



**FireFit Conference
20-21 November 2023**

20th November

- 11.30 – 13.00 Registration, lunch and exhibition viewing
- 13.00 – 13.15 Welcome and NFCC Health and Wellbeing Update – Neil Taylor, FireFit Chair
- 13.15 – 13.45 Firefighting, cancer, and contaminants - Prof Anna Stec, University of Central Lancashire
- 13.45 – 14.15 Contaminants and cardiovascular health – Dr Emily Watkins, University of Roehampton
- 14.15 – 14.45 ACER update and firefighter mapping project – Dr Rowena Hill, Nottingham Trent University
- 14.45 – 15.15 Panel discussion
- 15.15 – 15.45 Coffee and exhibition viewing
- 15.45 – 16.15 The impact of substandard levels of cardiorespiratory fitness on simulated high-rise firefighting performance – Dr Richard Stevenson,
University of Bath
- 16.15 – 16.45 Exercise strategies to lower blood pressure – Dr Jamie O’Driscoll, Canterbury Christ Church University
- 16.45 – 17.15 Suicide Prevention and Postvention Guidance – Dr Karen Slade, Nottingham Trent University
- 17.15 – 17.45 Panel discussion

19.30 Networking dinner

21st November

- 09.30 – 09.45 Welcome back and recap of day one
- 09.45 – 10.15 Fatigue Risk Management –the CATNAPS study– Prof Kristy Sanderson, University of East Anglia
- 10.15 – 10.45 Panel discussion
- 10.45 – 11.15 Coffee and exhibition viewing

- 11.15 – 11.45 The menopause as a firefighter –Victoria Metz
- 11.45 – 12.15 Menopause and work: sharing research evidence to inform practice – Dr Claire Hardy, Lancaster University
- 12.15 – 12.45 Firefighter Resilience & Career longevity Following Lower Body Joint Injury: Chassis Maintenance and Engine Fine Tuning – Dr Nicholas Clark, University of Essex
- 12.45 – 13.15 The Drill Ground Assessment, a Scottish FRS story – Joseph Passant, Scottish FRS
- 13.15 – 13.45 Panel discussion and closing comments
- 13.30 – 14.15 Lunch and depart