TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: Tis The Season To Be Safe

FOCUS: Off duty recreational activities cause serous injuries to firefighters. Let's make sure we take the same level of precautions off the job as when we are working!

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

The holiday season creates many opportunities for fun with friends and family. Each year these recreational pursuits are the source of serious injuries to thousands of firefighters. Sadly hundreds are also killed as the result of the pursuit of "fun!"

Our fire fighter duties are very stressful and downtime is very important. When we are off duty, we can't wait to enjoy our favorite activities! For many of us it involves outdoor sporting events such as climbing, biking, skiing, snow boarding and hunting. We must balance our recreational interests against the potential danger our activities expose us to.

We should use the same safety strategies off work as on. Every activity has "risk" and we should conduct an analysis prior to beginning each task. Issues such as weather, visibility, road or surface conditions, number and experience of participants, familiarity with the equipment or terrain should always be considered.

Adjustments should be made to compensate for areas or situations that could put you at risk. Whatever the activity, safety should always come first! The appropriate personal protective equipment for the "sport" should always be worn at play just as when working. The goal is to return safely from our recreational outings rested and reenergized.

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?
- Is your personal protective equipment appropriate and in good condition?

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

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