"I am a fire fighter"

I am neither a hero nor a superhero

I can be burnt by fire and smoke can overcome me

I can be exhausted by heat and frozen by cold

I can be trapped by collapse and fall from heights

I may sustain injury and even make the ultimate sacrifice for you

I will suffer all of these.... But if we do, I will never leave you!

I have trained hard and earned this, the proudest of titles....

I am a fire fighter!!!

By Kevin Wright

London Fire Brigade, retired

Courtesy of Rodney Berry, Emergency Services Chaplaincy, South Africa