

FIGHTING THE FIRE

Film Review

TATE FRASER, *Firefighter*
Mudgeeraba Rural Fire Brigade, Queensland, Australia

You see movies these days about firefighters and emergency responders and expect unrealistic events, action and just plain drama that don't depict what we do on a daily basis. However this film is quite the opposite. Whilst it's not full of the typical drama, action and suspense, it accurately shows what we deal with behind the scenes.

Being a first responder isn't just about the first response to jobs. It's the lasting effects from what we see, that quite often sticks with us, and unfortunately can haunt us. We see more traumatic events in a short time frame than the average person will see their whole life, and that sticks.

We don't forget it, and previously, the stigma has been to suck it up. This film shows us why we can't do that. It shows why we need to change the way we, as responders deal with our trauma.

It's not just the effects on us, but our families, our friends. They feel it too. We need to be open, honest and transparent about how we feel deep down. *Fighting The Fire* shows that there are people who care, and often, there are people close to you who have the advice you need.

I highly recommend this to be watched by everyone, not just responders and their families. This gives everyone, an understanding of what the people you call on the worst day of your life, will walk away and deal with.