

SAFETY STAND DOWN WEEK
Massachusetts Firefighting Academy
June 17, 2019 through June 22, 2019

Activities planned:

Monday, June 17, 2019

MFA Stow at 09:00:

[Michael Hamrock, M.D. presents: Senior Fire Officer Forum: Promoting a Culture of Health, Safety, and Fitness for the Fire Service in Massachusetts](#)

Click links for specific details

Tuesday, June 18, 2019

MFA Stow at 10:00:

[Dominica D'Avella](#) Presents: [The Missing Link: Leveraging Human Factors to Maximize Firefighter Resilience](#)

MFA Springfield at 09:30:

[This seminar is presented by Patrick O'Connor of Northeast Rescue Systems regarding PPE Cleaning and inspection as it relates to reducing exposure to carcinogens](#)

Click links for specific details

Wednesday, June 19, 2019

MFA Stow at 18:00:

The Massachusetts Firefighting Academy is holding an evening offering of [Taking Action Against Cancer in the Fire Service in Stow by Captain PJ Roy](#)

Click links for specific details

Thursday, June 20, 2019

MFA Stow at 09:30:

[This seminar is presented by Patrick O'Connor of Northeast Rescue Systems regarding PPE Cleaning and inspection as it relates to reducing exposure to carcinogens](#)

MFA Springfield at 0900:

[Christine Kannler, M.D., MPH](#) offers free skin cancer screenings

[Lisa Evans](#) offers free oral cancer screenings

Career Recruits receive lecture [Taking Action Against Cancer in the Fire Service in Springfield MA By Chief Robert Rogowski](#)

Click links for specific details

Friday, June 21, 2019

MFA Stow at 10:00:

The Massachusetts Firefighting Academy is holding a morning offering of [Taking Action Against Cancer in the Fire Service in Stow by Captain PJ Roy](#)

MFA Stow at 13:00:

[Christine Kannler, MD, MPH](#) offers free skin cancer screenings in Stow, MA beginning at 1:00 PM

[Lisa Evans](#) offers free oral cancer screenings in Stow beginning at 1:00 PM

Click links for specific details

Saturday, June 22, 2019

Turners Falls at 09:00:

The Massachusetts Fire Academy is holding a morning session of [Taking Action Against Cancer in the Fire Service in Turners Falls by Captain PJ Roy](#)

Turners Falls at 12:00:

[Christine Kannler, M.D., MPH](#) offers free skin cancer screenings in Turners Falls beginning at 12:00 PM

[Lisa Evans](#) offers free oral screenings in Turners Falls at 12:00 PM

Click links for specific details

[Specific Details of the week:](#)

Senior Fire Officer Forum: Promoting a Culture of Health, Safety, and Fitness for the Fire Service in Massachusetts

Michael Hamrock, M.D. will present a Senior Fire Officer Forum: Promoting a Culture of Health, Safety, and Fitness for the Fire Service in Massachusetts on Monday, June 17 at 09:00 in Stow, Rm#127. Course #: SFF

This 3-hour presentation will optimally prepare chief fire officers to gain a better understanding of the unique health risks associated with firefighting including cardiovascular disease, cancer, traumatic injuries, and behavioral health conditions. This knowledge will serve to motivate and inspire fire service leaders to become strong advocates for promoting a culture of safety and wellness in their departments.

The Missing Link: Leveraging Human Factors to Maximize Firefighter Resilience: Tuesday June 18, 2019 at 10:00 in Stow, RM#127. Course #: SSD

Dominica D'Avella is an independent health fitness specialist and serves as the health & wellness coordinator for the Massachusetts Call/Volunteer Firefighters Association and New England Volunteer Fire and EMS Coalition. She is an American College of Sports Medicine (ACSM) certified exercise physiologist, an American Council of Exercise (ACE) certified health coach and peer fitness trainer, and a National Strength and Conditioning Association (NSCA) certified strength and conditioning specialist. She holds a bachelor's degree in theory of health behavior from Swarthmore College and has completed a clinical training in mind body medicine through Harvard Medical School's Continuing Education Program. Dominica brings over a decade of allied health experience across the domains of public health, community health, and individual health to her work with the fire service. She is passionate about empowering individuals to maximize their health, fitness, and performance through informed self-care.

