## CFA Stair Climb

I first joined CFA 1 year ago when I was 16, I have always loved my community and helping others especially in their times of need. I have learnt a lot about safety and how to respond to an emergency both through physical training and how to deal with jobs that influence mental health such as car crashes and medical response. I have been an operational firefighter since September 2024 after completing my General Firefighter course and have responded to all types of emergencies such as grass fires, house fires, car crashes and bushfires. I have also completed several other courses that further qualify me for different types of emergencies such as operating Breathing Apparatus, Low structure and low voltage fuse removal.

Joining my fire brigade gives me opportunities to help other when they are having the worst days of their lives and just making it a little better when they hear those sirens approaching. It gives me a sense of purpose, and it allows me to create my own little community within emergency services as my brigade is like a second family to me as I know they will always have my back and help me when I need it, and I would do the same for each of them.

So furthermore, to being in the CFA I have decided to do the Melbourne Firefighter Stair climb on the 6<sup>th</sup> of September 2025 in full CFA structure gear and Breathing apparatus where we will climb 28 flights of stairs in the Crown Metropol Building to raise money to fight suicide, depression and cancer by raising \$1 Million to support our beneficiaries, Lifeline, Peter MacCallum Cancer Foundation and 000Foundation. I have my personal goal of Reaching \$1000 dollars to put towards these foundations and assist in their journey of helping people.

I would be extremely grateful for any donations no matter how big or small anything helps us reach our goal my donation link is here: <u>https://www.firefighterclimb.org.au/climber/scarlettharrison</u>

To read more about the Stair Climb you can access the page here: <a href="https://www.firefighterclimb.org.au/">https://www.firefighterclimb.org.au/</a>

Thank you,

Scarlett Harrison