



Maryland Fire Chiefs Association

Safety and Health Committee

Minutes of meeting held August 28, 2023

The Safety and Health Committee of the Maryland Fire Chiefs Association held a meeting on August 28, 2023, at 1900 hours, via Zoom. Members of the committee present were:

David Lewis, Chairman
Dick Devore
Joe Chornock
Rhonda Cohen
Gary Krichbaum

The committee reviewed the content needs for the next issue, scheduled for an October 1 release.

- Life Safety Initiative #6 focuses on medical and physical fitness standards – Dave Reid will write the article describing the intent of this LSI
- FRCE, IAFC/WFI, and NVFC all have good guidelines for developing an occupational fitness program – Steve Maloney, with input from Gary Krichbaum, will write an article describing the tools available
- Rhonda offered to write about for and fitness after 40. She also offered to write about surviving the holidays considering our issue will be just before Thanksgiving and Christmas holidays
- Joe Chornock will write about why getting a physical is important. It was suggested to include a discussion about changing attitudes towards physicals as many members consider a physical as punitive and a means to just keep them out of operational roles. It was also suggested to discuss the importance of getting physical clearance before returning to work after an injury.
- Roger Marks will write about insurance coverage options, especially for volunteers who may have little or no personal insurance coverage.
- Dave Lewis will write an article on the updated release of FRCE's Stress First Aid. It will also discuss that fitness is not just physical and we need to be mentally fit too. Gary Krichbaum offered to provide input since this is a FRCE program.

The committee also discussed several upcoming training opportunities that can be highlighted in the next publication.

- IAFC Volunteer and Combination Officers Section (VCOS) Symposium in the Sun, November 9-12, in Clearwater Beach, FL
- Science to the Station, November 2-4, in Tucson
- Maryland Fire Chiefs Association Leadership Weekend, December 9-10, in Ocean City
- FDSOA Conference, January 14-18, in Phoenix

The following dates are set for publication:

Drafts due to Dick Devore by September 17

Committee meet and review the draft by Zoom on **September 27 (Wednesday)**.

Note that this has changed again due to some schedule conflicts.

The committee will meet again (via Zoom) on Wednesday, September 27, at 7pm. The link for the meeting is <https://umgc-edu.zoom.us/j/9191998865>

Thanks again for everyone's continued support and participation.

Meeting adjourned at 1925 hours.

Submitted by: David Lewis, Chairman