

5-MINUTE SAFETY DRILL

Wellness: Focus on Health

Date: _____

Shift: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:

FOCUS: Heart ailments, stress related conditions and cancer have a severe impact on the lives of firefighters. We need to pay greater attention to our health. Annual visits to the doctor can extend our lives.

CHALLENGE

Wellness activities are increasing in the fire service because of the spotlight that has recently been placed in this area. Departments throughout the country are embracing fitness and healthier lifestyles. A large part of the wellness component includes education that is supported by health physicals.

Many of us fear going to the doctor for fear of getting bad news. Some of us have carry over fears from our childhood and don't visit very often. Because of these fears, too often firefighters have extended illnesses or deaths because life threatening situations were not identified in a timely manner.

Our wellness activities must emphasize the importance of annual physicals for firefighters. 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

It is important to recognize that many diseases can attack you at any age! It's time for flu shots. This is also a good time to get your physical. For your "personal" health and safety as well as for your loved ones, you should make this commitment in addition to any lifestyle adjustments recommended by your physician.

DISCUSSION

- When was your last physical?
- Do you feel there is a need for annual examinations?
- What stops you from getting the examinations?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you feel our district's focus on wellness is adequate?
- Do you think there are ways to improve how we communicate health related issues?
- How do you plan to address health issues you are facing?

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