TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: Let's Get Started

FOCUS: Keeping our firefighters healthy through wellness and fitness activities.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Firefighting is a dangerous job. To do it safely you must be in top physical condition. Getting into shape and maintaining that level of fitness is very difficult. The unusual hours and work demands of our profession make it difficult to establish a consistent exercise and dietary regimen.

Have you made your New Year's resolution to start "getting in shape?" Are you still at it or have you broken it already? What is the right diet and exercise program for me? Why is it so easy to turn off the alarm clock that first morning and postpone starting the program until next week, month or year?

A key factor in getting started with a wellness program is the individual's level of personal commitment. Always start a diet or exercise program with the help of a professional, preferably a licensed physician. Often people change behavior only when they get bad news about health or job performance.

There are successful ways to motivate yourself to "get started":
Identify a wellness partner. It could be a spouse, friend, or co-worker, and make "the promise" to them.

1. Pride will help you get up at 5 A.M. to meet a friend and work out.
2. Help start a formal wellness program at your department.
3. Get a coach. A great coach could be your personal physician.
4. Develop a way to monitor your success. Being able to see positive progress will help to you stay committed to your program.

DISCUSSION

- When was the last time you had a full physical exam?
- Have you had an appropriate wellness program developed for you?
- What are simple things that you can do throughout the day to improve your health?
- List 5 things you can do each day at work to improve your health (for example take the stairs, take a walk at lunch, do isometric exercises at your desk, and do calisthenics before lunch).
- Who would be a good wellness partner for you?
- How are you going to keep track of your success?

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

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