



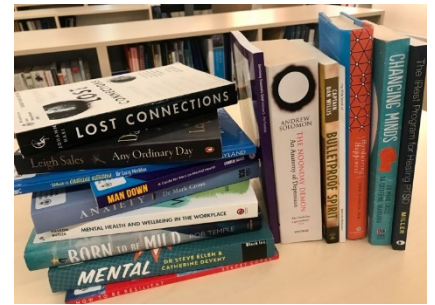
## NSW Rural Fire Service Library

### New books, articles and reports in your library this month

**Mental Health Month** is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing. There are a number of resources on the HSW Mental Wellbeing Support Services page of [MyRFS](#).

If you prefer to read a book to connect with how you or others around you may feel, your NSW RFS library has a selection of books (online and print) on mental health and wellbeing.

To view the selection, just use the library's Mental Health and You Collection [link](#)



To borrow, just email Katie at [rfs.library@rfs.nsw.gov.au](mailto:rfs.library@rfs.nsw.gov.au), or use the online cart on our Library website to request your items.

### FIRE INCIDENTS – AUSTRALIAN



#### **Inquiry into the 2019-20 Victorian fire season: phase 1 (Report)**

*Inspector-General for Emergency Management (Vic), September 2020*

On 14 January 2020 the Honourable Daniel Andrews MP, Premier of Victoria, announced

an independent Inquiry into the 2019–20 Victorian fire season (the Inquiry). Phase 1 of the inquiry reflects upon broader issues around the management of fire emergencies in this state.

Use this [link](#) to read the report online.

#### **Measuring the economic impact of early bushfire detection (Report)**

*Centre for Social Research and Methods (ANU), September 2020*

The fires that occurred over the 2019/20 Australian summer were unprecedented in scale and had a devastating impact on large parts of Australia. In this paper, the authors estimate the economic costs of bushfires between 2020 and 2049.

Use this [ANU link](#) to read the report online.

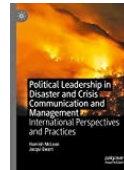


#### **The 2019-2020 Australian bushfires: from temporary evacuation to longer-term displacement (Report)**

*Internal Displacement Monitoring Centre, 2020*

This report presents the first comprehensive figures and analysis of the patterns of displacement associated with the 2019 - 2020 bushfire season. It also explores some of

### EMERGENCY MANAGEMENT



#### **Political leadership in disaster and crisis communication and management (Book)**

*Hamish McLean, 2020*

Drawing on a series of interviews with senior disaster managers in ten countries, this book

explores the role of elected leaders in disaster management. Key tactics are explored, from the ways operational managers strategically deal with unreasonable political demands to what disaster officials argue is the responsibility of government. The book draws on case studies such as the 2010–11 Queensland floods.

Please contact the library to request a loan of this book



#### **WUI-NITY: a platform for the simulation of wildland-urban interface fire evacuation (US Report)**

*NFPA, (2020)*

The US WUI-NITY project aims at developing an integrated software platform for the simulation of wildland-urban interface (WUI) evacuation scenarios that can be used both before an incident for planning and during an incident to inform decisions. The primary application of this platform is the ability to generate dynamic vulnerability maps from coupled fire, pedestrian and traffic sub-models.

Use this [NFPA link](#) to read the report online.



#### **Emergency Planning Handbook (Handbook)**

*Australian Institute for Disaster Resilience, 2020*

the direct impacts of displacement on housing, livelihoods, education, security and health.  
Use this [IDMC link](#) to read the report online.

## FIRE INCIDENTS – INTERNATIONAL

**The Wildfire Crisis** (US Podcast – 1 hr 13 mins)  
NFPA, 2020

Experts in a range of fields are coming together to figure out what can be done to save people and property. This podcast includes conversation with a wildfire coordinator for the city of Missoula about his efforts and why jobs like his are becoming essential for communities.  
Use this [NFPA link](#) to listen to the podcast.



**Wildfire magazine** – the July - September 2020 issue is out and available online. Read about social perspectives on the global pandemic and wildfire, modernisation and a Wildland Fire Management System, and a global inquiry into wildfire

governance.

Use this [IAWF link](#) to read the issue online.



