TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Heart Attack : Action Saves Lives

FOCUS: Any firefighter that dies from heart related issues is one too many! Firefighter health and safety is important to the successful operation of every department. It is up to each of us to take charge of our health and well being.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Emergency services personnel and firefighters need to be in excellent condition to perform their duties effectively. The jobs are fast paced and stressful! Injury statistics continue to reveal that heart related ailments are one of the fastest growing cause of illness and death to firefighters. Fatality statistics further reveal many of the fallen firefighters had knowledge of their ailments and continued to work.

With this knowledge, most departments have also begun to place an extra emphasis on wellness. Education, regular check-ups, medication and lifestyle changes can reduce the possibility of a heart attack. It's important to pay attention to the warning signs and take quick action . The life you save may be your own! Your family and team members are depending on you to be there!

DISCUSSION

- What would you do if you felt symptoms that might indicate a heart attack?
- Do you have any of the indicators that could lead to a heart problem?
- What lifestyle changes have you made?
- How do you deal with stress?
- Would you continue to work if you had heart related issues?
- What can our department do to create positions for those with health issues?
- How can our department better address stress management issues?

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

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