TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Heart Attack : The Mystery Has Been Solved!

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

We Don't Need A Crystal Ball

CHALLENGE

Heart attack remains one of the major causes of death for firefighters. In recognition, most departments are actively engaging in wellness programs. These programs generally attack wellness from a variety of angles that range from education to fitness activities.

We must take personal responsibility to address our personal health issues and take action! Lifestyle changes should be made as necessary to keep us healthy and safe. These changes may include diet, exercise, stress management and medication.

DISCUSSION

- Do you have any of the indicators that could lead to a heart problem?
- What lifestyle changes have you made?
- How do you deal with stress?
- How would you adjust if diagnosed with heart related issues?
- What can our department do to create positions for those with health issues?
- How can we better deal with stress management issues?

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

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