

Wellness: Off The Job Injuries Create Problems

Date: _____

Student: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:



CHALLENGE

Each year off duty accidents are the source of injuries to thousands of firefighters. 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 skiing, snow boarding, climbing, biking and hunting. 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!