



Taming the Monster Within

Instructor: Ric Jorge

Course ID # FFO0955

Reference #164982

\$206.83

February 13-14, 2012

8:30 a.m. – 5:30 p.m.

Rm# SCA139

**PALM BEACH STATE COLLEGE
FIRE ACADEMY
4200 CONGRESS AVENUE
LAKE WORTH, FL 33461**

To register for classes visit:

<http://www.palmbeachstate.edu/cce.xml>

For more information please call

561-868-3368

NIOSH reports document many incidents of firefighters being lost, trapped or disoriented. Learn why this happens and how you can avoid becoming a statistic. The goal of this course is to Tame the Monster Within - anxiety. This is not a mask confidence drill, but instead is geared toward stress inoculation. You will learn techniques that are acknowledged to be helpful for self-extrication and in RIT situations. These are then combined with techniques used by the military to combat fear, anxiety and panic. Through participation in evolutions designed to irritate stressors that can lead to anxiety and panic you will be encouraged to push beyond your normal limits. The importance of teamwork, air management, situational awareness and personal accountability will be reinforced to remind you of the importance of your decisions. This is an advanced class, not geared to the entry level firefighter.

Participants will need to bring full PPE and complete SCBA.



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