



SAFE FIREFIGHTER

Newsletter

No. 1 | June 2026

Latest news, updates, and announcements

Contents

- 🚒 Project launch in Pardubice!
- 🚒 First staff training in the Czech Republic!
- 🚒 We have our own website!
- 🚒 Videos and podcasts
- 🚒 Follow us on social media

Project launch in Pardubice!

We are sharing moments from the very first international project partners' meeting, which took place on April 23–24, 2026, in Pardubice, Czech Republic. Partners from all over Europe gathered to build a strong foundation for the „Safe Firefighter“ initiative. This project aims to improve safety standards and training for our everyday heroes—firefighters.

It all started on Wednesday, April 22, when the partners arrived in Pardubice. The official agenda began on Thursday at the Upper Secondary School of Chemistry in Pardubice (SPSCH).

After a warm welcome and getting to know each other, the partners introduced their organizations and shared their high expectations for this important project.



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



The „Safe Firefighter“ project team in a group photo after the meeting.

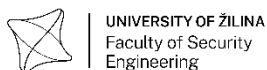
Meet the strong international team that has joined forces for the safety of firefighters:



SPSCH (Czech Republic) An upper secondary school with over 70 years of history (and more than 1,000 students) that trains fire protection and law enforcement specialists. In this project, they are developing methodologies for high-angle rescue and chemical safety (CBRNe).



UGM (Lithuania) The only training institution for firefighters and rescuers in Lithuania. It trains up to 200 new rescuers every year and improves the skills of 3,000 professionals. In this project, it coordinates communication and implements science-based self-protection methods.



UNIZA (Slovakia) A university (8,000+ students) whose Faculty of Security Engineering brings scientific evaluation, modern methodologies, and experience in mountain rescue and extreme weather conditions to the project.



VUGD (Latvia) Provides the project with real operational data and ensures that the created videos and podcasts match the daily reality of firefighters.



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



The morning was very creative – project logo options were presented and important administrative matters were discussed under the first work package (WP1), led by SPŠCH (Czech Republic).

Later, the partners went on an interesting tour of the SPSCH school. The afternoon was dedicated to intensive project planning.



Moments from the project partners visit and tour of the SPSCH school in Pardubice.

Upon return, WP2 (Staff Training) was discussed – future specialized training for staff was planned, and intensive preparations are underway for the upcoming joint exercises in the Czech Republic (this summer) and Lithuania (this autumn). The WP3 phase (Media and Public Information) was also discussed – the team talked about creating promotional and educational videos and podcasts, which will help spread the word about the importance of safety for firefighters at work.

Friday morning was dedicated to project visibility and communication (WP4). Ideas for the official website were discussed, and the project's social media accounts were presented. The Lithuanian team also explained the communication plan in detail, along with the requirements for organizing future events to share the project's progress and results with stakeholders.

Before ending the official part, the partners took part in interviews to record their first insights and goals for the project. After the final evaluation and closing remarks, the official meeting ended, creating a strong foundation for future cooperation.



First staff training in the Czech Republic!

After a successful first partners meeting, the „Safe Firefighter“ project quickly moved from theory to practice! On June 9–12, 2026, the project partners gathered in the Czech Republic for the long-awaited first staff training, „High-Angle Rescue“ (summer session). This intensive training was designed to push boundaries, share life-saving experience, and standardize rescue procedures across different European countries.

June 9 (Tuesday). The first day of training began with the theoretical and practical mastery of foundational safety rules and the Single Rope Technique (SRT). As the name suggests, SRT is a system designed for ascent and descent using only one rope. This method encompasses a set of rope access techniques used to navigate vertical and horizontal distances and obstacles during high-angle rescue operations.



Moments from the exercises in the Czech mountains.

This technique requires strict adherence to fundamental safety rules. Only one Type A rope of the appropriate diameter is used to form the rope path, which is secured to one or more anchor points using a rigging system, and all elements of the path must be connected into a single, cohesive unit. Each route must start from a primary anchor point with sufficient load-bearing capacity. An anchor point with limited load-bearing capacity may



