TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: It's A New Year, Make A New Start

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

FOCUS: The statistics indicate the needed changes to address the major causes of serious illnesses and death among firefighters are not occurring as quickly as needed. Now is the time to take greater personal responsibility for our health and well being.

CHALLENGE

The health of members of the fire service has become an important issue in recent years. This has been highlighted by the severity and frequency of the illnesses that are impacting the fire service. The recognized physical and emotional demands of the job have created and concern that department members are 'fit" for duty. After all, not only is the safety of the individual at stake but also the members of their crew.

As we have gained knowledge about the causes of illnesses that negatively impact the fire service, there has been a growing effort to provide education and fitness programs to address the issues. However, each year countless deaths are the result of heart attacks and strokes.

There are many factors that contribute to these illnesses and it clear there needs to be more personal "ownership" for improving our health and reducing the risk factors. It's apparent, that no number of directives or regulations can make us take care of our health. It's up to us to get the recommended physicals, make changes as necessary and develop the attitude that makes wellness a top priority in our lives! Remember, we can't provide a service if we're not here.

DISCUSSION

- When was your last physical?
- If the results were less than expected, what are you doing about it?
- Did you follow up as recommended by the doctor?
- Are you committed to making lifestyle changes necessary for a longer, healthier life?
- Do you feel wellness is a departmental priority, if not, why not?
- How can we create a more supportive environment for wellness activities?
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- How are we progressing with our safety efforts?
- How do we measure our improvements?
- Do we communicate the results to the members?

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

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