



Lincoln Fire Department Training Event 3/1/2017 Fire - Additional Fire Related Continuing Education

Training Event Information

Date: 3/1/2017
Hours: 2
Subject: Fire - Additional Fire Related Continuing Education
Objective: To increase proficiency of fire related skills
Station: Main Station

Time Started: 05:30
Time Ended: 07:30
Type: Fire fighter fitness
Instructor: Department Trainer
Hours Paid: 2.00

Description

Officers Meeting: Reviewed run cards and made some changes. Talked about fire fighter physical fitness and the pilot program to make available the fitness center at the Mtn Club. Thanks to the generosity of the Mtn Club it is available for any fire fighter to use. The use of the fitness center is not required and is on the fire fighters own personal time and the town is not responsible for any injuries as a result of using the fitness center. The concept of making the use of that facility is to promote physical fitness and as a result may help prevent workman's comp claims in the future. As we all know being a fireman and answering the call for service can have large amounts of physical and mental demands. If this pilot program is utilized to its full potential I believe we will see our member's stronger, physically and mentally to handle the demands of being a fire fighter.

At 6pm Rob Barr led the training with how to become physically fit and fire fighter cancer awareness.

OSHA Hours

OSHA Type	Hours	OSHA Type	Hours
General Hazard Recognition	0	FAST Operations	0
Fire Station Safety	0	Workplace Violence	0
Response Safety	0	Blood/Aireborne Pathogens	0
Fire Scene Safety	0	Hazmat Awareness	0
Protective Clothing	0	Right To Know	0
SCBA	0	Accountability	0
Tool/Equip Safety	0	Sexual Harassment	0
Recent Developments in Safety	0	EMS Topics	0
Self Rescue Rope	0		

Driver/Operator Hours

Apparatus	Firefighter	Activity	Hours
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Attendees

Ron Beard	
Rob Barr	
Matt Dutilly	
Ryan Fairbrother	
Matt Fiorentino	
Cliff Homan	
Leo Kenny	
Casey Surette	
Mike Swarbrick	
Michael Weden	
Cassie Wells	