

5-MINUTE SAFETY DRILL

Health Issues: Annual Physicals Are A Priority

Date: _____

Student: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:



This car looks perfect on the outside... but what's going on under the hood?

CHALLENGE

Our bodies are like this car. We may look bright and shiny on the outside but could have health issues looming. Too often firefighters have extended illnesses or deaths because life threatening situations were not identified in a timely manner. We must increase our wellness activities to include annual physicals for firefighters.

Let's make sure we're good to go with a check up!

DISCUSSION

- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you think there are ways to improve how we communicate health related issues?

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