TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Health Issues: Make Annual Physicals Your Resolution

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

Popular New Year's Resolutions

Lose Weight, Pay off Debt, Save Money, Get Fit, Eat right, Drink Less Alcohol, Quit Smoking, Reduce Stress, Take a Trip, Take a Class, Learn a Language, Spend More Time with the Family….

CHALLENGE

We need to move a visit to the doctor for the annual physical to the top of our lists of New Year's Resolutions. It is during these annual physicals that many life threatening diseases and illnesses are identified. In most cases early detection provides the opportunity to correct potentially dangerous health issues before they become too serious.

DISCUSSION

- Is getting a physical a part of your New Year's Resolution?
- When was your last physical?
- How informed are you about your personal health risks?

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

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Ask for public entity safety coordinator