



Mark Quick

Devon and Somerset Fire & Rescue

“Renewing my HGV license saved my life, and the Charity helped me get back to fitness after open-heart surgery”



While going through medical checks to renew his license, doctors came across what they thought was a murmur on Mark Quick's heart. Further tests revealed the Devon and Somerset firefighter had a problem with his aortic valve, which, if left, would likely have resulted in heart failure.

“It is crazy to think that it's only because of my career as a firefighter that this was picked up,” says Mark. “Just because I had to renew my license, it saved my life, as I was 18 months away from major problems.”

In October 2018, Mark underwent open heart surgery, where a pig's aortic valve replaced his own. Having been supported by The Fire Fighters Charity earlier in his career with a knee injury, Mark knew we'd be able to help him regain fitness and get back to work.

“They made it very clear I couldn't come until my consultant had signed me off, but as soon as he did, I put in my application, and a few weeks later, I was making my way to Harcombe House.”

The team kept a close eye on Mark, advising him not to push himself beyond his own limits: “There was a wall chart in the gym that showed the effort scale, and I wasn't allowed to exceed 14 out of 20 for effort,” he says. “Nothing stopped me doing anything, other than working at a sensible level.”

Mark surprised himself at how quickly he saw results, getting tasks done quicker and able to see definite progress in his efforts to complete his personalised exercises: “My fitness was high on nothing when I went there, so I chose time in the gym over workshops or psychological support, which is why I saw results,” he says. “I can't thank the Charity enough.”

www.firefighterscharity.org.uk/mark-quick

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