



# Kyler Z.

Advanced Emergency Medical Technician, Cobb County Fire Station 30  
28, Male, Single, Some College, Multiple Professional Certifications



*"Every call is a puzzle, and I don't leave until I've put all the pieces together. The rush is like nothing else—you can't turn it off, and honestly, I wouldn't want to."*

Mental

Emotional

## KYLER'S STORY

Kyler is a 29-year-old Advanced Emergency Medical Technician (AEMT) stationed at Cobb County Fire Station 30.

Known for his quick decision-making and calm demeanor under pressure, Kyler thrives in the high-intensity environment of emergency response. He regularly handles calls ranging from car accidents on I-75 to medical emergencies in local neighborhoods.

However, Kyler also struggles to balance the intensity of his work with personal well-being.

His colleagues admire his commitment, but some quietly worry that he takes on too much, feeding into the adrenaline and chaos rather than pacing himself for the long term.

## TECHNOLOGY

Samsung Galaxy Z Fold5

## SOCIAL MEDIA / USE

#### High: ## ## hours a week

## FEARS / GOALS

- Fear of career stagnation
- Making mistakes
- Professional mastery

## KNOWN ISSUES

- "Um. None. Killin' it 24/7 in the ATL."

## UNKNOWN ISSUES

- Anxiety
- Compassion fatigue
- Constant sense of urgency
- Difficulty processing victims' emotional cues
- Self-esteem
- Strained relationships

## COPING METHODS/HABITS

- Adrenaline dependence
- Energy drinks
- Overworking
- Taking on extra shifts from boredom, restlessness