

Please Post

First Responder Safety and Wellness Summit

City: McAllen, Texas

County: Hidalgo

When: September 30 – October 2, 2019
Where: Radisson Hotel McAllen Airport, 2721 S. 10th Street
Fee: Free
Registration: Register Online with TEEX: [TEEX Student Portal](#)
Audience: All members of Volunteer, paid, or part-paid departments, Law Enforcement, EMS, Emergency Management, Communications of cities and Industries who want the latest training in firefighting and related skills.



Classes are subject to change/cancellation without notice

Course	Day / Time	*REQ	Objectives/Description	Hrs.
Welcome & Opening Address	Sept. 30th 8:15 a.m. – 8:30 a.m.	0	Welcome Address	.15
Crisis Leadership During 9/11 & Human Performance	Sept. 30th 8:30 a.m. – 12 p.m.	0	To enhance crisis preparedness for all First Responders	3.5
Lunch	12:00 p.m. – 1:00 p.m.	0	ON YOUR OWN	1
The Four Pillars of Firefighter Functional Fitness	Sept. 30 th 1:00 p.m. – 5:00 p.m.	0	Physical Fitness, Rest & Recovery, Hydration & Nutrition	4
Traffic Incident Management	Oct. 1 st 8:00 a.m. – 10:00 a.m.	0	Responder Safety, Safe, Quick Clearance and Promote, Reliable, Interoperable Communications	2
Dealing with PTSD a Texas State Trooper’s Story	Oct. 1 st 10:00 a.m. – 12:00 p.m.	0	Firsthand account of the incident, Initial resistance to changes after the tragedy and the toll of the event	2
Lunch	12:00 p.m. – 1:00 p.m.	0	ON YOUR OWN	1
Fentanyl the Growing Epidemic	Oct. 1 st 1:00 p.m. – 5:00 p.m.	0	Identify the hazards associated with these designer synthetics, procedures	4
Mumps & Communicable Diseases	Oct. 2 nd 8:00 a.m. – 10:00 a.m.	0	Overview of notifiable conditions, disease case trends, 2019 Mumps outbreak, identify prevention & control	2
Sleep Deprivation & the Effects on First Responders	Oct. 2 nd 10:00 a.m. – 12:00 p.m.	0	Overview of sleep in physical and behavioral health functioning.	2
Lunch	12:00 p.m. – 1:00 p.m.	0	ON YOUR OWN	1
Turn PTSD into PTG It Will Change Your Life	Oct. 2 nd 1:00 p.m. – 5:00 p.m.	0	Teach our members how to turn PTSD into PTG	4

*PPE / SCBA must be NFPA-approved. Review [ESTI Student Safety Manual](#) PPE requirements for levels (0-5)

For more information: Vince Abrigo, 956-279-0106 or Mari Tovar, 956-383-7691
Pre-Registration to: [TEEX Student Portal](#)
TEEX Representative: Dallas Renfrew, 979-324-6089, dallas.renfrew@teex.tamu.edu XTN048-1317

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