



# Maryland Fire Chiefs Association

## Safety and Health Committee

### Minutes of meeting held July 31, 2023

The Safety and Health Committee of the Maryland Fire Chiefs Association held a meeting on July 31, 2023, at 1900 hours, via Zoom. Members of the committee present were:

David Lewis, Chairman  
Dick Devore  
Dave Black  
Joe Chornock  
Rhonda Cohen  
Gary Krichbaum  
Steve Maloney  
Roger Marks  
Pete Mellits  
Dave Reid

The committee discussed 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.

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 26 (Tuesday)

The committee will meet again (via Zoom) on Monday, August 28, 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 1945 hours.

Submitted by: David Lewis, Chairman