

Officer safety through continued education and training!

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VALOR Officer Safety and Wellness Program

Digital Dispatch

Volume 4, Issue 4



The VALOR Digital Dispatch provides officer safety and wellness-related articles, resources, upcoming VALOR trainings, and research studies to all registered VALOR Web Portal members. Share this email with others in the law enforcement community. Previous issues of the Digital Dispatch are also available on www.valorforblue.org.

Access to articles and training resources may require logging in to your VALOR account. Law enforcement officers can sign up for a VALOR account [here](#).

SHOWCASE

Spotlight on Safety



The Bureau of Justice Assistance (BJA) VALOR Program is highlighting the Spotlight on Safety, [Law Enforcement Professionalism: Set the Standard. Others Will Follow](#). This series looks at your role as a guardian, a scholar, and a statesman and how your continued development in these areas is a safety issue.

Professionalism

[Law Enforcement Professionalism: Set the Standard. Others Will Follow.](#)

Law enforcement officers can "be the change" they wish to see in the current relationships that they and their agencies have with their communities by understanding a very simple notion about professionalism and officer safety: Being a professional law enforcement officer today requires commitment to yourself, your fellow officers, and your community. [Read the article.](#)

MISSION ESSENTIAL

Continue Your Education



Your continued professional development and training are critical to your safety and well-being, as well as that of your fellow officers and the community you serve. The following topics are areas that you may want to further research and explore.

Officer Safety

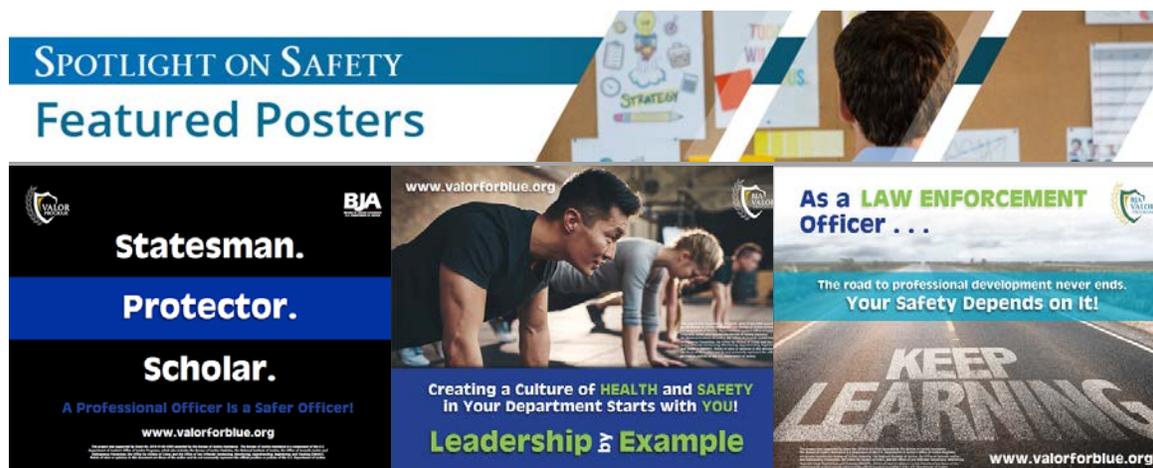
[Making It Safer: A Study of Law Enforcement Fatalities Between 2010 and 2016](#)

This report encompasses a seven-year study from 2010 to 2016 that analyzed 1,016 line-of-duty deaths. Specifically, the analysis focused on cases that involved a dispatched call for service and the common circumstances in those fatal incidents. Armed with this information, researchers were tasked with determining whether any commonalities that existed could be utilized as learning tools to prevent future deadly calls or fatal encounters. [Read the study.](#)

Sleep

[Supporting Officer Safety Through Family Wellness: The Effects of Sleep Deprivation](#)

While sleep deprivation is not exclusive to law enforcement, it is often amplified because of the unique stressors of the job and shift work. Sleep is essential to maintain and repair bodily functions and systems. Sleep, or lack thereof, has effects on all functions of the mind and body, which not only affects an officer's job but also family wellness. [Read the article.](#)



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REGISTER FOR Training



Survive & Thrive: Protecting You and Your Fellow Officers

[Rockville Centre, New York—June 11–12, 2018](#)

[Jacksonville, Arkansas—June 12–13, 2018](#)

[Kalamazoo, Michigan—June 21–22, 2018](#)

[Baton Rouge, Louisiana—June 25–26, 2018](#)

Survive & Thrive Fundamentals: Protecting You and Your Fellow Officers

[Honolulu, Hawaii—June 14, 2018](#)

[Concord, New Hampshire—July 16, 2018](#)

[Billings, Montana—August 7, 2018](#)

Train-the-Trainer Workshop

[Rockville Centre, New York—June 13, 2018](#)

[Baton Rouge, Louisiana—June 27, 2018](#)

Executive Leadership Workshop

[Rockville Centre, New York—June 1, 2018](#)

[Baton Rouge, Louisiana—June 4, 2018](#)

Save the Date!

VALOR Survive & Thrive Fundamentals: Protecting You and Your Fellow Officers

[Vernal, Utah—July 12, 2018](#)

NEW ON
valorforblue.org



REGISTER NOW



We are pleased to announce the 2018 Bureau of Justice Assistance (BJA) Destination Zero (DZ) Conference scheduled for August 2–3, 2018! The conference is being held in beautiful Phoenix, Arizona.

The BJA DZ Program is a collaborative effort between the National Law Enforcement Officers Memorial Fund and VALOR Officer Safety Program and was designed to help law enforcement agencies improve the health and safety of their officers across the United States.

DZCon2018.valorforblue.org

Attendance at the DZ Conference is limited to law enforcement personnel. Agency identification will be required at registration check-in.

Have You Seen This?



[The Pat Long Story](#)

Since the VALOR Program's inception, Program instructors have trained more than 40,000 officers across the United States. VALOR is committed to providing no-cost training to address the current trends and contemporary issues that the law enforcement community encounters today. VALOR training is designed to promote officer safety and to help prevent injuries and deaths of law enforcement officers and the people they serve. VALOR provides training appropriate for all sworn law enforcement officers, from the newly appointed officer to the seasoned veteran, from the patrol officer to the police chief. [Watch now.](#)

[Casualty Care—Tourniquets Online Training](#)

(VALOR log-in required)

This online training is designed to review the Tactical



Combat Casualty Care-recommended tourniquets and to demonstrate to officers how to apply each of these tourniquets to themselves and others to prevent major blood loss.

This document/article was prepared as part of the VALOR Officer Safety and Wellness Training and Technical Assistance Program for the purpose of helping law enforcement personnel understand safety and wellness issues. It is not a U.S. Department of Justice publication. Opinions or points of view expressed are those of the author(s) and do not necessarily reflect the official position or policies of nor should be seen as an endorsement by the U.S. Department of Justice.



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This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



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