Co-funded by
the European Union

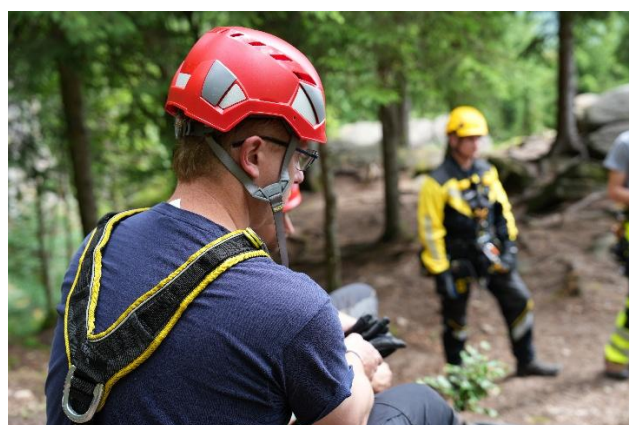
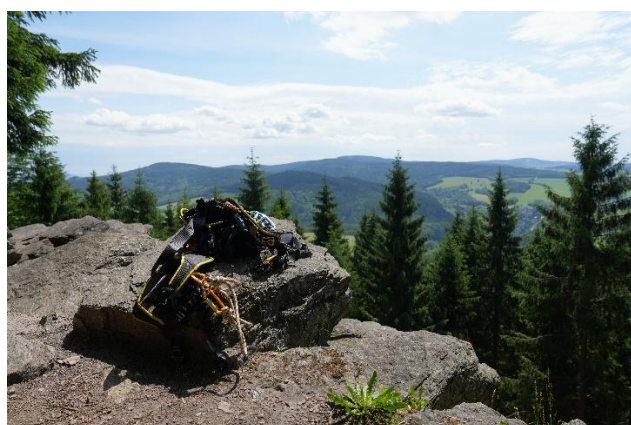
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



also be used for intermediate rigging, provided that if it fails, the rope will not be damaged and the point above will not be subjected to a shock load that could damage it.

Rescuers must pay special attention to protecting the rope from friction and damage caused by contact with structures or terrain. It is important to remember that as you ascend, the rope moves constantly due to its elasticity and stretch. The rope rubs against sharp building structures or rocks, which poses a huge risk and can damage or even completely sever it; therefore, the use of special rope protectors is essential.

Strict safety requirements also apply to the firefighter: when ascending or descending, special ascending devices (self-locking clamps) must be used, and the rescuer must always be attached to the rope at no fewer than two points. However, when performing a standard descent with a special descender, it is not necessary to use a second safety rope. Finally, when a firefighter is simply working while suspended at a certain height or needs to prevent a fall near an edge, a single safety lanyard connecting them to a reliable structure is sufficient to ensure their safety.



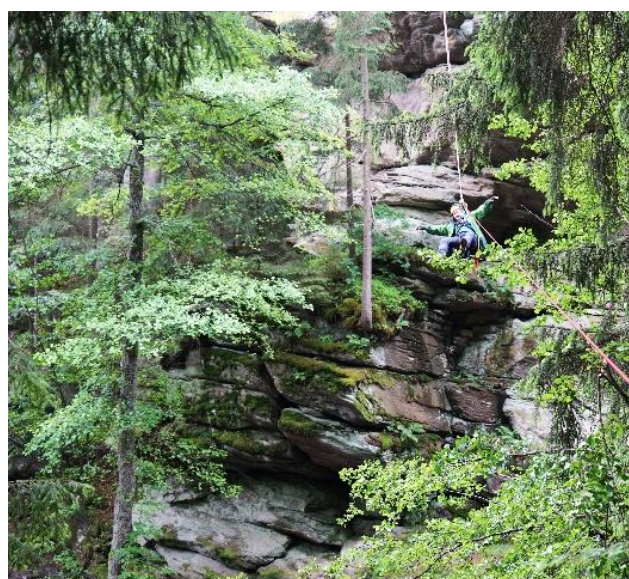
Moments from the first day of training.

During the exercise, basic preparatory work was carried out to ensure proper equipment operation. Individual climbing and high-angle rescue tasks allowed the instructors to assess the participants' readiness level. The Czech partners presented the rescue techniques and specific equipment used in their country. The Lithuanian team analyzed this methodology and its safety standards. Key differences between the countries' systems and examples of best practices were identified. All partners practically tested the Czech SRT methodology under real conditions, adapting it to various rescue scenarios.



The „Safe Firefighter“ team after the first day of training.

June 10 (Wednesday). On the second day, the training moved to a mountainous area. Here, nature dictated the conditions, and the main focus became individual rescue of victims in static mode (climbing procedures for individual rescue, static mode). Upon arrival at the site, the teams assessed natural obstacles, terrain, and safety risk factors, searching for optimal anchoring points for the rescue systems. Algorithms for lifting and lowering victims were also practically tested. Participants simulated scenarios requiring split-second decision-making.



