



2009 Fire/EMS Safety, Health and Survival Week June 14-20, 2009

Suggested Daily Schedule

The following schedule is offered as a template for fire/EMS departments to use as they plan out their Safety Week activities. Remember that the goal is to actively participate and to highlight best practices so that everyone comes home from every call.

Before Your Safety Week Activities

Send a department-wide email/notification about Safety Week

For career fire departments, this should be a joint labor-management initiative, so the announcement should be jointly from chief and union president. For combination departments, the fire chief, volunteer leadership and union president should make a joint announcement. For volunteer departments, the chief and president or commissioners should make a joint announcement.

Send out a reminder to the department a few days before the event:

The 2009 Safety Week theme *Protect Yourself: Your Safety, Health and Survival Are Your Responsibility* encourages chiefs and fire/EMS personnel to focus on what they personally can do to manage risk and enhance their health and safety. This year's theme reflects the need for personal responsibility and accountability within a strong safety culture. This year's theme reflects the need for organizational action that supports and encourages a health and safety culture. **Recommended activities and materials will incorporate four key areas** where standard operating procedures, policies and initiatives—along with the training and enforcement that support them—can limit fire/EMS personnel's risk of injury or death:

Safety

Emergency Driving (*Enough is Enough—End Senseless Death*)

1. Lower speeds—stop racing to the scene. Drive safely and arrive alive to help others. Never exceed posted speed in ANY fire department vehicle.
2. Use seat belts—never drive or ride without them.
3. Stop at every intersection—look in all directions and then proceed in a safe manner.

Health

Fire Fighter Heart Disease and Cancer Education and Prevention

1. Don't smoke or use tobacco products. If you do, get help if you want to quit. All fire departments must support smoking cessation programs.
2. Get active and work out.
3. Eat a heart-healthy diet.
4. Maintain a healthy weight.

5. Get annual medical and fitness evaluations.

Survival

Structural Size-Up and Situational Awareness

1. Keep apprised of different types of building materials and construction used in your community.
2. Develop a comprehensive size-up checklist.
3. Always complete a 360° walk of the structure to collect valuable, operational decision-making information.
4. Learn the practice of reading smoke.
5. Be familiar with the accepted rules of engagement.
6. Learn your accountability system and use it.
7. Master your tools and equipment.
8. Remain calm and concentrate.
9. Listen to your company officer.

Chiefs

Be the Leader in Safety

1. Ensure that resources are available to accomplish activities safely and effectively.
2. Become personally engaged in safety and make it part of your strategic vision for the department.
3. Be willing to make the tough decisions regarding safety policies and practices and their implementation.
4. Hold members of the organization accountable for their safety and the safety of those with whom they work.

During Safety Week

0700 hours

To start the day's activity, begin with the following sample radio announcement:

"The [department name] is participating in the 2009 Fire/EMS Safety, Health and Survival Week. All personnel are to observe a moment of silence for our fire service brothers and sisters who have lost their lives in the line of duty. All department activities for the remainder of the day are to follow the guidelines issued by the fire chief with the full support of the [IAFF local president/volunteer leadership/volunteer chief]."

0730 hours

As you begin the day with the inspection of tools and equipment to ensure that they are operational, take time to discuss the dangers of driving to alarms and how we can improve our safety by doing the following:

Safety - Emergency Driving (*Enough is Enough—End Senseless Death*)

1. Lower speeds—stop racing to the scene. Drive safely and arrive alive to help others.
 - a. When driving a vehicle on an emergency call, never exceed posted speed limits.
 - b. Take time to discuss this with others and commit that you will SLOW DOWN and maintain control of your vehicle every time you are responding to a call.
2. Utilize seat belts—never leave the station without being buckled in.
 - a. Review your department's seat belt policy. If it does not exist, develop one, implement it and ENFORCE it.

3. Stop at every intersection—look in all directions and then proceed in a safe manner.
 - a. View what can happen to you if you don't stop at an intersection:
<http://www.youtube.com/watch?v=G3uoVOOIT2s>

0830 hours

Now that everyone has finished checking out the apparatus, it is time to take care of the most important piece of equipment that your department has. **YOURSELF!**

First, get active. Take your crew out for a 30 minute cardio workout (walk, run, etc.). During your workout, talk about the importance of taking care of your body by not using tobacco products, maintaining a healthy weight and getting a regular health screening, utilizing the resources below.

After finishing your workout, gather everyone around the kitchen table and plan your heart-healthy meals for the day. Go to the **Fit to Survive** website (<http://www.iaff.org/hs/FTS/>) to find recipes and nutrition tips.

