

Wellness: Let's Practice Safety On and Off the Job

Date: _____

Student: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:



CHALLENGE

Each year off duty accidents are the source of injuries to thousands of firefighters. When we are off duty, we can't wait to enjoy our favorite activities! For many of us it involves working around our homes. Spring is the time to think about home repairs and remodels. The current television shows inspire us to perform many of these tasks ourselves! Far too many injuries and deaths occur due to injuries sustained at home! Whatever the activity, safety should always come first!

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?

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