Moments from the second day of training.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



In the Czech mountains, the „Safe Firefighter“ team trained on highly specific tactical elements:

- ✚ Mid-air rescue (pick-off): This is one of the most complex operations, where a rescuer descends by rope to a suspended, often unconscious person. Firefighters learned how to safely attach the victim to their own rescue system, use specialized tools to cut or release the victim's tensioned rope, transfer the entire weight (load) of the victim's body onto themselves, and safely descend together.
- ✚ Working with double weight: Descenders operate completely differently when two people (the rescuer + the victim) are descending instead of one. Firefighters learned to manage the increased friction, use additional carabiners, and ensure that the descent remained smooth and safe.

Each team member had to personally perform all rescue actions with their own hands in a real mountain environment.



The „Safe Firefighter“ team after the second day of training.

June 11 (Thursday). The third day demanded advanced tactical skills. Intensive training took place, focusing on joint rescue in dynamic mode (climbing procedures for joint

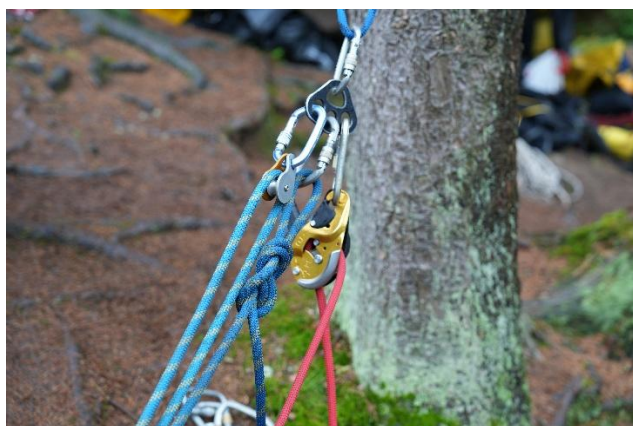


rescue, dynamic mode). The rescue operations were carried out in mixed teams composed of representatives from different countries. In dynamic mode, the rescuer suspended on the rope does not control their own movement – they are lifted up and lowered down by the team remaining above. This became a true communication challenge, requiring synchronous action while managing complex, multi-component rope systems.



Behind the scenes of teamwork.

Dynamic rescue often involves not only lowering the victim but also stabilizing them in a horizontal or vertical position, for example, using specialized rescue stretchers (stretcher rescue). Firefighters learned to control the tilt angle of the stretcher in mid-air to prevent the victim from colliding with rocks or structures.



Teamwork: utilizing rope techniques to rescue a victim.

While performing operations at a high altitude, the time of the operation was recorded, while strictly enforcing safety protocols.

The teams had to find the perfect balance between speed and risk management.



Moments from the experiment: a demonstration by the Czech representative.

This experiment served as proof of why Czech firefighters and rescuers place absolute trust in the single-rope technique.

The techniques used by firefighter rescue services in Lithuania, Latvia, Slovakia, and the Czech Republic differ depending on national traditions, legal regulations, and the specific nature of the rescue operations. Although all these countries are united by common European Union safety standards, several different techniques clash in practice.

In the Baltic States – namely Lithuania and Latvia – extremely strict safety requirements apply, which is why the two-rope technique remains the standard here. Lithuanian fire and rescue forces are required to use a working rope and a separate safety rope because the firefighters' working environment is completely unpredictable, full of sharp structural debris, and fire-damaged elements. The single-rope technique in these countries is more niche, used by speleologists, tree care specialists, or during highly specific military operations.

Slovakia also follows European regulations and applies the two-rope technique. However, Slovak specialists, working in complex mountain and cave terrain where every kilogram



of equipment and speed of movement are crucial factors, are highly knowledgeable in and apply elements of the single-rope technique.



Moments from the experiment: a demonstration by the Lithuanian representative.

The Czech Republic stands out in this context as a leader and innovator, where the single-rope technique is deeply integrated into the firefighter rescue program. For many years, the Czechs have been investing in cutting-edge equipment and intensive training to prove that a correctly managed single rope allows operations to be performed much faster.

June 12 (Friday). The fourth day was dedicated to reflection, summarizing the results, and establishing future guidelines. During the morning session, the partners sought an answer to the project's core question: „What does it take to become a safe firefighter?“. A unanimous conclusion was reached: safety depends not only on the quality of technical equipment but also on continuous situational awareness, psychological readiness, and professional discipline.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Moments from the discussion with the partners.

The participants filled out comprehensive experience reports, and video filming work also took place.