[The Miramichi fire : a history](#) (Book)  
Alan MacEachern, 2020

On 7 October 1825, a massive forest fire swept through northeastern New Brunswick, Canada, devastating entire communities. The Miramichi Fire was the largest wildfire ever to occur within the British Empire, one of the largest in North American history. This book vividly reconstructs nineteenth-century Canada's greatest natural disaster, meditating on how it was lost to history.  
Please contact the library to request a loan of this book

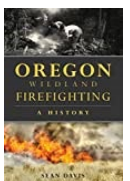
**California's August Complex largest fire in state's history**  
(ScienceDaily News article)

NASA/Goddard Space Flight Center, 6 October 2020

NOAA/NASA's Suomi NPP satellite captured another startling image of the August Complex of fires that has grown to over 1,000,000 acres burned (1,006,140 acres total) and because of that grim milestone the complex has been dubbed a 'gigafire.'

Use this [ScienceDaily link](#) to read the news article online.

Click [here](#) for images from NOAA/NASA's Suomi NPP satellite showing both the true-colour image of the August Complex and other nearby fires



[Oregon wildland firefighting : a history](#) (Book and eBook)  
Sean Davis, 2019

Now available as an eBook as well in or collection. Over the past century, some of the

The new handbook presents emergency planning as an important factor in the development of Australia's disaster resilience capability. It reflects changes in the field of disaster risk reduction, emergency management and more broadly in society since the publication of the previous Emergency Planning Manual (2004).  
Use this [AIDR link](#) to read the handbook online.



**Major Incidents Report 2019-20** (Report)  
Australian Institute for Disaster Resilience,  
Sept 2020

The fourth edition of the report provides an overview of 19 events regarded as nationally significant by the emergency management sector, across the 2019-20 financial year. The report includes aggregated summaries of the Black Summer bushfire events in New South Wales and Victoria to reflect the gravity of the events and provide an overview of observations from this period.

Use this [AIDR link](#) to read the current annual and past reports online.



**Emergency warning messages**

(Hazard Notes No. 79-81)  
BNHCRC, September 2020

The negative impacts of natural hazards can be lessened by community members responding appropriately to emergency warning messages.

There are three Hazard Notes summarising this research:

**Hazard Note 79** examines how community members comprehend warning messages and outlines 10 specific opportunities for emergency services agencies to improve their communication and messaging.

[Download Hazard Note 79 here.](#)

**Hazard Note 80** details which types of specific messages encourage community readiness.

[Download Hazard Note 80 here.](#)

**Hazard Note 81** explores whether colours and icons help to encourage action during emergencies.

[Download Hazard Note 81 here.](#)

**Vehicle-related flood fatalities in Australia, 2001–2017**  
(Journal article)

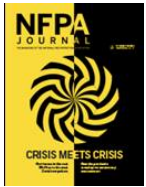
Journal of Flood Risk Management. September 2020

This study analyses the circumstances of vehicle-related flood fatalities between 2001 and 2017, in Australia. The research identified 96 deaths from 74 incidents during this period. The aim of this analysis is to understand the demographic, spatial and temporal patterns, and the situational conditions in which those deaths have occurred.

Please contact the library to request a copy of this article.

world's largest wildland fires have occurred in Oregon. Veteran wildland firefighter Sean Davis shares harrowing firsthand accounts that illustrate what it takes to battle an inferno.

Please [contact the library](#) for a password-embedded link to our eBook collection or to borrow the hardcopy.



**NFPA Journal** – the September – October issue is out and available online. This issue examines the challenges of responding to large-scale disasters during a pandemic, the 2019 Fire Loss and Catastrophic-Multiple Death Fires reports, how to prevent losses from fire in historic buildings, and much more.

Use this [NFPA link](#) to read the issue online.

**The Arctic is burning in a whole new way** (ScienceDaily News article)

University of Colorado at Boulder, 28 September, 2020  
'Zombie fires' and burning of fire-resistant vegetation are new features driving Arctic fires -- with strong consequences for the global climate -- warn international fire scientists.

Use this [ScienceDaily link](#) to read the news article online.

