



## PRELIMINARY PROGRAM

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

Friday, March 22<sup>th</sup>, 2019

08:00 – 12:00	
08:00 - 08:30 Lecture 6	- Mental health in the context of high-risk professions Prof. Dr. Ileno Isídio da Costa – University of Brasilia Psychology Institute
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
09:45 – 10:00 – Interval	
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