TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Heart Attacks : Affect Us All

FOCUS: Firefighter health and safety is important to the successful operation of every department. With this in mind, wellness activities are becoming more common place in departments across the country today.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

The fast paced lives of firefighters require excellent physical conditioning. Injury statistics reveal that heart related ailments are one of the fastest growing cause of illness to firefighters. Fatality statistics further reveal many of the fallen firefighters knew of their ailments and continued to work.

With this knowledge, most departments have also begun to place an extra emphasis on wellness. Education, regular check-ups, medication and lifestyle changes can reduce the possibility of a heart attack. It's important to pay attention to the warning signs and take quick action . The life you save may be your own!

DISCUSSION

- What would you do if you felt symptoms that might indicate a heart attack?
- Do you have any of the indicators that could lead to a heart problem?
- What lifestyle changes have you made?
- How do you deal with stress?
- Would you continue to work if you had heart related issues?
- What can our department do to create positions for those with health issues?
- How can we better deal with stress management issues?

The greatest asset of the fire service is our people; protect them!

Copyright August 31, 2006 WHA Insurance
For additional Safety Drill material call 1-800-852-6140 PDT
Or email info@whainsurance.com
Ask for public entity safety coordinator