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Public Safety Expert Launches Video, Web and Print Resources to Help Public Agencies Enhance Personnel Wellness and Prevent Injury

Charlotte, NC – Public safety personnel with police, fire and emergency medical services often are required to put their lives on the line every day while protecting and assisting the public. Due to the high stress and physical demands of their jobs, they often experience injuries that result in days off from work, resulting in greater health care costs and workers compensation claims.

A new set of resources from Fit Responder is now available to public safety departments, agencies and other organizations. Through a series of training videos, resources on a new website (www.fitresponder.com) and the new edition of the Fit Responder book, public safety personnel have access to a wealth of information designed to reduce injury on the job and improve their overall health and well-being.

Training specifically designed for the public safety sector is critical, according to Bryan Fass, president of Fit Responder. Based on the company's research, organizations that have followed Fit Responder's training system have experienced a 60 percent reduction in workers compensation injury over a four-year period. This significant decrease in injuries is attributed to a comprehensive, holistic program that focuses on training that is tailored for the types of physical demands placed on public safety personnel.

"Fit Responder focuses on human performance, soft tissue rehabilitation, proper biomechanics / ergonomics and restoring natural human movement in our clients," Fass explained. "We use scientifically based techniques, including simple tools that these professionals can easily use."

Of primary concern to Fit Responder is helping public safety employees reduce soft tissue injury. Soft tissue overexertion trauma can result in an employee missing five to seven work days, which can lead to other employees having to work overtime to ensure personnel are on the job.

“It can become a vicious cycle,” explained Fass, “but by implementing the techniques we share in our
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workshops and other resources, departments can begin to break this cycle. In fact, for departments that make responder fitness and safety a priority, we see fewer injuries.”

For departments interested in improved responder health and safety, Fass says muscular endurance, stability and flexibility are key areas to address. Through the Fit Responder program, departments will be equipped to reinforce the principle of wellness. In addition, the Fit Responder book includes information on healthy eating habits and how to manage stress, along with extensive photos and guidelines on exercises and stretching routines, among other topics.

“As a former paramedic myself, I get really excited when I see departments or agencies reinforce the principles of wellness,” Fass explained. “This type of culture breeds a healthier, more fit, more productive responder with fewer injuries. And that benefits everyone but especially the person who has chosen to serve in a public safety role.”

Both the Fit Responder training videos and book can be accessed or ordered from www.fitresponder.com. For information on a training program specifically designed for the needs of your agency or department, contact Bryan Fass at 704-201-5016 or bryan@firepoliceemsfitness.net.

About Fit Responder

Fit Responder, www.fitresponder.com was founded by Bryan Fass. With a background in sports medicine and experience as a paramedic, he is uniquely qualified to understand the rigorous demands of public safety personnel. He puts this knowledge to work to design training programs that, when implemented, are proven at reducing on-the-job injury. His goal is to help both individuals and departments be more productive while reducing injury and improving the overall well-being of public service individuals. He is nationally certified as an athletic trainer (ATC). In addition, he is a certified strength and conditioning specialist through the National Strength and Conditioning Association. He has numerous certifications in manual therapeutic and soft tissue techniques. He works with public agencies and companies nationwide. Friend Fit Responder on [Facebook](#) and follow on [Twitter](#).

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