

RYAN GAUSMAN'S TRAINING EVENT

Location: Genesee Community College

Room T102 in the Conable Technology Building

Date: September 24th at 9am

Scan to register!



Where to Park

Everyone has to enter the Campus via College Road and the Tech Wing and parking lot is clearly visible from College Road. They should park in the lot closest to College Road and enter the building via the door facing that lot and T102 is the 1st room on the right.

Self Care And Wellness For First Responders

This presentation is a 1 ½ hour class by Ryan Gausman focused on the unique physical and mental health challenges faced by first responders such as Police, Firefighters, EMTs, Dispatchers, Medicolegal Death Investigators, and Health Care Workers. These jobs embody high stress, inconsistent work schedules, and physical demands that contribute to shorter lifespans and increased risks of debilitating conditions like heart disease and mental health issues. This class emphasizes the importance of early adoption of healthy habits including exercise, nutrition, sleep, and stress management to prevent these conditions which show up later in life. Our physical health and mental health are directly interconnected. He also discusses preparation for and thriving in retirement.

Crime And Death Scene Biohazard Safety Training

As first responders, police, fire, medical, or medicolegal death investigators, we respond to many scenes, sometimes multiple times per day, involving body fluids or other potential biohazard contamination. Even though most agencies usually require annual bloodborne pathogen training, over time, it's easy to become complacent and not take the risks seriously. In fact, the hazards present at these scenes are real, there is a genuine possibility of exposure to and becoming infected with pathogens that have life altering effects on ourselves, our families, and our friends. This 1-hour training is a down-to-earth, easy to understand, discussion and reminder that with proper training, proper planning, and proper equipment, we can stay safe in almost any environment, while still effectively completing our mission.



ABOUT RYAN GAUSMAN

The instructor, Ryan Gausman, retired after 22 years with Snohomish County Sheriff's Office and 7 more with Kittitas County Coroner's Office and Spokane County Medical Examiner in Washington State. He is married to Colleen, who spent 32 years as a critical care nurse. He draws from their combined experience and shares his vision of helping others enjoy a full and productive career, followed by an active and enjoyable retirement. Since retiring Ryan has become a published author and trainer. He has also spent time as a professional flyfishing and hunting guide, and regional field representative and Sales Manager for AD Valor Technical Cleaning. They currently reside in North Idaho.



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