TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Heart Attack : No One Is Immune

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Current injury statistics reveal that heart related ailments continue to be the leading cause of firefighter's deaths. There must be an increased emphasis on education and wellness activities. Regular check-ups, medication and lifestyle changes can reduce the possibility of a heart attack. Looking healthy doesn't mean you are. It's important to pay attention to the warning signs and take quick action . The life you save may be your own! Think about those you may leave behind!

DISCUSSION

- What would you do if you felt symptoms that might indicate a heart attack?
- Do you have any of the indicators that could lead to a heart problem?
- What lifestyle changes have you made?
- How do you deal with stress?
- Would you continue to work if you had heart related issues?
- What can our department do to create positions for those with health issues?
- How can we better deal with stress management issues?

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

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