

## 4th District Regional Health and Safety Seminar 2024

April 9th – 4<sup>th</sup> District – Corning HQ's Fire Station, 1 Corning Blvd, Corning, NY 14830  
Starts at 8:30am

### SPEAKERS/AGENDA

8:30am – 9:00am – Light breakfast/coffee/juices

9am – 11am – Steve Jordan is former Navy SEAL and US Naval Academy graduate from Minnesota. He served 7 years as an officer specializing as a ground force commander for high-risk operations in dynamic environments. Today, he consults businesses on team performance and growth through professional accountability.

**Topic: "Health & Wellness for the NYSPFFA"** We will discuss the health, wellness, and leadership frameworks used by Navy SEALs and other top performers to give firefighters practical tools to increase their resilience, proactivity, and coordination on the calls they answer. These topics will range from diet, exercise, and sleep routines to group mental health dynamics. The intent for the discussion is to educate and enable firefighters with methods that solidify their control in the challenging situations they face daily -- at the fire or the firehouse.

11am -1pm August Matt – Syracuse Fire Department, President of Take the Door – provider of trainings of various fire department areas of concern.

**Topic: "Machinery Rescue Operations".**

Scope of the class will include: Reviewing case histories of incidents in North America, discussing what worked and what didn't. Resources and procedures required to mitigate a Machinery Rescue incident. OSHA standard on lock-out/tag-out, your fire department responsibility and procedures for incidents. Various Machinery Rescue tool kits are shown and discussed for implementation in your own fire department. The methods of Machinery Rescue such as Cutting, Disassembly, Lifting/Spreading, and Reduction are discussed. Medical considerations and needed resources are discussed for the first responder. Machinery Rescue incidents can and will occur in any fire district in New York State, are you prepared?

**A working lunch will be provided at around noon time at the direction/convenience of the presenter.**

1pm – 3pm – CAPTAIN/AEMT-CC Mark DeGraw a veteran of 17 years with the City of Oneonta Fire dept.

**Topic: "May Day".**

Will be discussing the basics of mayday procedures, what gets FF into those needed predicaments and past personal experience of a mayday.

**There is no cost to attend the seminar. Breakfast & lunch will be provided by the 4th District.**

**\*\*\*\*This seminar is open to all members of the NYSPFFA. Please share this invitation with all members of your department. Members can attend all or any part of the seminar.\*\*\*\***

PLEASE NOTIFY YOUR DISTRICT HEALTH AND SAFETY REPRESENTATIVE ANDY TURNER AT 607-287-3154 OR EMAIL AT [aturner003@stny.rr.com](mailto:aturner003@stny.rr.com) IF YOU ARE PLANNING ON ATTENDING, WE NEED A HEAD COUNT.

Fraternally,

Dave Holleran  
Executive VP/ Health & Safety Chairman  
NYSPFFA

Andy Turner  
4th District Health and Safety Representative  
Oneonta Local 2408