



Policy Statement

IAFC Supports the IAFC/IAFF Fire Service Joint Labor Management Wellness-Fitness Initiative

A physical fitness, health and wellness program should be an objective at every fire department as a means for reducing fire fighter injuries and deaths. The *IAFC/IAFF Fire Service Joint Labor Management Wellness-Fitness Initiative* was designed to enable fire department members to develop and maintain appropriate levels of fitness. This program is a non-punitive wellness/fitness system with a holistic, positive, rehabilitating and educational focus.

The goal of the comprehensive *IAFC/IAFF Fire Service Joint Labor Management Wellness-Fitness Initiative* is to improve the quality of life of all fire service personnel. The project seeks to demonstrate the value of investing wellness resources over time to maintain fit, healthy and capable fire fighters and EMS responders throughout their careers.

A comprehensive approach to wellness/fitness will result in significant cost savings in reducing lost work time, workers compensation and disability. In addition, through data collection and analysis, participating departments will create an invaluable database suitable for comparisons throughout the fire service.

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