TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Heart Attack :The Mystery Has Been Solved

FOCUS: Firefighter health and safety is important to the successful operation of every department. More progress needs to be made to reduce the exposure to heart attacks.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Recent statistics indicate heart attacks continue to contribute to a disproportionate number of firefighter deaths. This alarming information has caused many departments to address this issue head-on.

Most departments have begun to actively engage in wellness programs. These wellness programs include an increased emphasis on education, annual physical examinations, health monitoring, fitness, nutrition and stress management activities. Departmental programs can only take us so far.

Each of us must take personal responsibility for our own well being. After all, the causes of heat attacks and strokes is no longer a mystery. Each of us has risk factors that must be identified. Once risk factors are determined, lifestyle changes must be made. It's important to realize that our health status plays a key role in our ability to perform our duties safely! Let's look forward to a long and healthy career!

DISCUSSION

- Do you know your risk factors for heart attack or stroke?
- What lifestyle changes have you made?
- How do you deal with stress?
- 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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