



SOUTH BAY REGIONAL PUBLIC SAFETY TRAINING CONSORTIUM

presents a State Fire Training course



FOR FIRE & EMS PERSONNEL · ONE-DAY COURSE

BEHAVIORAL HEALTH & CANCER AWARENESS 1A

8 HOURS OF CEU'S PROVIDED FOR EMT'S & EMT-P'S

WHAT YOU'LL LEARN

Stress & Resilience

- Identify common stressors on the job and at home
- Understand how cumulative stress affects health, performance and relationships
- Practice proven techniques that build personal and crew resilience
- Recognize warning signs of behavioral health distress in yourself and others

Cancer Awareness

- Types, prevalence and causes of cancer in the fire service
- How carcinogenic chemicals reach firefighters on scene and in the station
- Hands-on practices to minimize exposure: decon, PPE care and clean-cab habits
- Steps that lower long-term cancer risk across a career

INSTRUCTOR **Chief Caryn Petty, MA, CFO, EMT-P**

State Fire Training – a recognized leader in firefighter behavioral health and cancer prevention who brings deep field experience and a passion for keeping firefighters healthy across their careers.

DATE	TIME	LOCATION	COST
Friday Dec. 11, 2026	0800–1700 hrs	San Jose FD Training Center 1591 Senter Rd San Jose, CA 95112	\$95.00 State Fire Training fee & refreshments

REGISTER NOW

South Bay Regional Public Safety Training Consortium

(408) 229-4299

firereservations@theacademy.ca.gov