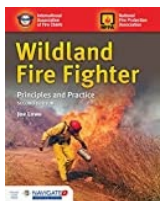
## FIREFIGHTING

**Improving firefighter tenability during entrapment and turnover: An analysis of vehicle protection systems** (Journal article)

*Fire Safety Journal*, 1 September 2020

While improvements have been made to vehicle protection systems to increase the safety of firefighters caught in burnover, the potential effectiveness of these systems remains limited. This study involved systematic analysis of 62 historical entrapment and burnover reports from the USA, Australian and New Zealand from 1978 to 2020 (Phase 1), and 135 simulated wildfires encompassing the 99th percentile of Australian fire weather conditions, fuel structures and terrain (Phase 2).

Please contact the library to request a copy of this article.



[Wildland fire fighter : principles and practices](#) (Book and eBook)  
Joseph Lowe, 2020

In partnership with the National Fire Protection Association (NFPA) and the International Association of Fire Chiefs

(IAFC), the 2nd edition of this US publication covers wildland fire behaviour to ground and air resources used on a wildland fire to the use of the global positioning system and maps

Please [contact the library](#) for a password-embedded link to our eBook collection or to borrow the hardcopy.



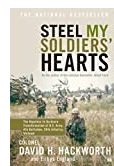
**Compound natural disasters in Australia: a historical analysis** (Report)

Risk Frontiers, 2020

Compound disasters pose complex disaster coordination and recovery challenges. In this study the authors utilise natural disaster loss databases to identify the frequency of historical compound disasters in Australia, considering their characteristics and climate influences.

Use this [BNHCRC link](#) to read the report online.

## LEADERSHIP AND MANAGEMENT



[Steel my soldiers' hearts : the hopeless to hardcore transformation of 4th Battalion, 39th Infantry, United States Army, Vietnam](#) (Book)

David H. Hackworth, 2003

In January 1969, David H. Hackworth had just completed the writing of a tactical handbook for the Pentagon, and now he had been ordered to put his theories into action. He was given the morale-drained 4/39th -- a battalion of poorly led draftees suffering the Army's highest casualty rate and considered its worst fighting battalion.

Please contact the library to request a loan of this book

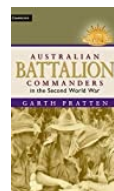


[Firehouse mentor : a topical guide to help develop the next generation of firefighters](#) (Book)

Murphy J. Arsenaux III, 2019

If you've ever wanted to mentor others, but aren't sure how or where to start, and who to start with, this book makes it easy. This valuable guide written by two veteran firefighters offers immense rewards on its simple and fun journey toward mentoring. The book addresses negative and destructive behaviours and how to change them.

Please contact the library to request a loan of this book

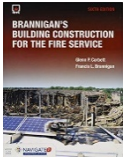


[Australian battalion commanders in the Second World War](#) (Book)

Garth Pratten, 2009

Australian Battalion Commanders in the Second World War explores the background, role and conduct of the commanding officers of Australian infantry battalions during the Second World War.

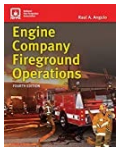
Please contact the library to request a loan of this book



### [Brannigan's Building Construction for the Fire Service](#) (eBook)

Francis Brannigan, 2019

In 1971, Francis L. Brannigan created Building Construction for the Fire Service, a groundbreaking US resource offering the most comprehensive knowledge of building construction available to fire fighters. The Sixth Edition is an integral resource for fire officers, instructors, those studying for promotion, individuals taking civil service examinations, fire science students, and both current and prospective fire fighters. Please [contact the library](#) for a password-embedded link to our eBook collection.



### [Engine company fireground operations](#) (eBook and Book)

US NFPA, 2021

Choose your format – online or hardcopy both in our collection. This expanded edition incorporates the latest recommendations from UL and the National Institute of Standards and Technology (NIST) into every aspect of fire attack and ventilation and presents an extensive study of engine company fire ground operations.

Please [contact the library](#) for a password-embedded link to our eBook collection or to borrow the hardcopy.

### [Structural firefighting : strategy and tactics](#) (eBook)

Bernard J. Klaene, 2020

The fourth edition of Structural Firefighting: Strategy and Tactics prepares the US fire officer to take command at structure fires, effectively using available resources. The goal of this text is to explain proven tactics and strategies used at structure fires. It is designed to be used by all fire officers, from company officer to chief of department.

