TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness: Let's Get Started

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Have you made your New Year's resolution to start "getting in shape?" Are you still at it or have you broken it already! Commitment is at the root of change. We must be committed to improving our health and well being to be the best we can be!

DISCUSSION

- When was the last time you had a full physical exam?
- Have you had an appropriate wellness program developed for you?
- Who would be a good wellness partner for you?
- How are you going to keep track of your success?

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

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Ask for public entity safety coordinator

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