

**FREDERICK COUNTY
VOLUNTEER FIRE & RESCUE ASSOCIATION, INC.**



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Do you know what GEAR UP means?

G – Goals

E – Engagement

A – Accountability

R – Readiness, Results and Risks

U - Understand

P - Prepare oneself

Are you ready to Gear Up?

Are you ready to learn:

- CPR
- Code of Conduct
- HIPAA
- Learn about different Apparatus
- Emergency Communication Center
- MSP Aviation Command – Trooper 3
- Safety
- Health Topics Career Opportunities