TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Heart Attack: These Can Help!

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Emergency services personnel and firefighters need to be in excellent physical condition to perform their jobs effectively. The jobs are fast paced and stressful! Today, most departments have also begun to place an extra emphasis on wellness activities. However, it's vital everyone take personal responsibility to become educated, obtain regular physicals and make the lifestyle changes suggested.

It's important to pay attention to the warning signs of heart related issues and take quick action . The life you save may be your own!

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 can our department do to create positions for those with health issues?

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

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