Please [contact the library](#) for a password-embedded link to our eBook collection.



### [No grass](#) (Book)

Shawna Legarza, 2009

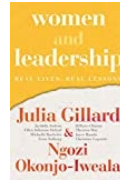
In this memoir, Legarza reveals the rough and dangerous world of being a US "hotshot" wildland firefighter. Also how her life changed when she joined the World Trade Center

recovery efforts. This is where she met her husband, who later took his own life.

Please [contact the library](#) to request a loan of this book

## **PRESCRIBED BURNING AND HAZARD REDUCTION**

**A Culture of Burning: Social-Ecological Memory, Social Learning and Adaptation in Australian Volunteer Fire**



### [Women and leadership : real lives, real lessons](#) (Book and Audiobook)

Julia Gillard & Ngozi Okonjo-Iweala, 2020

An inspirational and practical book written by two high-achieving women, sharing the experience and advice of some of our most extraordinary women leaders, in their own words. Almost every year new findings are published about the way people see women leaders compared with their male counterparts. The authors have taken that academic work and tested it in the real world. The same set of interview questions were put to each leader in frank face-to-face interviews.

Please [contact the library](#) for a password-embedded link to our AudioBook collection or to borrow the hardcopy.

More books on this topic are listed in our library's [Women and Success online bibliography](#)

## **LEARNING AND DEVELOPMENT**

New editions of these PUA learner resources are now available in the library to borrow.

### [PUAOPE014 Navigate to an incident](#) (Learning manual) AFAC, 2020

This learner resource is divided into four main sections: Section 1 - map reading and navigation skills, Section 2 - the measurement of directions and bearings using compasses, Section 3 - navigating across country and the use of navigation aids, planning and map setting, position fixing, and map enlarging And Section 4 explores how mapping skills may be used to understand incident development.

### [PUAFIR204 Respond to wildfire](#) (Learning manual) AFAC, 2020

This learner resource covers the skills and knowledge necessary to respond to a wildfire as a member of a team under direct supervision. Suggested learning activities are included throughout the learner resource and a series of self-assessment questions are provided at the end of each section.

### [PUAFIR303A Suppress wildfire](#) (Learning manual) AFAC, 2020

This learning resource will assist you to gain the skills and knowledge to work as a member of a team when suppressing a wildfire, in some situations without direct supervision.

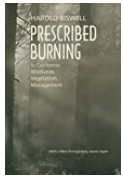
## **ECOLOGY**

## Brigades (Journal article)

*Society and Natural Resources, Sept 2020*

Communities in many rural landscapes have a strong history of actively managing fire risk, in particular through involvement in volunteer fire brigades. This paper explores social-ecological memory, social learning, and adaptation in volunteer CFA brigades in western Victoria, specifically in the context of planned burning of strategic roadside fire breaks.

*Please contact the library to request a copy of this article.*



## [Prescribed burning in California wildlands vegetation management](#) (Book)

*Harold Biswell, 1999 reprint*

Harold Biswell's decades of research and field experience were a major factor in developing policies of controlled or prescribed burning, which mimics or reintroduces the natural fire cycle. This comprehensive study introduces the principles and practices of prescribed burning, which apply far beyond California, within a historical and ecological perspective.

*Please contact the library to request a loan of this book*

## INDIGENOUS BURNING PRACTICE



## [Lighting the path : a journey to heal people and country](#) (eBook)

*Milton Lewis, Michelle Hines, Larry Towney, and Greg Ingram, 2020*

This book, collaborating with numerous people and agencies, including the NSW RFS, traces the challenges, the joys and the discoveries over the past ten years as local Aboriginal people worked with Central Tablelands Local Land Services to reignite traditional knowledge and reconnect with their country. This book is a record of the learning and collaboration between Aboriginal people and the broader community in search of a better way to rehabilitate and care for our natural environment.

*Use this [link](#) to access the book online.*

*A YouTube video promoting the book is online [here](#).*

*(Aboriginal and Torres Strait Islander people are warned that this book may contain images of deceased people and may offend some viewers.)*

## AVIATION AND DRONES



## [EUCLID Eucalypts of Australia](#) (Website)

*CSIRO, 2020*

The fourth edition is available free online. It provides complete descriptions of 934 species of *Angophora*, *Corymbia* and *Eucalyptus* plus an interactive identification key using software. It covers all Australian States and Territories. Over twelve thousand images are used to assist interpretation of species features, the species themselves and geographic distribution.

