TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Health Issues: Annual Physicals Are Your Report Card

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

Let's Strive For An "A+"

CHALLENGE

We may look fit but could have health issues looming. Too often firefighters have extended illnesses or deaths because life threatening situations were not identified in a timely manner. We must increase our wellness activities to include annual physicals for firefighters. The physical gives us our progress report.

This should be our benchmark each year!

DISCUSSION

- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you think there are ways to improve how we communicate health related issues?

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

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