Leading the Way
Firefighter Health and Wellness by Example

Course Description:

Anchoring off of the NFA Safety Officer and Health Safety Officer courses, the OSFM staff has developed a course that examines the cultural change and knowledge that fire command officers must adapt to in today’s environment in order keep their members safe. This extends beyond the fire ground to the individual’s preparation for operating in the extreme conditions in which emergency workers often find themselves. This course will challenge students to understand the cultural changes that are necessary to protect our firefighters, while providing an in-depth understanding of the environments in which we operate. Together, we can positively impact the fire service across North Carolina.

This course will feature:

- NFA Safety Officer and NFA Health Safety Officer Certifications
- Information from the CDC concerning Workplace Firefighter Fatalities and Injuries
- Research concerning HCN and CO exposure when operating at the fire scene
- NFAs 16 Life Safety Initiatives
- Information on the physical demands placed on emergency service personnel
- Importance of proper fitness and nutrition for our members
- Real world examples and concepts
- Encouragement to participants to take what they learn home to their respective departments

Methods of instruction shall include lecture, case studies, video and demonstration of various nutrition concepts and physical fitness routines. **Students should bring workout clothing for morning low impact physical fitness circuits. Laptops are encouraged!!**

Certification exams for both NFA classes will be administered on the last day of class. Students must pass with a minimum score of 70% in order to certify and qualify on the subjects. Course participants will receive NFA Safety Officer and Health Safety Officer Course Materials.

3 Separate Course offerings are listed below

Course dates & locations: Hendersonville Fire Department, July 14-18, 2014

Gaston County, August 11-15, 2014

Fayetteville Fire Department, August 25-29, 2014

Course Schedule: Monday 0900 - 1700 Tuesday – Friday 0800 – 1700

Registration: **Registration will only be accepted via email at the following address:**

**Shawn.Haynes@ncdoi.gov**

Please note this class registration is on a first-come-first serve basis. However, each department will be limited to 2 participants. Class size is limited to 36 participants.

Please also note that students will not be reimbursed for lodging and meals for this program.