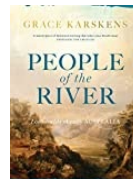
*Use this [link](#) to access ECULID online*



**National Geographic** – the October 2020 issue is out and in our online magazine collection. Read about NASA alien map, resilience in the pandemic, reimagining dinosaurs, and the threat to American wilderness and so much more.

*Contact the library for the password embedded link to access our eMagazines.*

## HISTORY



## [People of the river : lost worlds of early Australia](#) (Book)

*Grace Karskens, 2020*

A landmark history of Australia's first successful settler farming area, which was on the Hawkesbury-Nepean River. Award-winning historian Grace Karskens uncovers the everyday lives of ordinary people in the early colony, both Aboriginal and British. Dyarubbin, the Hawkesbury-Nepean River, is where the two early Australians - ancient and modern - first collided. People of the River journeys into the lost worlds of the Aboriginal people and the settlers of Dyarubbin, both complex worlds with ancient roots.

*Please contact the library to request a loan of this book*

## HEALTH AND SAFETY

### **Burning to reduce fuels: the benefits and risks of a public health protection strategy** (Journal article)

*Medical Journal of Australia, Sept 2020*

During the black summer of 2019–2020, population exposure to bushfire smoke was almost an order of magnitude greater than that documented for any of the fire seasons for at least the previous two decades, and it was estimated to be responsible for more than 400 premature deaths.

*Please contact the library to request a copy of this article.*



**Unmanned Systems Technology** – the Aug/Sept 2020 issue is out and now available [online](#).  
Contact the library to be added to the email alert for when the latest issue of UST is published.

**Connecting the dots with drone mapping** (Journal article)  
*Crisis Response Journal, 2020*

In the rapidly evolving landscape of drone technology, it is important for businesses, humanitarian organisations and emergency services to be able to keep ahead of the curve. This article looks at the drone mapping and photogrammetry software Pix4D.

Please contact the library to request a copy of this article.

**Pioneering public safety drones in Croatia** (Journal article)  
*Crisis Response Journal, 2020*

Charles Werner reflects on the expanding horizons of drones for public safety, highlighting how one professional firefighter in Croatia has created a pilot project for fire and rescue

Please contact the library to request a copy of this article.

## VOLUNTEER MANAGEMENT

**A shared risk: volunteer shortages in Australia's rural bushfire brigades** (Journal article)

*Australian Geographer, online 7 Sept 2020*

This review paper examined the factors that have contributed to rural volunteer shortages, particularly in the Australian context. The research revealed that increased time and financial demands on volunteers hampered attraction and retention efforts.

Please contact the library to request a copy of this article.

A news summary about this article can be read online at [The Conversation](#).

**Examination of how social media can inform the management of volunteers during a flood disaster** (UK Journal article)

*Journal of Flood Risk Management, Sept 2020*

This research examines the ways in which social media is used to organise and manage volunteers during a flood. Through semi-structured interviews with those who have experienced a flood disaster or worked during a flood recovery, the authors examined the potential role of social media, as well as traditional media, before, during, and in response to a flood.

Use this [Wiley link](#) to read the article online.

## METEOROLOGY AND CLIMATE CHANGE

**Unexpected wildfire emission impacts air quality worldwide** (ScienceDaily News article)

*University of Colorado at Boulder, 21 September, 2020*

During wildfires, nitrous acid plays a leading role -- spiking to levels significantly higher than scientists expected, driving increased ozone pollution and harming air quality, according to a new study.

Use this [ScienceDaily link](#) to read the news article online.

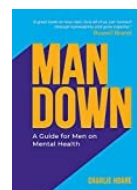
**The botanical biofiltration of elevated air pollution concentrations associated the Black Summer wildfire natural disaster** (Journal article)

*Journal of Hazardous Materials Letters, 10 October 2020*

The 'Black Summer' wildfires that affected Australia over the 2019–2020 summer have led to concern over the health effects of exposure to wildfire emissions, and generated a need for means to reduce exposure. Recently, active green infrastructure has been implemented in cities to assist in the removal of urban air pollution, however the filtration of wildfire emissions has not been previously tested.

