

Heart Attack

Date: _____

Student: _____

Dept: _____

Station: _____

Training Code: _____



NOTES:

CHALLENGE

The fastest growing cause of death in the fire service is heart attack for those 40 and over. There are many factors associated with heart diseases including age, gender, cigarette smoking, diabetes, high blood pressure and high cholesterol.

DISCUSSION

Firefighters work in a stressful environment from an emotional as well as physical standpoint. Physical and emotional fitness are areas that are being addressed with more emphasis to reduce this exposure. Most departments are embracing wellness and developing programs that are integrated into their SOG's. Wellness activities often include education, enhanced physical examinations, fitness programs and lifestyle coaching.

These simple suggestions can help you reduce your risk of heart attack and stroke:

- Have your blood cholesterol checked regularly. Take steps to lower it if it is high.
- Manage your stress.
- Eat healthy foods low in saturated fat, cholesterol, and sodium.
- DO NOT SMOKE.

Heart Attack

QUESTIONS

1. How would you evaluate our wellness program?
2. Do you think we devote enough time for physical fitness activities?
3. Should we have more emphasis on stress management?
4. Are our wellness resources adequate?
5. What suggestions do you have for improvements?