



RICHARD A. MARTINKOVIC PUBLIC SAFETY TRAINING CENTER
615 Old White Lake Turnpike, Swan Lake, NY 12783
Joseph Mall, Training Coordinator
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TRAINING ANNOUNCEMENT

RHABDOMYOLYSIS: UNDERSTANDING THE THREATS FOR FIRST RESPONDERS

DESCRIPTION:

Rhabdomyolysis: Understanding the Threats for First Responders is a practical, awareness focused course designed to help first responders recognize, respond to, and reduce the risk of exertional rhabdomyolysis in training and operational environments. Participants will review common warning signs and the importance of early recognition and response, while connecting the condition to the real world consequences that can follow, including acute renal failure, sudden cardiac death, and compartment syndrome. The course emphasizes prevention strategies first responders can apply immediately, with special attention to hydration and rehab best practices, safe fluid replacement, and post exertion recovery habits that support kidney protection and overall performance.

DESIGNED FOR: All Emergency First Responders

DATE & TIME: Wednesday, March 25, 2026 7pm – 9pm

LOCATION: **Richard A. Martinkovic Public Safety Training Center**
615 Old White Lake Turnpike, Swan Lake, NY 12783

REGISTRATION: [Firefighter Online Registration Form | Sullivan County NY](#)
(Select proper class name from the drop-down menu)

