

SUMMARY of NFPA 1500, 1582, & 1583, related the health, wellness, and fitness

Specific components of NFPA 1500 (2007) relating to the elements of a comprehensive wellness and fitness program:

- (a) Developing physical performance requirements for candidates and members (10.2.1)
- (b) All members shall be annually qualified as meeting the physical performance requirements (10.2.3)
- (c) Members who do not meet the required level of physical performance shall not be permitted to engage in emergency operations (10.2.4),
- (d) Members who are unable to meet the physical performance requirements shall enter a physical performance rehabilitation program to facilitate progress in attaining a level of performance commensurate with the individual's assigned duties (10.2.5)
- (e) The fire department shall provide health promotion activities through education and counseling for the purpose of preventing health problems and enhancing well being (11.2)
- (f) The fire department shall provide a program on the health effects of tobacco products and a tobacco use cessation program (11.2.2).

Specific components of NFPA 1582 (2000), on fire department medical physicals are:

- (a) Shall provide annual medical physicals for all members
- (b) Shall provide a Health and Fitness Coordinator, Health and Safety Officer, Infection Control Officer, and a Health and Safety committee (3.3.9-12)
- (c) Provide or arrange for a prescriptive rehabilitation and/or fitness program when indicated to aid a members' recovery from illness or injury and enhance his/her ability to safely perform essential job tasks. The fire department physician shall be a member of the fire department occupational safety and health committee chaired by the health and safety officer (4.2.1 -9)
- (d) A mandatory annual fitness evaluation that is not punitive or competitive shall be conducted as part of an individualized program (8.2.1).

Specific components of NFPA 1583 (2000), fire department fitness programs must possess, are:

- (a) Shall assign a Health and Fitness Coordinator (3.1.1 & 3.1.6),
- (b) All fire department members shall participate in a periodic fitness assessment (4.1.1)
- (c) Fitness assessments shall be conducted annually to all members (4.1.2),
- (d) Return to duty after an extended leave of illness or injury whereby the health and fitness coordinator shall develop an exercise program under the direction of the fire department physician (5.2.4)
- (e) Health promotion education is essential (6.1)