Brandon Barr
Training Captain
Meridian Fire Department

For Brandon Barr, service has always been about helping people become stronger, safer and better prepared for life's toughest moments.

As training captain for the Meridian Fire Department, Barr helps ensure firefighters are equipped with the skills and knowledge they need to protect the community every day. From live fire exercises to hazardous materials response and rescue operations, he plays a key role in preparing Meridian firefighters for the realities they face in the field.

Barr's path into public safety began with a different kind of service. Before joining the fire department nearly 14 years ago, he worked as a personal trainer specializing in post-rehabilitation fitness for people recovering from surgery and living with conditions like Parkinson's disease, fibromyalgia and multiple sclerosis.

Helping others regain confidence and strength eventually led him toward emergency response and firefighting, where he found a new way to serve his community.

Today, Barr works closely with Meridian's training division to help firefighters meet rigorous standards while focusing on practical, real-world preparation. His goal is not just to complete required training hours, but to build confident firefighters who can think clearly and respond effectively under pressure.

"We want our guys training in the way that we perform on scene," Barr said. "We want to build a mindset of being able to figure things out and help people out of difficult situations."

Under the city's renewed focus on public safety, the department's training efforts have continued to grow. The training division recently expanded from one person to two, allowing firefighters to increase specialized instruction and improve insurance ratings that directly benefit the community.

Barr has also seen Meridian's investment in growth extend beyond the fire department. From downtown revitalization and community events to new educational opportunities and development projects, he believes the city is building momentum in meaningful ways.

"There are a lot of people in this city and county trying to make Meridian better," he said.

A lifelong Meridian resident, Barr remains deeply connected to the city and the people who call it home. Family is a major part of that connection.

Outside of work, Barr enjoys hiking, traveling to concerts with friends and running a small pressure washing business that helps fund those adventures. But no matter where he travels, Meridian remains the place he believes in most.

He points to organizations, volunteers and local leaders who continue working to create new opportunities and experiences for residents of all ages. From festivals and downtown events to investments by Mississippi State University in Meridian's downtown corridor, Barr sees a city that is moving forward with purpose.

For him, that progress comes down to people willing to invest in the community and work together toward something better.

"If we're not all trying, it's going to be a slow turn," he said.

Through his leadership, his commitment to training and his belief in the future of his hometown, Brandon Barr is helping Meridian move forward, stronger than ever.