This 3-hour presentation will provide firefighters and department leaders with straightforward strategies to leverage under-utilized human factors that can impact the safety, survival, and career longevity of department personnel. Significant opportunity remains in focusing wellness efforts on modifiable biologic and social factors that influence firefighter health in addition to the environmental risks more commonly highlighted. Participants will gain a better understanding of how they can take action to improve firefighter resilience using some of the latest findings in occupational health, sport and exercise science, and lifestyle medicine. Attendees will find the content relevant to their own well-being as well as that of their department.

PPE Cleaning and Inspection Seminar

Patrick O'Connor of Northeast Rescue Systems will present *PPE Cleaning and Inspection* to reduce exposure to carcinogens at 09:30 in Springfield (June 18) and Stow (June 20). . Course #NER.

Patrick O'Connor of Northeast Rescue Systems will sponsor a 3-hour presentation of Morning Pride's® first responder materials for decontaminating, cleaning, and inspecting personal protective equipment. The guidelines apply to all manufacturers' gear. This presentation is timely as NFPA 1851 is to be updated August 2019. Northeast Rescue is providing the refreshments.

Taking Action Against Cancer in the Fire Service

Course #422

This is the most requested, most run course at the MFA. 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. The course will address the importance of promoting a new culture of safety and fitness by developing the mindset that firefighters are tactical athletes, in order to help prevent cancer, heart disease, and injuries within their departments. This course is typically offered specifically for on-duty firefighters. At this time, the course is being offered regionally with three (3) OEMS credits, two (2) FCC credits, and one (1) FPO credit.

Skin and Oral Cancer Screenings

SPOTme® skin cancer screenings will be conducted by Dr. Christine Kannler. Course #SCA

Dr. Kannler received her medical degree and masters of public health degree from Boston University in 2000. After medical school she was board certified in Internal Medicine and Dermatology. Her internal medicine residency was completed at Boston Medical Center. She began her dermatology residency at Wright State in Dayton, Ohio and completed her dermatology residency at Albert Einstein College of Medicine in the Bronx, New York in June 2006. She was awarded the opportunity to act as co-chief resident of Dermatology as a second year resident at Wright State University. After finishing her residency, she worked as a general dermatologist for a year before enrolling in a Mohs fellowship starting July 2007 with Dr. Donald Grande, a leading Mohs surgeon, in Stoneham, Massachusetts. Dr. Kannler concluded her Mohs Micrographic surgery fellowship in July 2008 after assisting on over a thousand Mohs Micrographic surgery cases.

She is an active member in the American Academy of Dermatology (AAD) and the American Society for Dermatologic Surgery (ASDS). She is a member of the American College of Mohs Micrographic Surgery and Cutaneous Oncology. Dr. Kannler has served on various AAD Task Forces and the AAD Leadership Forum since her graduation from residency.

She is a recipient of the American Society for Dermatologic Surgery Resident Fellowship and the Women's Dermatological Society Mentorship Program.

Currently she practices Mohs Micrographic surgery at Northeast Dermatology Associates in North Andover and Beverly, MA and in Manchester, NH.

Oral cancer screenings will be conducted by Lisa Evans, dental hygienist. Lisa Evans obtained her Firefighter I/II certification from the Massachusetts Firefighting Academy (MFA) in 2011. Lisa is a member of the Massachusetts Call/Volunteer Firefighter Association, the National Volunteer Fire Council, and the West Newbury and Groveland Fire Departments. As part of her ongoing firefighting continuing education, Lisa has attended the National Fire Academy in Emmitsburg, MD and the Fire Department Instructors Conference, in Indianapolis, Indiana. Most recently, Lisa has earned her National EMT Certification.

Finally, after attending a MFA Cancer Awareness class, Lisa was informed that the instructor's dad had passed away from cancer, including oral cancer, something that she screens for in her dental patients

every single day as a dental hygienist. Lisa wants to make sure her brother and sister firefighters are asking for oral cancer screenings at each dental appointment and know the signs and symptoms of oral cancer.

Lisa holds an associate degree from Middlesex Community College in dental hygiene and has earned a bachelor's degree from Merrimack College in business administration, with a concentration in accounting. Lisa has enjoyed volunteering for the Massachusetts State Police Amber Alert Program by making child dental impressions containing a DNA record. Lisa currently works for Merrimack River Dentistry, in Haverhill, MA.