



## PRELIMINARY PROGRAM

### II INTERNATIONAL SYMPOSIUM ON HEALTH AND PHYSICAL FITNESS OF PUBLIC SAFETY WORKERS

**Tuesday, March 19<sup>th</sup>, 2019**

<b>08:00 - 20:00</b>	<b>Registration</b>	
<b>19:00 – 22:00</b>	<b>Opening Ceremony</b>	
	19:00 - 19:45	- Greetings and a word from the President of the II Symposium - Speech from a representative of the Federal District's Public Safety Secretariat - Speech from representatives of the Institutions that compose the Federal District's Public Safety
	19:45 – 20:00	- Partnerships GEAFS/UnB & Public Safety institutions: past, present and future Prof. Dr. Luiz Guilherme Grossi Porto – Faculty of Physical Education – University of Brasília - UnB
	20:00 - 21:00	- Opening lecture: Operation Brumadinho: health actions addressed to emergency professionals in the context of disasters Cel BM QOS Andréia Geraldo Batista - CBMMG Health Assistance Adviser Coordinator of health actions for emergency professionals in Brumadinho
	21:00 - 21:30	- Presentation from the CBMDF music band

**Wednesday, March 20<sup>th</sup>, 2019**

<b>08:00 – 12:00</b>	
<b>08:00 – 12:00</b>	<b>Registration</b>
09:00 - 09:40 Magna Lecture 1	- Physical Activity and Health: Update on Public Health recommendations Dr. Victor Matsudo - Studies Center of the Physical Fitness Research Laboratory of São Caetano do Sul - CELAFISCS – SP
09:45 - 10:25	- Towards comprehensive step-based physical activity recommendations



Magna Lecture 2	Prof. Dr. Catrine Tudor-Locke - University of Massachusetts, Amherst - USA
<b>10:25 – 10:40 – Interval</b>	
10:40 - 11:10 Lecture 1	- The influence of the fire-fighting technique and the physical overload in the combatant firefighter Col. QOBM/Compl. George Cajaty Braga - Federal District Military Firefighter Department - CBMDF
11:15 – 11:35 Lecture 2	- Autonomic heart control as a predictor of cardiovascular health Prof. Dr. Luiz Fernando Junqueira Jr – Faculty of Medicine – University of Brasilia - UnB
11:40 – 12:00 Lecture 3	- Chronotropic response during physical effort and recovery as an indicator of cardiovascular health Prof. Dr. Guilherme E. Molina – Faculty of Physical Education - University of Brasilia - UnB
<b>12:00 – 14:00 – Lunch</b>	
14:00 - 14:40 Magna Lecture 3	- The role of dehydration on firefighters' cardiovascular risk profile Prof. Dr. Denise Smith - Skidmore College - USA
14:45 - 15:25 Magna Lecture 4	- Effect of exercise and heat stress on myocardial performance Dr. Patricia Fehling - Skidmore College - USA
<b>15:25 – 15:45 – Interval</b>	
15:45 - 16:25 Magna Lecture 5	- Prevalence of cardiovascular risk factors in Quebec male and female police officers Prof. Dr. Claude Lajoie - Université du Québec à Trois-Rivières - Canadá
16:30 – 17:20 Panel Discussion 1	Theme: Physiotherapy intervention on prevention and rehabilitation of injuries in the occupational health scenario - Injuries related to occupational activity Physiotherapist Esp. Marcelino Vizeu Calvo – Federal District Secretary of Sports and Tourism – Brazilian Olympic Comittee - Assessment of muscle function and risk of injury in military firefighters Prof. Dr. Rodrigo Luiz Carregaro - Faculty of Ceilandia - University of Brasilia - UnB



**Thursday, March 21<sup>th</sup>, 2019**

<b>08:30 – 12:00</b>	
08:30 - 09:10 Magna Lecture 6	- Top 10 research questions related to ambulatory monitoring with wearable technologies Prof. Dr. Catrine Tudor-Locke - University of Massachusetts, Amherst - USA
09:15 - 09:45 Lecture 4	- Development of the standardized physical abilities test for the admission of police cadets in Quebec – Canadá Prof. Dr. Claude Lajoie - Université du Québec à Trois-Rivières - Canadá
<b>09:45 – 10:00 – Interval</b>	
10:00 - 11:00 Panel Discussion 2	Theme: Physical fitness, health and professional performance of police officers - Physical training in military police training course Prof. MSc. Lt. Col. Wélere Barbosa – Military Police of the State of Tocantins - PMTO - Law enforced duties and sudden cardiac death among police officer – via Video Prof. Dr. Maria Korre - Skidmore College - USA - Career management: Combining health and work Prof. Dr. Paulo Henrique Azevêdo – Faculty of Physical Education – University of Brasilia - UnB
11:05 – 11:45 Magna Lecture 7	- Validity of wearable devices to evaluate physiological response during fire fighting activities Prof. Dr. Patricia Fehling – Skidmore College - USA
<b>12:00 – 14:00 – Lunch</b>	
14:00 - 14:45 Panel discussion 3	Theme: GEAFS Human Resource Formation: Research Projects in Epidemiology and Cardiovascular Physiology applied to Public Safety - Assessment of physical activity in wildland firefighters Prof. MSc. Daniel Saint Martin - PhD Student – Faculty of Physical Education – University of Brasilia - UnB - Exercise prescription in a Public Safety context.

