

Training Announcement



Fire Prevention and Control

Lecture:	Rhabdomyolysis & The Greatest Disease Risks for Firefighters
Location:	Sullivan County Training Center
Date:	January 28, 2025 @ 7:00 pm
Hours:	1
Presenter:	Julie K. Starner FNP, EMT

Course Description

Elements of fire response and training associated with an increased risk for rhabdomyolysis are:

- + Carrying heavy loads such as turnout gear and air packs weighing up to 60 pounds, firefighting tools weighing up to 80 pounds and incapacitated building occupants
 - + High levels of exertion, such as victim rescue, climbing ladders and stairs with heavy gear, etc.
 - + Prolonged exertion during overhaul (i.e. opening walls to check for smoldering embers, etc.)
 - + Rigorous training and physical fitness tests
 - + Exposure to heat from the fire, the environment, and physical effort
- Death and permanent disability of fire fighters have been associated with heat stress and rhabdomyolysis in fire fighters [NIOSH 2009, 2012, 2014].

NIOSH investigators documented hyperthermia and rhabdomyolysis among structural fire fighters during cadet training which included a live fire exercise. One cadet had a peak core body temperature of 107.2°F; another was hospitalized for rhabdomyolysis [NIOSH 2015].

Registration is on the County Web-Site NOT LMS

Register Online: [Fire Training Schedule | Sullivan County NY](#)