

For Immediate Release



Focus on Health and Wellness as Cambridge Fire Department Engages in Safety Week

Cambridge, Ontario. June 17, 2010... The Cambridge Fire Department (CFD) will participate in the 2010 Fire/Emergency Medical Services (EMS) Safety, Health and Survival Week taking place June 20-26 as a further initiative to keep health, safety and wellness on the radar.

Known as 'Safety Week', the event is sponsored by the International Association of Fire Chiefs (IAFC) and the International Association of Fire Fighters (IAFF). It aims to improve firefighter safety and health to give everyone a better chance of survival in emergencies and for the long-term. Annually, fire departments across Canada are encouraged to take time during the week to focus on the messages and resources that will help achieve that goal.

"We are looking forward to participating in Safety Week," says John Jetter, President of the Cambridge Professional Fire Fighters Association (CPFFA). "Health and wellness initiatives are effective tools that can benefit both the fire department as an organisation and our individual members".

This year's theme is "Fit for Duty" which encourages all Fire/EMS personnel to focus on health and wellness issues. With more than fifty percent of firefighter line-of-duty deaths caused by health and fitness-related issues, it's imperative that there be a concentrated effort in implementing wellness and fitness programs.

"Information will be provided for all of our firefighters on a variety of topics such as general wellness and health, food and nutrition, infectious diseases and stress management," says Cambridge Fire Chief Terry Allen.

Bob Laurence, JOH&SC Co-Chair emphasizes that, "The CPFFA is working with the Cambridge Fire Department through our Joint Occupational Health and Safety Committee (JOH&SC) and various related programmes to bring about significant positive change within the department, including improved general health and wellbeing, and higher morale amongst firefighters."

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For more information, please contact:

JOH&SC Co-Chairs Deputy Fire Chief Douglas Tennant or Platoon Chief Bob Laurence at the general CFD telephone number 519-621-6001.

About Cambridge

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in Southwestern Ontario, part of Canada's Technology Triangle. In 2009, the population reached over 126,000 people. With a multicultural mix and a strong foundation of support services, Cambridge has a diverse economic base with leading industries in advanced manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. The Corporation of the City of Cambridge is an employer with a progressive work environment that offers the opportunity to provide service to the community through creativity and innovation, and with opportunities for career growth and advancement.

For more information on the area or the corporation visit www.cambridge.ca

The City of Cambridge press room is located at

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