TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: This is Not the Solution

FOCUS: Alcohol has become a problem in society today and the fire service is no exception. We must work together to ensure sobriety for the safety of all!

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Drinking alcohol has long become an accepted part of our culture and many of us will have the occasional drink at a social function. Some have a drink for relaxation. Unfortunately, many people use alcohol to solve emotional problems. Some people suffering from depression, stress and fatigue will self medicate with alcohol. The reality is alcohol only masks the true issues that must be solved!

Alcohol use can progress into abuse and even addiction so subtly that sometimes people do not realize that it has become a problem for them and those around them. Statistics reveal many work related injuries and vehicle accidents are alcohol related. Alcohol has been shown to impair judgment and slow reflexes. The cost of injuries, deaths and property damage is in the millions each year.

As firefighters, safety is extremely important. A clear head is an essential part of working safely. A hangover can limit your ability to safely perform your job the same as being intoxicated! The community and your team depends on you to be at your best. Let's keep alcohol use under control. Never drink , drive or use machinery while under the influence of alcohol. It's for your safety and those around you!

DISCUSSION

- Do feel drinking is an issue with firefighters?
- If so, why?
- How often do you have a drink?
- Why do you drink to relieve pressure or depression?
- Do you feel there is peer pressure to drink?
- Are you concerned about the drinking habits of a coworker or family member?
- What impact does this have on you?
- Does the department have an Employee Assistance Program?
- Do you feel there is adequate support available for someone with a drinking problem?
- How would you handle a situation of a coworker under the influence?

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

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