



New York State Professional Fire Fighters Association, Inc.

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3rd District Regional Health and Safety Seminar 2018

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40 Collins Place
Albany, NY 12208

April 18th - Third District –To be held at Albany Union Hall located at 39 Quail Street Albany, NY 12206- Starts at 8:30am

SPEAKERS/AGENDA

Ewa Hlebowicz: Fire Fighter – Barnard Local 4030

Topic: "Running your mouth, jumping to conclusions and Pushing your luck are not exercise" Physical fitness/preparedness, nutrition and health/wellness to help reduce and prevent both LODD and LODI

Eugene Stolowski: FDNY Firefighter, FDIC Instructor

Topic: "Black Sunday – Firefighter Safety and Survival"

Tim Klett: FDNY-LT-E88, FDIC Instructor

Topic: "Managing Risk on the Fireground"

THERE IS NO COST TO ATTEND. FOOD WILL BE PROVIDED BY THE HOST DISTRICT

PLEASE NOTIFY THE STATE OFFICE AT 518-436-8827 OR YOUR DISTRICT HEALTH AND SAFETY REPRESENTATIVE, MIKE DEMARS AT 518-369-8076 IF YOU PLAN ON ATTENDING, WE NEED A HEAD COUNT.

Fraternally,

Ron Kressman,
Health & Safety Coordinator
NYSPPFA

Dave Holleran
Executive VP/ Health & Safety Chairman
NYSPPFA

