



Department of Fire Services
 Massachusetts Firefighting Academy

TAKING ACTION AGAINST CANCER IN THE FIRE SERVICE

Presented By: Russell Osgood and Michael G. Hamrock, MD

Course Fee:

None

Credits:

FCC = TBD

FPO = TBD

OEMS = TBD

Notes:

This is a first come-first serve course.

Cancer is becoming an ever increasing cause of firefighter line-of-duty deaths. Firefighters have much higher rates of cancer than the residents they serve because of exposure to carcinogens on the fire ground and in the fire house. This course will provide information on immediate actions that all ranks from firefighter to Chief can take to reduce the occupational cancer risk and how the nonprofit Firefighter Cancer Support Network can help firefighters cope with cancer. In addition, participants will learn the importance of promoting a new culture of safety and fitness by developing the mindset that firefighters are tactical athletes to help prevent cancer, heart disease, and injuries within their departments.

Course Code: 200-010-422-2016-SP-A	Time: 0900-1300
Date: May 24, 2016	Location: COMM Fire Dept., Station 1 1875 Falmouth Rd. Centerville, MA 02632
Course Code: 200-010-422-2016-SP-B	Time: 0900-1300
Date: June 2, 2016	Location: Massachusetts Firefighting Academy One State Road, Stow, MA MFA – Room 127
Course Code: 200-010-422-2016-SP-C	Time: 0900-1300
Date: June 8, 2016	Location: Springfield MFA 100 Grochmal Ave, Springfield, MA Classroom 119

Registration

Register **online** at [List of Current MFA Courses](#) To register by mail or fax, please complete a standard [DFS/MFA Student Application](#) and mail to: Registrar, Massachusetts Firefighting Academy, P.O. Box 1025, State Road, Stow, MA 01775 or fax it to: (978) 567-3229. To register by email, please scan and email applications to mfa.registration@state.ma.us.



Presenter Biographies

Dr. Michael Hamrock practices internal medicine and addiction medicine at St. Elizabeth's Medical Center and is the primary care physician for many Boston firefighters and police officers. In his twenty years of service with the Boston Fire Department, first as a firefighter, and later as the department physician, he developed a unique perspective and understanding of the many immediate and long-term serious health risks associated with firefighting. Dr. Hamrock is on the Board of Advisors of the Last Call Foundation where he continues to motivate and empower Boston firefighters to better prepare themselves for the tremendous physical, chemical, and mental stresses of their occupation. He is working closely with the Firefighter Cancer Support Network to establish guidelines for primary care physicians for Comprehensive Firefighter Physical Exams that target heart disease and cancer screenings and prevention. Dr. Hamrock runs marathons with the Boston Fire running team and is a member of the Boston Fire/Metro Fire Critical Incident Stress Management Team.

Russell Osgood has been a firefighter for more than 25 years, the past 18 in Portsmouth N.H. When cancer took two young members of his department, he and other members stepped up to create change. As the Firefighter Cancer Support Network State Director in New Hampshire, Russell was instrumental in developing the New Hampshire Cancer Awareness and Prevention Initiative. Recently, Russell served as co-developer and key instructor for new "Taking Action against Cancer in the Fire Service" national cancer-prevention program. He is also a contributing member for FCSN's 2016 cancer-prevention white paper, an international effort to provide cancer awareness and prevention guidelines to the fire service; expected publication early in 2016.

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