Use this [Elsevier link](#) to read the article online.

## MENTAL HEALTH & INCIDENT STRESS



[Man down : a guide for men on mental health](#) (Book)

*Charlie Hoare, 2020*

From tips on how to reach out to advice on navigating mental health issues, this volume is full of guidance on how to look out for your well-being in a world that often tells you not to. It's here to tell you that boys do cry, that it's okay not to be okay and that being a "real" man means just being you.

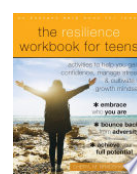
Please contact the library to request a loan of this book

**Mental wellbeing in frontline emergency responders** (Journal article)

*Crisis Response Journal, September 2020*

Fire, rescue and civil defence personnel are exposed to dangerous work conditions and stressors, which can lead to sleep disturbances, fatigue and detrimental psychological effects. Singapore Civil Defence Force's peer support system to improve wellbeing is reviewed in this article.

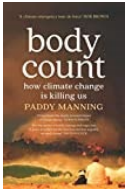
Please contact the library to request a copy of this article.



[The resilience workbook for teens : activities to help you gain confidence, manage stress, and cultivate a growth mindset](#) (eBook)

*Cheryl Bradshaw, 2019*

In The Resilience Workbook for Teens, author, psychotherapist, and youth mentor Cheryl M. Bradshaw teaches young readers that the key to building



[Body count : how climate change is killing us](#)  
(Book)

*Paddy Manning, 2020*

In this detailed, considered, compassionate book, respected journalist Paddy Manning revisits some headline events which might have faded in our memory - the Brisbane Floods of 2011; Melbourne's thunderstorm asthma fatalities of 2016 - and brings to our attention less well-publicised killers: the soil-borne diseases that amplify after a flood; the fact that heat itself has killed more people than all other catastrophes put together. In each case, he has interviewed scientists to explore the link to climate change.

*Please contact the library to request a loan of this book*

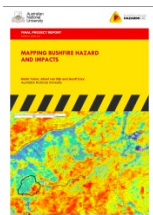
**Wildfires, greenhouse gas emissions and climate change**  
(Online article)

*Future Directions International, Sept 2020*

A growing body of evidence now suggests that carbon produced by wildfires is making a significant contribution to the volume of greenhouse gas in the atmosphere in both the short and long term. In the future, atmospheric carbon estimates should include wildfires as a significant GHG source and effort to reduce atmospheric carbon must include measures to curb wildfires.

*Use this [Future Directions link](#) to read the article online.*

**MAPPING**



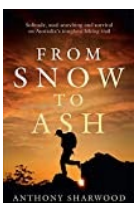
**Mapping bushfire hazard and impacts – Final report** (Report)

*BNHCRC, October 2020*

This BNHCRC project used cutting-edge technology to produce near-real-time spatial information on fuel condition, fire hazard and impact to support a wide range of fire risk management and response activities such as hazard reduction burning and pre-positioning firefighting resources and, in the longer term, the new Australian Fire Danger Rating System (AFDRS).

*Use this [BNHCRC link](#) to read the report online.*

**GENERAL**



[From snow to ash : solitude, soul-searching and survival on Australia's toughest hiking trail](#) (Book)

*Anthony Sharwood, 2020*

At the start of the hellish, fiery Australian summer of 2019/20, Walkley Award-winning journalist and suburban dad Anthony Sharwood set off on

resilience--the cornerstone of mental health and wellness--lies in their relationship with themselves. Recommended for ages 14-18

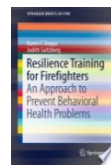
*Please [contact the library](#) for a password-embedded link to our eBook collection.*



[The PTSD survival guide for teens : strategies to overcome trauma, build resilience & take back your life](#) (eBook) *Sheela Raja and Jaya Raja Ashrafi, 2018*

In The PTSD Survival Guide for Teens, trauma specialist Sheela Raja—along with her teen daughter Jaya Ashrafi—offers evidence-based skills to help you find strength, confidence, and resilience in the aftermath of trauma. Many teens have suffered traumatic events, and there are solid skills you can learn that will help you recover.

