TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY

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

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

FOCUS: Off duty personal and recreational activities are known to cause serous injuries to firefighters. We must use the same safety strategies when we are away from work to ensure our safety and well being. Home accidents on a national basis accounts for far too many injuries and deaths.

CHALLENGE

Every day firefighters are seriously injured in off duty accidents. Too many of these accidents are the result of hobbies and recreational activities. Each year these recreational pursuits are the source of injuries to thousands of firefighters. Sadly hundreds are also killed as the result of the pursuit of "fun!"

Our fire fighter duties are very stressful and downtime is very important. When we are off duty, we can't wait to enjoy our favorite activities! For many of us it involves working around our homes, hobbies, outdoor sporting events such as climbing, biking, riding motorcycles, water activities and hunting. We must balance our recreational interests against the potential danger our activities expose us to.

We should use the same safety strategies off work as on. Every activity has "risk" and we should conduct an analysis prior to beginning each task. Issues such as weather, visibility, road or surface conditions, number and experience of participants, familiarity with the task, equipment or terrain should always be considered.

Adjustments should be made to compensate for areas or situations that could put you at risk. Whatever the activity, safety should always come first! The appropriate personal protective equipment for the "activity" or "sport" should always be worn at play just as when working. The goal is to return safely from our recreational outings rested and reenergized.

DISCUSSION

- Do you think about safety when performing chores and other activities at home?
- What recreational activities do you pursue?
- Have you completed a risk assessment of the activities you engage in?
- Are the rewards worth the risks posed by the activity?
- Have you been properly 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?
- Is your personal protective equipment appropriate and in good condition?

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

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