

### 5-MINUTE SAFETY DRILL

## Heart Attack: We Can Solve This Problem

Date: \_\_\_\_\_

Shift: \_\_\_\_\_

Dept: \_\_\_\_\_

Station: \_\_\_\_\_

Training Code: \_\_\_\_\_

### NOTES:

**FOCUS:** Firefighters have suffered hundreds of heart attacks each year over the past decade. 40-50 end in death, while others resulted in life changing effects.

### CHALLENGE

The fastest growing cause of death in the fire service is heart attack for those 40 and over. There are many factors associated with heart diseases including age, gender, cigarette smoking, diabetes, high blood pressure and high cholesterol.

### DISCUSSION

Firefighters work in a stressful environment from an emotional as well as physical standpoint. Physical and emotional fitness are areas that are being addressed with more emphasis to reduce this exposure. Most departments are embracing wellness and developing programs that are integrated into their SOG's. Wellness activities often include education, enhanced physical examinations, fitness programs and lifestyle coaching.

These simple suggestions can help you reduce your risk of heart attack and stroke:

- Have your blood cholesterol checked regularly. Take steps to lower it if it is high.
  - Don't smoke. Smokers have more than twice the risk of heart attack as nonsmokers do. Even if you don't smoke, being exposed to tobacco smoke daily puts you at higher risk.
  - Have your blood pressure checked regularly. Take steps to lower it if it's high.
  - Be physically active.
  - Recognize and treat diabetes.
  - Maintain a healthy weight. Take steps to lose weight if needed.
  - Eat healthy foods low in saturated fat, cholesterol and sodium.
  - Don't drink too much alcohol. It can increase your blood pressure.
  - Manage your stress.
1. How would you evaluate our wellness program?
  2. Do you think we devote enough time for physical fitness activities?
  3. Should we have more emphasis on stress management?
  4. Are our wellness resources adequate?
  5. What suggestions do you have for improvements?

**The greatest asset of the fire service is its people, protect them!**