TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness: Annual Physicals Alert Us To Dangers

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

This looks like the perfect place! The water looks very inviting and we can't wait to dive in. However, we don't know if it's safe to swim here. There could be toxins, pollutants or a Tsunami could be on the way.

Our bodies are like this coastal site. We may look fit but could have health issues looming. Too often firefighters have extended illnesses or deaths because life threatening situations were not identified in a timely manner. We must increase our wellness activities to include annual physicals for firefighters.

DISCUSSION

- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you think there are ways to improve how we communicate health related issues?
- How can our department improve its support of wellness activities?

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

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