0900-1100 - [Duty Practices](#) (SOP Assessment, PPE, Physicals, Decontamination, Detoxification)

1300-1500 - [Lifestyle](#) (Nutrition, Hydration, Exercise, Sleep Deprivation)

Firefighter Behavior Health Alliance

30 Jan: 1400-1600 - [Saving Those Who Save Others](#)

1800 -2000 - [Saving Those Who Save Others-Family Edition](#) (For spouses/partners/family members and children 16 and over-No 1st responders please**) Training will be located at the North Pole Worship Center located, 3340 Badger Rd # 280, North Pole**

31 Jan: 0900-1100 - [Internal Size-Up](#)

1300-1500 - [Behavioral Health Program Development.](#)

All class will be at the Ernie Walker Theater on Eielson AFB. Please contact *your department's* training section to reserve your seat. Eielson FES will assist departments with base access. The Saving Those Who Save Others-Family Edition will be held at the North Pole Worship Center located at 3340 Badger Rd # 280, North Pole .

Contact 377-5195 or richard.matteson.1@us.af.mil with any questions.



Fire Fighter Cancer Foundation

First Responder Advocacy, Education & Research



**FIREFIGHTER
BEHAVIORAL
HEALTH
ALLIANCE**