*Please [contact the library](#) for a password-embedded link to our eBook collection.*



[Resilience training for firefighters : an approach to prevent behavioral health problems](#) (eBook)

*Karen F. Deppa, 2016*

Developing resilience skills has the potential to shield firefighters and other emergency responders from the negative effects of stressful incidents and situations. Drawing on cutting-edge research, this book proposes strategies to prevent firefighter behavioural health issues using the proactive approach of resilience training.

*Please [contact the library](#) for a password-embedded link to our eBook collection.*



[Born to be mild : adventures for the anxious](#) (Book)

*Rob Temple, 2020*

Rob Temple runs the social-media empire Very British Problems from the comfort of his own sofa, but what happens when the four walls of your living room become your world? Everything goes wrong. In this hilarious and life-affirming memoir, Rob sets out to reinvent himself as an intrepid traveller, a bee-keeper and yogi. Along the way there are good days and bad days.

*Please contact the library to request a loan of this book*



[Bulletproof spirit : the first responder's essential resource for protecting and healing mind and heart](#) (eBook and book)

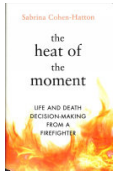
*Captain Dan Willis, 2019*

As a thirty-year law-enforcement veteran, retired police captain, and police academy instructor, Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of

a journey. He solo-treked the Australian Alps Walking Track, Australia's most gruelling and breathtakingly beautiful mainland hiking trail. The journey started in a blizzard and ended in a blaze.

More books about adventurers, explorers and voyagers can be found listed [here](#)

## AUDIOBOOKS



**Our audiobook collection is growing...**added this past month is the title [Heat of the Moment](#) (also available as a hardcopy)

Remember, the audio books need to be 'borrowed' to be downloaded using the app EBSCO Audio. For the password and instructions please email me at [rfs.library@rfs.nsw.gov.au](mailto:rfs.library@rfs.nsw.gov.au)

A list of the audio titles available to borrow from your library is available [here](#)

### Borrowing books

Your NSW RFS Library catalogue is [online](#). It is easy to search. The collection holds books, DVDs and training publications. The library also has an eBook and audiobook collection for all NSW RFS Members. [Contact NSW RFS Library](#) for further assistance.

### More than loans...

Your NSW RFS Library subscribes to numerous journals and online databases. These include EBSCO, Emerald and Australian Standards. These are available to NSW RFS Staff at work. [Contact NSW RFS Library](#) for further assistance.

### Improve your search!

Your NSW RFS Library is able to search for material relating to your topic of research. TOCs may be set up for your favourite journal. The librarian also provides training in information literacy for using our online resources. [Contact NSW RFS Library](#) for further assistance.

### Your Librarian

Katie Vandine  
Phone: 02 8741 5455  
Email: [rfs.library@rfs.nsw.gov.au](mailto:rfs.library@rfs.nsw.gov.au)  
  
The Library is closed temporarily to visitors to try to help slow the spread of Coronavirus (COVID-19) virus within the community.

police officers, firefighters, EMTs, emergency-room personnel, and soldiers.

Please [contact the library](#) for a password-embedded link to our eBook collection or to borrow the [hardcopy](#).

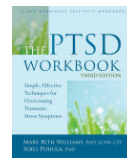


[Mindfulness For Warriors : Empowering First Responders to Reduce Stress and Build Resilience](#) (eBook)

Kim Colegrove, 2020

Less than three months after retiring from a thirty-year law enforcement career, Kim Colegrove's husband chose suicide. Colegrove has been helping first responders across the country practice techniques to cope with stress and trauma, and this book continues that mission by introducing meditation and mindfulness as viable and practical tools to help reduce stress, regulate emotion, and improve overall health and well-being.

Please [contact the library](#) for a password-embedded link to our eBook collection.



[The PTSD Workbook : Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms](#) (eBook)

Mary Williams, 2016

In the third edition of the best-selling The PTSD Workbook, psychologists and trauma experts Mary Beth Williams and Soili Poijula offer readers the most effective tools available for treating post-traumatic stress disorder (PTSD).

Please [contact the library](#) for a password-embedded link to our eBook collection.

Books on this topic are found in our library's [Mental Health and You collection](#)