Health - Fire Fighter Heart Disease and Cancer Education and Prevention

1. Get regular medical and fitness evaluations.
 - a. Annual medical exams should be MANDATORY.
 - b. Check out why getting an annual exam is so important at <http://www.iaff.org/iamalive>.
 - c. Visit www.iafc.org/wfi or www.iaff.org/hs for more information about the joint IAFF/IAFC Wellness-Fitness Initiative (WFI)
2. Get active.
 - a. If you don't already have a set time to exercise with your crew, set one up. Use fitness equipment at the station, or use your local fitness club if your fire department has a usage agreement in place.
 - b. Read and discuss the NIOSH publication "Preventing Fire Fighter Fatalities due to Heart Attacks and other Sudden Cardiovascular Events"
<http://www.iaff.org/07News/PDF/NIOSHAlert.pdf>
3. Eat a heart-healthy diet.
 - a. Make a promise to yourself that you will eat healthier meals; portion control is key.
 - b. Visit **Fit to Survive** at <http://www.iaff.org/hs/FTS/>, where you will find expert advice and practical information on portion control, staying fit and healthy, as well as recipes and nutrition tips to make your next firehouse meal wholesome and delicious.
 - c. View a healthy meal planner at <http://www.iaff.org/hs/FTS>.
4. Maintain a healthy weight.
 - a. View *Healthy Eating for a Healthy Weight* at http://www.cdc.gov/healthyweight/healthy_eating/index.html
5. Don't smoke or use tobacco products.
 - a. View the details of tobacco use at <http://www.cdc.gov/tobacco/> or <http://www.iaff.org/smokefree/>
6. Stop, Drop, and Control high blood pressure.
 - a. Visit <http://www.iaff.org/hs/fts/sdc/> to learn more about the risks associated with high blood pressure and to view resources available to help you control your blood pressure.

0930 hours

After finishing breakfast, begin discussing all of the items below:

Survival - Structural Size-Up and Situational Awareness

1. Keep apprised of different types of building materials and construction used in your community.
 - a. Schedule a visit to a local building supply house and have a sales person discuss new types of building materials and how they are used in your community.
 - b. Visit a subdivision under construction to view new building materials in place.
 - c. Conduct a walk-through of a new commercial building to examine light weight construction. Discuss what action you would take if you were called to respond to a building fire at that location.
2. Develop a comprehensive size-up checklist.
 - a. Construct a checklist that will jog your memory and assist in developing a size-up of an incident. This can be as detailed as you need it to be. Work with others to build a wide-spread checklist. Practice giving initial on-scene radio reports.
3. Always complete a 360° walk of the structure to collect valuable, operational decision-making information.
 - a. Make a commitment that you will always “make a lap around the building” to gather that additional information.
 - b. If you cannot physically get to the rear of the structure, ensure that you have someone check the rear as soon as possible.
 - c. Discuss what types of additional information you can learn from a 360° walk and its importance.
4. Learn the practice of reading smoke.
 - a. View pictures and videos of different smoke conditions and discuss what they mean to the operating crews at the incident.
5. Be familiar with the accepted rules of engagement.
 - a. Review and discuss the IAFC’s 10 Rules of Engagement:
www.iafc.org/associations/4685/files/rules.pdf
6. Learn your accountability system and use it.
 - a. Ensure that your accountability system is working at the scene of the incident, not just to say that the department has a “system.”
 - b. Practice different situations where you use your accountability system and then evaluate whether you can truly and accurately account for ALL of the people at the incident scene.
7. Master your tools and equipment.
 - a. Challenge your crew members to name all of the tools and their locations on your apparatus.
 - b. Challenge your crew members to state a little known fact about any tool on your apparatus.
8. Remain calm and concentrate.
 - a. Take a deep breath. You have prepared yourself for this through training and you are ready.

1200 hours

Lunch – Heart-Healthy Meal

1530 hours

National Fire Fighter Near-Miss Reporting System

During Safety Week, the National Fire Fighter Near-Miss Reporting will provide grouped reports on each of the 4 key areas of Safety Week (<http://www.iafc.org/displaycommon.cfm?an=1&subarticlenbr=307>). A series of questions will be included for each group of reports to facilitate a discussion on departmental policies, safety attitudes and preventive reminders to avoid injuries. This is a great opportunity for safety officers, training officers and company officers to reinforce lessons learned from others and apply them to daily operations. It is estimated that each topic will take about 30 minutes to discuss - select the topics that are most relevant to your crew or department.

Take the Safety Self-Assessment Quiz

<http://www.surveygizmo.com/s/141644/safety-self-assessment-quiz>

1700 hours

Self Evaluation – Open Discussion

1. Emergency Driving (*Enough is Enough—End Senseless Death*)
 - a. Take time to evaluate how **YOU** operate a department vehicle or your personal vehicle when responding to an emergency incident.
 - b. Ask yourself the following questions and be truthful to yourself and evaluate your own safety.
 - i. Do **YOU** always operate your vehicle within its limitations and within your ability to maintain full control at all times?
 - ii. Do **YOU** always wear your seat belt in every vehicle you drive and require that everyone in that vehicle wear theirs also?
 - iii. Do **YOU** ever put yourself or anyone at an unnecessary risk when driving to an emergency?
 - iv. Do **YOU** always STOP and ensure that all others see you and they also stop, to allow you to proceed through an intersection when enroute to an emergency?
 - v. Have **YOU** ever tried to out run or beat another fire apparatus to the scene of the incident that you are responding too?
2. Fire Fighter Heart Disease and Cancer Education and Prevention
 - a. Do **YOU** smoke or use any type of smokeless tobacco products?
 - b. How active are **YOU** during your normal day? Do **YOU** exercise at least three times a week?
 - c. How often do **YOU** eat a heart- healthy meal?
 - d. Do **YOU** maintain healthy weight?
 - e. When was the last time **YOU** had a medical and fitness evaluation?

If you realized at any point while answering the questions above that you may not be doing the right thing, you should re-evaluate your ability to operate safety while responding to an emergency. ***Then do something about it... IMMEDIATELY! Take command of your safety and health!***

1800 hours

Dinner - Time for another Heart-Healthy Meal