



Metropolitan Washington  
Council of Governments

The COG Fire Health and Safety Subcommittee presents:

# 2017 Safety Symposium

 #respondersafety2017

*(Formerly known as Arrive, Alive and Survive)*

## April 4 & 5, 2017

### 8:00 A.M. - 4:00 P.M.

(Registration & continental breakfast begins at 7:00 A.M. each day)

## George Washington Masonic National Memorial

101 Callahan Drive, Alexandria, VA 22301

### Tuesday, April 4

- **War on Silence – Mental Health & Suicide**  
Presented by Monique Rose
- **Taking Care of Your Heart**  
Presented by Dr. Donald Stewart
- **Navigating the NFPA 1851**  
Presented by Tom Miller
- **“Bite” into a Healthy Lifestyle**  
Presented by Nicole Brown
- **Medic Down – When Violence Erupts**  
Presented by Robin Davis

### Wednesday, April 5

- **What is Real Risk Management?**
- **Seven Rules of Admiral Hyman Rickover**
- **5 concurrent Themes for Success**
- **Non-Punitive Close Call Reporting**
- **Top 10 Things that Get Firefighters in Trouble**

All Wednesday sessions will feature  
Mr. Gordon Graham

A special thanks to the following sponsors for making this event possible



International Association of Firefighters  
Fairfax County Local 2068  
Prince William County Local 2598  
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