



A. Michael Mullane Health and Safety Symposium

May 8-9, 2019 • Florian Hall • Boston, MA

Wednesday, May 8	
7:00am – 8:00am	Registration and Continental Breakfast
8:00am – 6:00pm	Exhibits Open
8:00am – 8:30am	Opening and Welcome Gerard Fontana, Chief of Operations, Boston Fire Department Bob Petitti, President, Boston Fire Fighters, IAFF Local 718 Jay Colbert, Vice President, IAFF 3 rd District Michael Hamrock, MD (Master of Ceremonies)
8:30am – 10:00am	Opening Keynote: Survival Mediterranean Style: Lifestyle Countermeasures for Fire Fighters Stefanos Kales, MD, MPH, FACP, FACOEM
10:00am – 10:15am	Vendor Spotlight
10:15am – 10:30am	Break
10:30am – Noon	Fireground Exposure Risks ... What Steps Can We Take? Gavin Horn, PhD
Noon – 1:00pm	Lunch
1:00pm – 1:45pm	IAFF Disaster Response and Relief Danny Todd
1:45pm – 2:30pm	Cellular Network Connectivity within an Emergency or Disaster Denis Lenehan
2:30pm – 3:00pm	Break
3:00pm – 4:30pm	Protecting Firefighters' Behavioral Health and Resilience—Current Limitations and Novel Approaches Michael G. Hamrock, MD; Vladimir Ivkovic, PhD
4:30pm – 6:00pm	Networking Reception
Thursday, May 9	
8:00am – 1:00pm	Exhibits Open
7:30am – 8:30am	Registration and Continental Breakfast
8:30am – 9:30am	Shift Work, Fire Fighting and Family: Coping with Stress at Home Wendy Currie, LICSW; Patricia Diaferio, LICSW
9:30am – 10:00am	Briefing: NFORS/IPSDI Lori Moore-Merrell, DrPH, MPH
10:00am – 10:30am	Break
10:30am – Noon	Nutrition in the Firehouse Chloe Schweinshaut, RDN
Noon – 1:00pm	Lunch
1:00pm – 1:15pm	A Survivor's Message Kathy Crosby-Bell
1:15pm – 2:45pm	Closing Keynote: The Operational Lessons of the Route 91 Incident Jon Klassen, Deputy Chief (Ret.); Evan Hannah, Captain (Ret.)
2:45pm – 3:00pm	Closing

Session Descriptions

May 8

8:30am – 10:00am	<p>Opening Keynote: Survival Mediterranean Style: Lifestyle Countermeasures for Fire Fighters Stefanos Kales, MD, MPH, FACP, FACOEM</p> <p>Participants will learn how to use healthy eating, healthy weight, good fitness, adequate sleep and resiliency as "countermeasures" against fire service occupational hazards. Accordingly, first responders may apply these healthy lifestyle to decrease their risks of cancer, heart disease and behavioral health issues during their careers and into retirement.</p>
10:30am – Noon	<p>Protecting Firefighters' Behavioral Health and Resilience—Current Limitations and Novel Approaches Michael G. Hamrock, MD Vladimir Ivkovic, PhD</p> <p>Behavioral health and resilience are increasingly recognized as pillars of firefighters' occupational health and operational performance. Research tell us that firefighters are up to five times more likely than civilians to suffer from post-traumatic stress disorder (PTSD) and have high incidences of related health issues such as suicide, sleep disorders, substance abuse, and family problems. In this session, we will (1) review the latest findings on firefighters' health and resilience, (2) discuss limitations in behavioral health assessments, during the initial physical exams for incoming recruits as well as during yearly physicals for active members, (3) discuss novel approaches for assessment of physiological and behavioral health in operational settings, (4) discuss how individualized behavioral and physical health assessment, prevention, and intervention strategies are progressing, (5) discuss how emerging collaborative initiatives between fire departments, labor organizations, and academic and clinical institutions are improving the identification and treatment of at-risk firefighters.</p>
1:00pm – 1:45pm	<p>IAFF Disaster Response and Relief Danny Todd, IAFF</p> <p>The IAFF deploys resources to help members recover from devastating natural disasters, which have occurred frequently across the United States in recent years. These resources help members personally affected by these disasters, as they work to get their entire community back on its feet. This talk will focus on the many types of resources and aid the IAFF can bring to help members recover and to provide attendees with information should they ever need to access these services.</p>

