TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: Annual Physicals Are The Key

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

FOCUS: A firefighter's health status is also a safety issue. Wellness is an important part of making sure everyone returns safely! Let's give physicals the importance they deserve.

CHALLENGE

Too often we are shocked when we hear that someone suffers from a devastating illness. We have considered them the very picture of health! Like this beautiful coast, we think everything is well. 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. Danger is an invisible enemy.

Our bodies are like this coast. We may look terrific on the outside but inside there are serious issues that need to be addressed for the sake of our health. Heart attack , stroke and cancer continue affect too many firefighters.

We have come to recognize the important role good health plays in firefighter fitness and ability to have long careers. Most of our departments have increased the emphasis on "wellness" to include education and programs geared to support lifestyle changes that are necessary for a healthier body.

An additional area that should have increased attention is the need to have annual physicals. It is during these annual physicals that many life threatening diseases and illnesses are identified. In most cases early detection provides the opportunity to correct potentially dangerous health issues before they become too serious. It is important to recognize that many diseases can attack you at any age!

For your "personal" health and safety as well as for your loved ones, you should get an annual physical and make the lifestyle adjustments recommended by your physician.

DISCUSSION

- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you feel our district's focus on wellness is adequate?
- Do you think there are ways to improve how we communicate health related issues?
- How do you plan to address health issues you are facing?

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

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