TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: Walking Costs Nothing!

FOCUS: The statistics indicate the needed changes to address the major causes of serious illnesses and death among firefighters are not occurring as quickly as needed. Now is the time to take greater personal responsibility for our health and well being.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

The health of members of the fire service has become an important issue in recent years. This has been highlighted by the severity and frequency of the illnesses that are impacting the fire service. This is also partially due to the recognized physical and emotional demands of the job and concern that department members are 'fit" for duty. After all, not only is the safety of the individual at stake but also the members of their crew.

As we have gained knowledge about the causes of illnesses that negatively impact the fire service, there has been a growing effort to provide education and programs to address the issues. However, each year countless deaths are the result of heart attacks and strokes.

There are many factors that contribute to these illnesses and it clear there needs to be more personal "ownership" for improving our health and reducing the risk factors. It's apparent, that no number of directives or regulations can make us take care of our health. It's up to us to get the recommended physicals, make changes as necessary and develop the attitude that makes wellness a top priority in our lives!

Walking has been determined to be one of the best exercises. It's low impact and can provide cardiovascular exercise as well as relieving stress. Most of us can do it. If the department can't provide a gym, take charge and begin walking regimen!

DISCUSSION

- When was your last physical?
- If the results were less than expected, what are you doing about it?
- Did you follow up as recommended by the doctor?
- Are you committed to making lifestyle changes necessary for a longer, healthier life?
- Do you feel wellness is a departmental priority, if not, why not?
- How can we create a more supportive environment for wellness activities?

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

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