<p>1:45pm – 2:30pm</p>	<p>Cellular Network Connectivity within an Emergency or Disaster Denis Lenehan, FirstNet</p> <p>FF/EMT Denis Lenehan, Senior Principal Consultant for FirstNet, will discuss the challenges public safety faces in communicating on cellular connections within an incident. Denis will highlight the work the Federal government has done to ensure that public safety has connectivity and is able to seamlessly connect with Federal, State, local and supporting agencies in an emergency.</p>
<p>3:00pm – 4:30pm</p>	<p>Fireground Exposure Risks ... What Steps Can We Take? Gavin Horn, PhD</p> <p>The risks we face as firefighters are constantly evolving as we respond to fires that progress more rapidly and produce more toxic smoke than ever before. In addition to the hazards from rapid fire progression, building collapse and PPE limitations, there are other insidious threats that we face that may not be as evident while implementation tactics or even developing policies. Cancer is a primary chronic health concern associated with firefighting. Sudden cardiac events are the leading cause of line-of-duty deaths in the Fire Service and a primary acute health concern. In an on-going series of projects between IFSI Research, UL FSRI and NIOSH, we have developed a deeper understanding of the exposure risks associated with firefighting activities. This presentation will review the critical results from those efforts with a focus on the impact of fireground decisions on firefighters operating in different roles.</p>

May 9

<p>8:30am – 9:30am</p>	<p>Shift Work, Fire Fighting and Family: Coping with Stress at Home Wendy Currie, LICSW Patricia Diaferio, LICSW</p> <p>Join Wendy Currie and Patricia Diaferio of the McLean Hospital LEADER program for a talk about the stress of shift work and fire fighting on the family, including the high divorce rate, and problems with children and other relationships. They will also be addressing the important of addressing these issues early. Finally, they will also be discussing challenges families face in dealing with the need of fire fighters and all first responders. The LEADER (Law Enforcement, Active Duty, Emergency Responder) program at McLean Hospital provides specialized mental health and addiction services designed specifically for men and women in uniform.</p>
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9:30am – 10:00am	<p>Briefing: NFORS/IPSDI Lori Moore-Merrell, DrPH, MPH</p> <p>Join Dr. Lori Moore-Merrell for a briefing on the International Public Safety Data Institute’s National Fire Operations Reporting System (NFORS) and its new exposure app.</p>
10:30am – Noon	<p>Nutrition for Fire Fighters Chloe Schweinshaut</p> <p>Firefighters have different dietary requirements than the rest of the world. Due to the extreme nature of their job, their shift-work schedule as well as the exposure to various toxins, their nutrient needs have to be specifically tailored to their lifestyle. During this session, Chloe will talk about which foods should and shouldn't be included in a firefighter's diet, as well as clear up a lot of nutrition myths and misconceptions out there. She will also talk about ways to remove harmful toxins after fires and what some of the best cancer-fighting foods are. Bring your questions.</p>
1:00pm – 1:15pm	<p>A Survivor’s Message Kathy Crosby-Bell</p> <p>The personal experience of mother of a firefighter, both before and after his death on March 25, 2014.</p>
1:15pm – 2:45pm	<p>Closing Keynote: The Operational Lessons of the Route 91 Incident Jon Klassen, Deputy Chief (Ret.); Evan Hannah, Captain (Ret.)</p> <p>Deputy Chief (Ret.) Jon Klassen and Captain (Ret.) Evan Hannah of the Clark County (NV) Fire Department will share the lessons learned from the Route 91 Harvest Festival active shooter incident. The session is the operational counterpart to our 2018 closing keynote, which focused on the stress the incident placed on responders. This year’s session will focus on the response operations to the largest shooting in US history. Critical lessons, such as the importance of fire and law enforcement coordination and planning will be discussed in the context of this horrific event.</p>