



Monmouth County Fire Academy
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Monmouth County Fire Marshal Kevin A. Stout

**The Monmouth County Fire Academy will be offering
the
National Fallen Firefighter Foundation course**

**Stress First Aid (SFA)
For Firefighters and Emergency Services Personnel**

Stress First Aid (SFA) is a flexible set of tools used to care for stress reactions in firefighters and rescue personnel. Unlike other acute stress management procedures, SFA was designed specifically to support firefighters and rescue personnel. The goal of SFA is to restore health and readiness after a stress reaction. SFA is a toolkit that emphasizes the importance of continuously monitoring the stress of fire and rescue personnel and to quickly recognize and appropriately help individuals who are reacting to stress and are in need of interventions to promote healing.

SFA monitors the progress of recovery to ensure a return to full-function. SFA fosters strong leadership and unit cohesion. SFA is individualized to meet the needs of each person in each context; there are no one-size-fits-all SFA solutions.

Saturday, May 6, 2017 (0800-1200)

Course Code is 18131000

**Applications are available on-line and can be faxed:
732-683-8978**

(Please post in your station)

Advertised on March 6, 2017