TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

WELLNESS: Your Health Is In Your Hands

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

The health of members of the fire service has become an important issue in recent years. This is partially due to the physical and emotional demands of the job and concern that department members are "fit" for duty. This is also highlighted by the severity and frequency of illnesses that impact the fire service.

No number of directives and regulations can make us take charge of our health. It's up to us to get physicals, make changes as necessary and develop the attitude that makes wellness a priority.

DISCUSSION

- When was your last physical?
- If the results were less than you expected, what are you doing about it?
- Are you committed to making lifestyle changes necessary for a longer, healthier life?
- Do you feel wellness is a departmental priority?
- How can we create a more supportive environment for wellness activities?

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

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