

### 5-MINUTE SAFETY DRILL

## Wellness: Safety is Always Important

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

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

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

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

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

### NOTES:

**FOCUS:** Off duty accidents contribute to firefighter injuries and sideline many professionals. We must take safe precautions when engaging in activities off duty to prevent serious injury.

### CHALLENGE

Each year off duty accidents are the source of injuries to thousands of firefighters. When we are off duty, we can't wait to enjoy our favorite activities! Winter provides a variety of outdoor sporting opportunities. Off duty accidents range from skiing, snowboarding, hunting, fishing and even mountain climbing.

We must balance our recreational interests against the potential danger our activities expose us to. We should always wear the appropriate personal protective equipment for the sport we are engaging in. We should have fun but always exercise the necessary cautions and take the necessary steps to return from the activity safely. We should never exceed our skill levels when participating in recreational activities. The same judgments used when performing our duties at work should be used to evaluate our off duty activities.

Whatever the activity, safety should always come first!

### DISCUSSION

- What recreational activities do you pursue?
- Have you completed a risk assessment of the activity?
- Are the rewards worth the risks posed by the activity?
- Have you been trained in the activity?
- What's your level of expertise?
- Do you have support in case of an emergency?
- What emergency preparations have you made?