



# First Alarm Newsletter

## "Our Mission"

The Belmont Fire Department, a progressive organization through the efforts of dedicated personnel, will deliver the highest quality of service to our stakeholders and visitors.

Issue No. 161

April 2018

## 22 Line of Duty Deaths in 2018



### Happy Birthday

John Wilson	04/01
Jordan Lide	04/03
Robert "Lenny" Cass	04/20



### Happy Anniversary

Kelly & Stephen Tripp	04/29
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### On the Cover...

#### Drawn by Fire

Gotham may never be the same...

. The nation's chief doctor wants more Americans to start carrying the overdose antidote naloxone in an effort to combat the nation's opioid crisis. U.S. Surgeon General Dr. Adams is expected to speak about the public health advisory Thursday, April 5, at the National Rx Drug Abuse & Heroin Summit in Atlanta.

-Paul Combs

April 16, 2018

### Multi Company Training

**EVDT (40 hour) Class**

**June 25<sup>th</sup> – 30<sup>th</sup>**

**See Asst. Chief Mitchell to register!**

### **BUCKLE UP!**

***We demand it, Policy dictates it, and Your Family deserves it!***

**"Everyone Goes Home"**

## It's Our Responsibility...

Over the past several months, health issues have really come to the forefront in my personal life. Starting with my hearing to my sleep habits, not to mention the already present high blood pressure, and high cholesterol. At this rate my Flex Spending Account may need \$5,000.00 in it next year! As I've progressed over the past month, and with the "Aid" of hearing devices, medication and one surgical procedure I seem to be headed in the right direction.

As I do each year, I review my NFPA Physical results provide by the Fire Department with my personal Physician. The common denominator in their report along with the report of my physician was just as it has been the past few years, "Exercise, and Eat Right!" I mention this in this article, to preface the 2018 Safety Stand Down, which takes place June 17-23. "Be Aware – Get Checked" focuses on understanding, implementing and monitoring a comprehensive annual medical/physical for firefighters and navigating the [Road Map to Firefighter Health and Wellness. RoadMap.](#)

Firefighters face many health risks, such as heart disease, cancer, diabetes and PTSD, and early detection through annual medical evaluations and physicals saves lives. Safety Stand Down resources and materials will increase awareness among firefighters of how to educate their physicians on risks, where to go for the latest information on the IAFC occupational hazard profile and how to access available resources about annual medicals/physicals.

Firefighters have a responsibility to be fit and ready to answer the call, and this year's Safety Stand Down aims to provide the tools to make that happen and reduce line-of-duty deaths.

Agencies across the country are encouraged to suspend all non-emergency activities during the week of June 17-23 in order to focus on training and education related to this year's theme. An entire week is provided to ensure all shifts and personnel can participate. Topic information, training materials and videos will be available at [SafetyStandDown.org](#), the official website for the Safety Stand Down event.

Safety Stand Down partner (NFPA) will again launch its Fire Service Safety Stand Down Quiz in May to compliment this year's topic. Everyone who completes the quiz online will be automatically entered into a sweepstakes; 200 randomly selected participants will win a specially designed challenge coin commemorating this year's Safety Stand Down theme.

Have A Great March!  
Stay Safe & Hydrated!  
Chief Anthony C. Segars

***"Our Family, Helping Your Family"***