

### 5-MINUTE SAFETY DRILL

## Health Issues: Annual Physicals Are A Priority

Date: \_\_\_\_\_

Shift: \_\_\_\_\_

Dept: \_\_\_\_\_

Station: \_\_\_\_\_

Training Code: \_\_\_\_\_

### NOTES:

**FOCUS:** Preventatives measures such as a annual physicals will save countless lives.

### CHALLENGE

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.

This looks like the perfect car! The car looks impressive and ready to go. We can't wait to drive away. However, we don't know if it's ready for a long trip. There could be all sorts of problems lurking under the hood..

Our bodies are like this car. We may look terrific on the outside but inside there are 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.

We have come to recognize the important role good health plays in firefighter fitness and ability to have long careers. Most of our departments have increased the emphasis on "wellness" to include education and programs geared to support lifestyle changes that are necessary for a healthier body.

An additional area that should have increased attention is the need to have annual physicals. It is during these annual physicals that many life threatening diseases and illnesses are identified. 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! 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. Let's get an annual tune-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 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!**