At the end of the training, a final evaluation of the results was carried out together with partners from the Czech Republic, Lithuania, Slovakia, and Latvia. All members of the Lithuanian team were awarded international certificates. Priceless experience was gained, even stronger ties were established, and methodologies were brought back that will undoubtedly contribute to increasing the safety of our firefighter rescuers!



The „Safe Firefighter“ project team in a group photo after the meeting.

The acquired knowledge and filmed material will become the foundation for future methodical guidelines, videos, and podcasts. And the next stop is the C2 session in Lithuania! Stay tuned for updates!



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

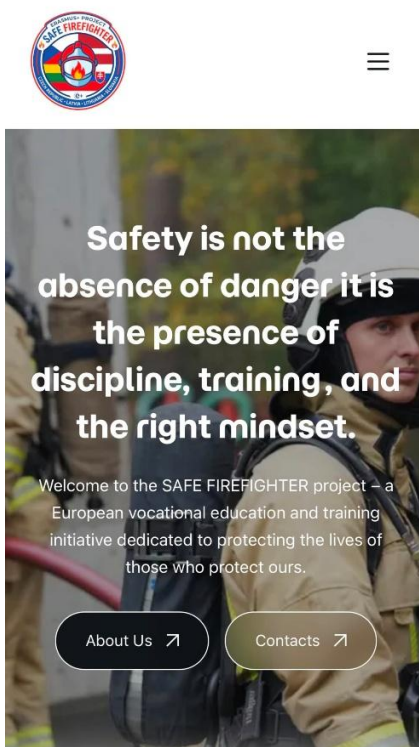


The „Safe Firefighter“ project – a safer environment for those who protect us.

We have our own website!

We are thrilled to announce that the official website of the "Safe Firefighter" project has launched! From now on, all the most important information regarding the project's progress and achievements is accessible in one place. We invite you to visit, look around, and learn more about our activities. Our goals, vision, and the solutions being developed to increase firefighter safety will be presented in detail here. You will get to know the international team and the organizations that have joined forces for a common goal. We will also regularly share moments from drills, visits, meetings, and achieved results.

Visit here: <https://erasmussafefirefighter.eu>



A photo from the „SafeFirefighter“ website.

Videos and podcasts



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Following the conclusion of the first drills in the Czech Republic, the project partners are officially beginning creative and production work in the digital space. Very soon, our followers and the professional community will receive the first visual and audio material, with which we aim not only to inform but also to make a tangible contribution to strengthening the safety culture of firefighters.

Currently, the teams are actively working on three main media formats:

- ✚ Promotional (Promo) video: Currently, the first shots are being filmed, which will be featured in a short, dynamic, and inspiring promotional video clip.
- ✚ First podcasts: Topics are being prepared for the first audio recordings. In the podcasts, you will hear live, professional, and open conversations with experts in their field, firefighter rescuers, and project creators. We will discuss daily challenges and real-life experiences.



Behind the scenes of the creative process: moments of the Lithuanian team from the filming of the promo video clip and the first podcasts.

- ✚ Instructional videos: Based on the experience of the drills in the Czech Republic, the partners are beginning to film visual instructional material. These videos will serve as a practical guide demonstrating correct rescue methods, tactics, and safety requirements when working at heights or in other extreme situations. All of this work requires great focus and coordination among the partners.



The project partners from Slovakia are already beginning to delight us with the first results of their digital content! Recently, the Slovak team recorded their very first podcast in Slovak and shared it on their YouTube channel.

In the first episode, the partners discuss the recent training and share their fresh impressions from the visit to the Czech Republic. We invite you to support our colleagues and listen to their conversation on the topic: Rope techniques course in Pardubice.

You can listen to the podcast here: <https://www.youtube.com/watch?v=OdVXslFpWII>

Follow our news on the website and social media – as soon as the first episodes and video clips are released, you will be the very first to know!

Follow us on social media

Want to be the first to know about everything and see even more behind-the-scenes action of the project? We invite you to join our growing community and follow the „SafeFirefighter“ accounts on the most popular platforms:

- Facebook, Instagram, and LinkedIn: Here we share the most up-to-date news, moments from drills, and the team's daily routine.
- YouTube: Here you will be able to watch our educational videos and interviews.
- Spotify: We invite you to listen to our podcasts, where we will discuss firefighter safety challenges and expert recommendations.

Have questions or ideas?

If you want to learn more about specific parts of the project, have suggestions, or simply want to inquire, we are always ready to answer!

Reach out to us at erasmussafefirefighter@gmail.com we will gladly answer all your questions.

