



*Sullivan County Emergency Services
Training Center
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*Emergency Services Training Center
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TRAINING ANNOUNCEMENT

Course Title:	Getting your ZZZ's: The Importance of Sleep for Firefighters
Location:	SULLIVAN COUNTY EMERGENCY SERVICES TRAINING CENTER
Date:	June 12, 2024 @ 7:00 PM
Hours:	2

Course Description

Sleep plays a foundational role in the overall health and well-being of individuals, influencing mental, physical, and emotional health. For firefighters, the stakes are even higher due to the demanding and unpredictable nature of their work. Adequate sleep is crucial for firefighters, especially for volunteer firefighters. This course will explain why sleep cycles are important and how sleep disorders impact fitness for duty and quality of life. In addition, this training will provide ideas and resources to help improve sleep.

REGISTRATION: ON COUNTY WEBPAGE

FOR: All emergency response personnel

Prerequisite

NONE

PRE-REGISTER THROUGH SULLIVAN COUNTY BUREAU OF FIRE WEBSITE

THIS IS A COUNTY OFFERING