



Heidi Wallner watches over the city at night. As a fire service medic, she regularly saves lives.

# Saving Lives Day and Night

**#Volunteering** LSG Sky Chefs employee Heidi Wallner goes above and beyond to ensure safety at work and outside of work

**W**hen Heidi Wallner isn't working at Washington-Dulles International Airport (IAD) as a Safety Supervisor, she volunteers weekly as a firefighter and Emergency Medical Technician (EMT) at Ashburn Volunteer Fire and Rescue Department in Ashburn, Virginia. Every Wednesday, Heidi begins her 12 hour shift with her duty crew at 6 PM in the evening, ending at 6 AM Thursday morning - just in time for her job at LSG Sky Chefs. "Wednesdays and Thursdays are long days for me, but it's so worth it," says Heidi enthusiastically. During their shift, the crew may respond to anything from a medical emergency or a car accident to a house fire. "The majority of our calls are medical," reports Heidi, "and the most important thing is to make sure everyone feels safe." Heidi actually joined the Ashburn



View more pictures of Heidi Wallner's nightshift at Ashburn's Fire and Rescue Department: **in eBase under #OneLife**



Do you know someone who gives something back to society? Or perhaps you have an interesting and unusual hobby? Write to us at **one@dlh.de**

Volunteer Fire and Rescue Department six years ago as an administrative member, but every time she saw the fire engine responding to a call, it seemed so much more exhilarating to her. "I talked to a few people and decided I would give it a shot, go to fire school and see if I could become a firefighter. I graduated in the fall of 2010," she remembers. In July 2014, Heidi completed additional courses to become an EMT. According to Heidi, volunteer Fire and Rescue takes on a whole life of its own and needs a lot of dedication: "It's definitely not for everyone, but I believe, however, that volunteering, in any capacity, is important for everyone. Each of us can spare a little bit of time and has a talent to offer. It is a way to give back to the community and help the world become a nicer, kinder place." (aap/mca)