

# TAKE 5 FOR SAFETY

## INSTRUCTOR'S NOTES



### 5-MINUTE SAFETY DRILL



## Wellness: Annual Physicals Are Your Report Card

Date: \_\_\_\_\_  
Shift: \_\_\_\_\_  
Dept: \_\_\_\_\_  
Station: \_\_\_\_\_  
Training Code: \_\_\_\_\_

**FOCUS:** Too often firefighters are diagnosed with illness that are very serious and could have been easier to treat if diagnosed earlier.

### CHALLENGE

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.

We may look terrific but there are serious issues that need to be addressed for the sake of our health. Too often we hear of someone having a stroke, heart attack or dying from cancer that appeared to be in perfect condition.

We have come to recognize the important role good health plays in firefighter fitness and ability to have long careers. Most of our departments have increased the emphasis on "wellness" to include education and programs geared to support lifestyle changes that are necessary for a healthier body.

An additional area that should have increased attention is the need to have annual physicals. It is during these annual physicals that many life threatening diseases and illnesses are identified. In most cases early detection provides the opportunity to correct potentially dangerous health issues before they become too serious. It is important to recognize that many diseases can attack you at any age!

For your "personal" health and safety as well as for your loved ones, you should get an annual physical and make the lifestyle adjustments recommended by your physician. The annual physical should be viewed as our official 'report card' or progress reports!

### DISCUSSION

- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you feel our district's focus on wellness is adequate?
- Do you think there are ways to improve how we communicate health related issues?
- How do you plan to address health issues you are facing?

### NOTES:

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