TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness: Safety Is In Season All The Time

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

The holiday season creates many opportunities for fun with friends and family. When we are off duty, we can't wait to enjoy our favorite activities! For many of us it involves outdoor sporting events such as climbing, biking and hunting. Each year off duty accidents are the source of injuries to thousands of firefighters. 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. Whatever the activity, safety should always come first!

DISCUSSION

- What recreational activities do you pursue?
- 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?

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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