

5-MINUTE SAFETY DRILL

Health Issues: Make Annual Physicals Your Resolution

Date: _____

Shift: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:

FOCUS: Early detection of health problems has been proven to save lives. It's important we take advantage of this fact and get our recommended physical examinations each year.

CHALLENGE

As the year ends, we all begin to make lists of resolutions for the next year. Our resolutions are often geared towards self improvement and sound great. We plan to lose weight, pay off debts, save money, get fit, eat better, quit smoking, take a trip, learn a language and spend more time with the family, and the list goes on and on.

These are great ideas and we should attempt to complete our lists. However, if getting an annual physical is not at the top of the list, we may not be around to complete the rest. Too often firefighters have extended illnesses or deaths because life threatening situations were not identified in a timely manner.

Timely physicals can alert us to serious issues that need to be addressed for the sake of our health. Too often we hear of someone having a stroke, heart attack or dying from cancer that appeared to be in perfect condition. In most cases early detection provides the opportunity to correct potentially dangerous health issues before they become too serious. It is important to recognize that many diseases can attack you at any age!

We must continue to stress the importance of getting annual physicals. For your "personal" health and safety as well as for your loved ones, you should get an annual physical and make the lifestyle adjustments recommended by your physician.

DISCUSSION

- Is getting a physical a part of your New Year's Resolution?
- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you feel our district's focus on wellness is adequate?
- Do you think there are ways to improve how we communicate health related issues?
- How do you plan to address health issues you are facing?

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