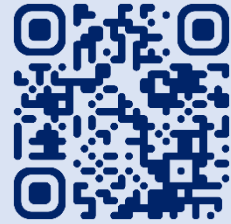


RESOURCES FOR FIRST RESPONDERS

The National Institute for Occupational Safety and Health (NIOSH)

Firefighter Resources: This webpage provides resources on illnesses including heart disease, hearing loss, rhabdomyolysis, cancer, and other illnesses.



First Responder Mental Health Toolkit: The Pennsylvania Department of Health has gathered resources to create a first responder mental health toolkit, including state and national resources for first responders to call or text for assistance with mental health in a crisis, training resources, tool kits and program development resources, and more.



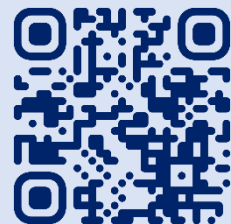
Health and Wellness: These resources from the Pennsylvania Office of the State Fire Commissioner provide information to health and wellness for Pennsylvania fire services members and their families.



Chemical Emergency Information for First Responders: This webpage from the Centers for Disease Control and Prevention includes links to emergency response cards, medical management guidelines for unidentified chemicals, strategy for developing a community chemical response plan, and more.



988 Lifeline Chat and Text: For mental health resources, call the national suicide prevention and crisis support line at 988 or connect to a counselor via chat. You can also call the Pennsylvania Support & Referral Helpline at 1-855-284-2494 (TTY: 724-631-5600).



TRAINING RESOURCES FOR FIRST RESPONDERS

IS-0005.a: An Introduction to Hazardous Materials: This home study course is intended to provide interested members of the public with a basic introduction to hazardous materials that can serve as a foundation for more specific research. No prior knowledge of the subject is assumed.



Hazardous Waste Operations and Emergency Response (HAZWOPER) trainings: Free trainings available through the Training Exchange Website.