	<p>Prof. MSc. Carlos Janssen - PhD Student – Faculty of Physical Education – University of Brasilia – UnB; UniEURO</p> <p>Prof. MSc. Giliard Garcia - PhD Student – Faculty of Physical Education – University of Brasilia – UnB; UniCEUB</p>
<p>14:50 – 15:30</p> <p>Panel discussion 4</p>	<p>Theme: The role of medical screening on occupational health</p> <ul style="list-style-type: none"> <li>- Endocrine disorders that occur with muscle weakness, fatigue and despondency: Scenarios to avoid in public safety professionals</li> </ul> <p>Prof. Dr. Adriana Lofrano Porto – Faculty of Health Sciences – University of Brasilia - UnB</p> <ul style="list-style-type: none"> <li>- The importance of the periodic health exam in the context of occupational health</li> </ul> <p>Lt. Col. Dr. Neuton Dornelas - Federal District Military Firefighter Department – CBMDF</p>
<p><b>15:30 – 15:45 – Interval</b></p>	
<p>15:45 - 16:25</p> <p>Panel discussion 5</p>	<p>Theme: Oral health and hypertension on cardiovascular risk assessment</p> <ul style="list-style-type: none"> <li>- Oral health and cardiovascular risk in public safety agents</li> </ul> <p>Prof. Dr. Maximiliano Schunke Gomes – Military Police of the State of Rio Grande do Sul – PMRS; PUCRS</p> <ul style="list-style-type: none"> <li>- Hypertension and cardiovascular risk in public safety agents</li> </ul> <p>Prof. Dr. Lauro Casqueiro Vianna - Faculty of Physical Education – University of Brasilia – UnB</p>
<p>16:30 – 17:00</p> <p>Lecture 5</p>	<ul style="list-style-type: none"> <li>- Sleep quality and its implications for health and quality of life</li> </ul> <p>Prof. Dr. Marco Tulio de Mello – Federal University of Minas Gerais – UFMG</p>
<p>17:05 – 17:45</p> <p>Panel Discussion 6</p>	<p>Theme: The role of physical fitness assessment on health promotion and job-related performance</p> <ul style="list-style-type: none"> <li>- The Physical Fitness Test (TAF) experience in the Federal District Military Firefighter Department - CBMDF</li> </ul> <p>Lt. Col. Luciano Antunes Paz - Federal District Military Firefighter Department - CBMDF</p> <ul style="list-style-type: none"> <li>- The construction of the CBMDF Physical Training Center: from the dream to a health promoting reality</li> </ul> <p>Col QOBM/Comb Rosenkranz Maciel Nogueira - Federal District Military Firefighter Department - CBMDF</p>
<p><b>Friday, March 22<sup>th</sup>, 2019</b></p>	
<p><b>08:00 – 12:00</b></p>	
<p>08:00 - 08:30</p> <p>Lecture 6</p>	<ul style="list-style-type: none"> <li>- Mental health in the context of high-risk professions</li> </ul> <p>Prof. Dr. Ileno Isídio da Costa – University of Brasilia Psychology Institute</p>



08:35 - 09:05 Lecture 7	- Evaluation of the physiological response of firefighting: Experiencing the First Responder Health and Safety Laboratory at Skidmore College, USA Prof. MSc. Edgard Soares - PhD Student – Faculty of Physical Education – University of Brasilia – UnB / Skidmore College – USA
09:10 - 09:40 Lecture 8	- Sleep disturbances and cardiovascular risk in professionals working by scale Prof. Dr. Marco Tulio de Mello – Federal University of Minas Gerais – UFMG
<b>09:45 – 10:00 – Interval</b>	
10:00 – 11:00 Panel Discussion 7	Theme: Health promotion and active lifestyle on the occupational health setting - Physical Activity Promotion in the Work Environment Prof. Dr. Mauro Virgilio Gomes de Barros - Federal University of Pernambuco - UFPE - Promotion Strategies for the Active Lifestyle Prof. Dr. Timóteo Araújo Studies - Center of the Physical Fitness Research Laboratory of São Caetano do Sul - CELAFISCS – SP
11:10 - 11:50 Magna Lecture 8	- Firefighters cardiovascular health and physical fitness assessment: a call for action Prof. Dr. Denise Smith - Skidmore College – USA
11:50 – 12:00	Closing Ceremony