



Informational Bulletin

Health Blog

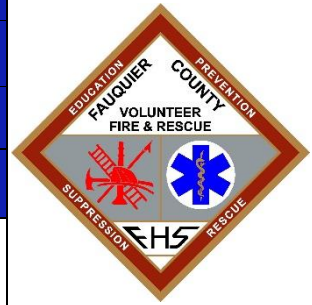
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Approved By: Darren L. Stevens, Fire Rescue Chief



The Occupational Health and Safety Committee is committed to supporting personnel in leading healthy lifestyles and promoting safe working conditions. Recent studies have shown significant links between sleep quality and overall health. Sleep deprivation has been linked to an increased risk of cancer, obesity, substance abuse, suicide, and mental health conditions, to name a few. Some sleep deprivation is inherent in our work. However, we can all take steps to promote proper sleep hygiene as much as possible.

Technician Landman has developed a blog on his SharePoint page. The Health and Safety Committee would like to encourage all personnel to take a few moments and post a response to his initial blog post. If you do not have access to SharePoint, please email Technician Landman directly to submit your thoughts.

[Health Blog](#)

Questions regarding this bulletin should be directed to Battalion Chief Lorenzen.