

# Deakin University

## Profile questionnaire

**Name:** Jenni Raines

**Course at Deakin:** PhD in Physiology

**Campus:** Burwood

**Previous qualification(s):**

- Project Officer, Operations; Country Fire Authority, Burwood.
- Research Assistant, Firefighter Health and Safety; Department of Physiology, University of Melbourne.
- Bachelor Science (Exercise and Sport Science) Honours, Deakin University.
- Bachelor Science (Human Movement), Deakin University.

**What is your current area of study at Deakin?**

- PhD looking at Hydration and Physiology of Bushfire Fighters, within the School of Exercise and Nutrition Sciences.

**What do you enjoy about your current studies?**

- The challenge.
- Learning.
- Collaboration with multitudes of people. Working with fire agencies, funding bodies, firefighters, researchers and assistants.

**Can you briefly outline your PhD project and research?**

My research aims to discover the extent firefighters become dehydrated during emergency bushfires and prescribed burn events. Specifically, how dehydration affects their health and productivity out on the fireground as well as determining the best way to combat dehydration during bushfire fighting events.

**For you, what are the highlights of obtaining your PhD and continuing on in your field of study?**

- Research performed on very deserving people who do an incredible and important job.
- Findings have the potential to affect firefighter productivity, health and safety.
- By improving firefighter productivity, fire spread may be reduced, thereby reducing damage and impact on communities.
- By improving firefighter health and safety our limited workforce may be better maintained throughout a large scale emergency fire event and also throughout the fire season.
- Findings have potential to help fire agencies and bushfire fighters within Australia and also world-wide.

**What do you intend to do once you complete your PhD?**

Jenni Raines-PhD Physiology

Continue researching and further develop our understanding of how to enhance human performance during stressful times and/or emergency situations (i.e. Structural firefighting, wearing chemical defence or HAZMAT suits, military soldiers etc) in both fit and 'general population' individuals.

**What have been your career/study highlights to date?**

- Working for firefighters during Victoria's Black Saturday Bushfire Disaster
- Presenting research findings to the Department of Environment and Heritage, Country Fire Service and other key stakeholders in South Australia

**Why did you choose to undertake your course at Deakin?**

Originally this work and funding began at the University of Melbourne. But as Deakin University has a more Applied (real-world) Research focus, it was a natural progression to undertake my PhD research here. The facilities and support from the School of Exercise and Nutrition Sciences has helped a great deal and has contributed to the successes I have experienced with my research program.

**Would you recommend your Deakin course to others considering it?**

Yes. If you want to develop research skills working with real people in an applied sports (or human performance) setting, Deakin is a great place to study.