TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Heart Attack : No One Is Immune

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

FOCUS: Firefighter health and safety is important to the successful operation of every department. With this in mind, wellness activities are becoming more common place in departments across the country today.

CHALLENGE

Current injury statistics reveal that heart related ailments continue to be the leading cause of firefighter's deaths. The fast paced lives of firefighters require excellent physical conditioning. With this knowledge, most departments have also begun to place an extra emphasis on wellness.

Education, regular check-ups, medication and lifestyle changes can reduce the possibility of a heart attack. A crucial part of wellness activities has to be learning to manage stress. Each person must take personal responsibility for our health and wellness. It's important to pay attention to the warning signs and take quick action.

Looking healthy is not good enough. 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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