

5-MINUTE SAFETY DRILL

Wellness: Off The Job Injuries Create Problems

Date: _____

Shift: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:

FOCUS: Off duty recreational activities often cause serious injuries to firefighters. We must use the same safety focus when we are off duty as when performing our work tasks! You are missed when you can't perform your duties as a member of the team. Don't let an injury on or off the job sideline your career!

CHALLENGE

Each year thousand of firefighters are seriously injured in off duty accidents. Too many of these accidents are the result of recreational activities. How can people who are keenly aware of the need for safety precautions clearly abandon them during off duty hours!

Many of us enjoy engaging in outdoor activities such as skiing, snow boarding, climbing, biking and hunting. We must balance our recreational interests against the potential danger our activities expose us to. We should always wear the appropriate personal protective equipment for the sport we are engaging in.

We must use the same precautions in off duty hours as we do when working. Your safety is important to your family and team members. Neither function very well when you are missing.

Take care to ensure your career won't be cut short needlessly! Whatever the activity, safety should always come first!

DISCUSSION

- What recreational activities do you pursue?
- Do you always wear the required equipment?
- Have you completed a risk assessment of the activity?
- Are the rewards worth the risks posed by the activity?
- Have you been trained in the activity?
- What's your level of expertise?
- Do you have support in case of an emergency?
- What emergency preparations have you made?
- Is your personal protective equipment appropriate and in good condition?
- Do you remember you are a community role model?

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