

Health, Wellness, & Fitness



Created and Presented by Captain Anita Horsley

**Aerobics and Fitness Association of America (AFFA) Personal Trainer Certified
International Fitness Association (IFA): Master Sports and Nutritional Instructor**

POST Certified Instructor III

Master Degree in Education

World Champion Fire Fighter Combat Challenge, 2005

State and National Champion Fire Fighter Combat Challenge 2006

HEALTH & SAFETY

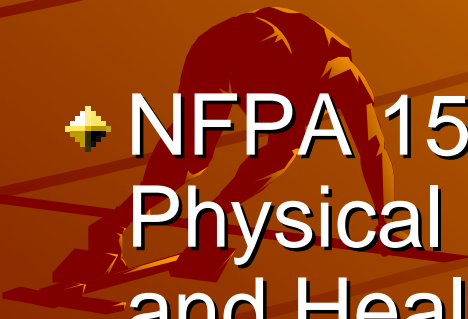


SCOPE

- ◆ To protect and serve the community by supporting Fire & Rescue's greatest asset, the fire rescue personnel.
- ◆ The H & S program will maintain the physiological readiness for applicants and certified personnel
- ◆ Assist firefighters in early detection and prevention of heart disease and other premature illness and injuries

Compliance


- ◆ OSHA 29 CFR Part 1910.120 & 156: Annual Medical, Fitness and Cardiac Evaluations for on-Board Employees
- ◆ NFPA 1500 (1582 & 1583) Medical Physical Requirements for Fire Fighters and Health related Fitness Programs for Fire Fighters



Reasons to Implement

- ◆ **NIOSH & USFA statistics continue to show that almost 50% of fire fighter fatalities are stress related heart attacks with the average age of 42 years old.**
- ◆ **The program will reduce deaths and injuries of fire fighters, thereby reducing subsequent cost in OJI and sick leave.**
- ◆ **When fire/rescue personnel are fit the citizens are safer.**

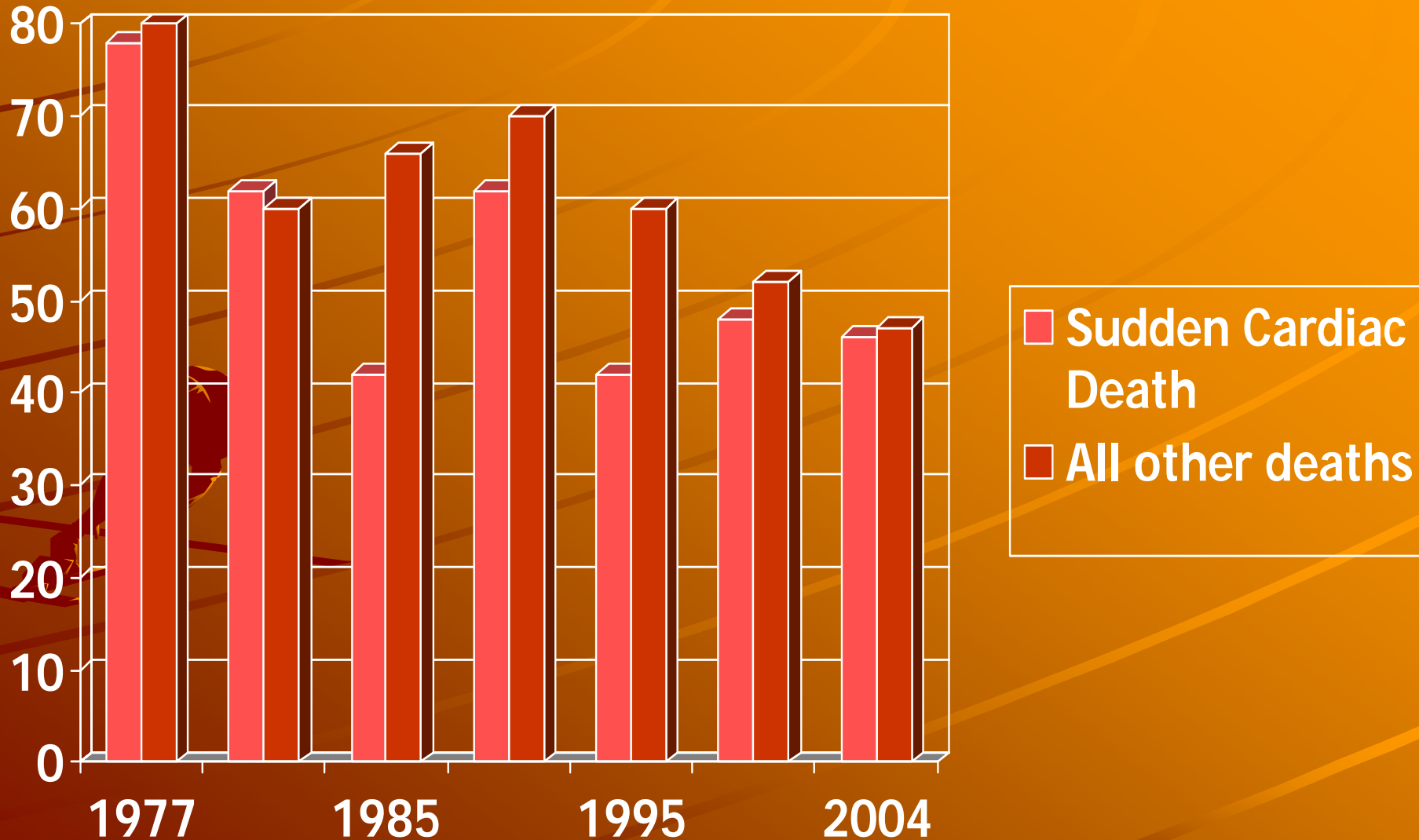
What is going on?

- ◆ Outsourcing, downsizing, layoffs, reductions in force
 - ◆ Mergers, acquisitions, consolidations
 - ◆ Global competition
 - ◆ Pressure for innovation, adaptation, reengineering
 - ◆ Increased reliance on technology
 - ◆ Information overload
- 

The fallout from a push for higher productivity

- ◆ Increased job demands
- ◆ Detachment and depersonalization
- ◆ Increased health care usage
- ◆ Increased absenteeism
- ◆ Low job morale
- ◆ Increased disability rates
- ◆ Increased on the job accidents
- ◆ Work - life imbalance
- ◆ High stress

Stat's on FF fatalities from NIOSH



116 Total deaths

U. S. FIRE ADMINISTRATION

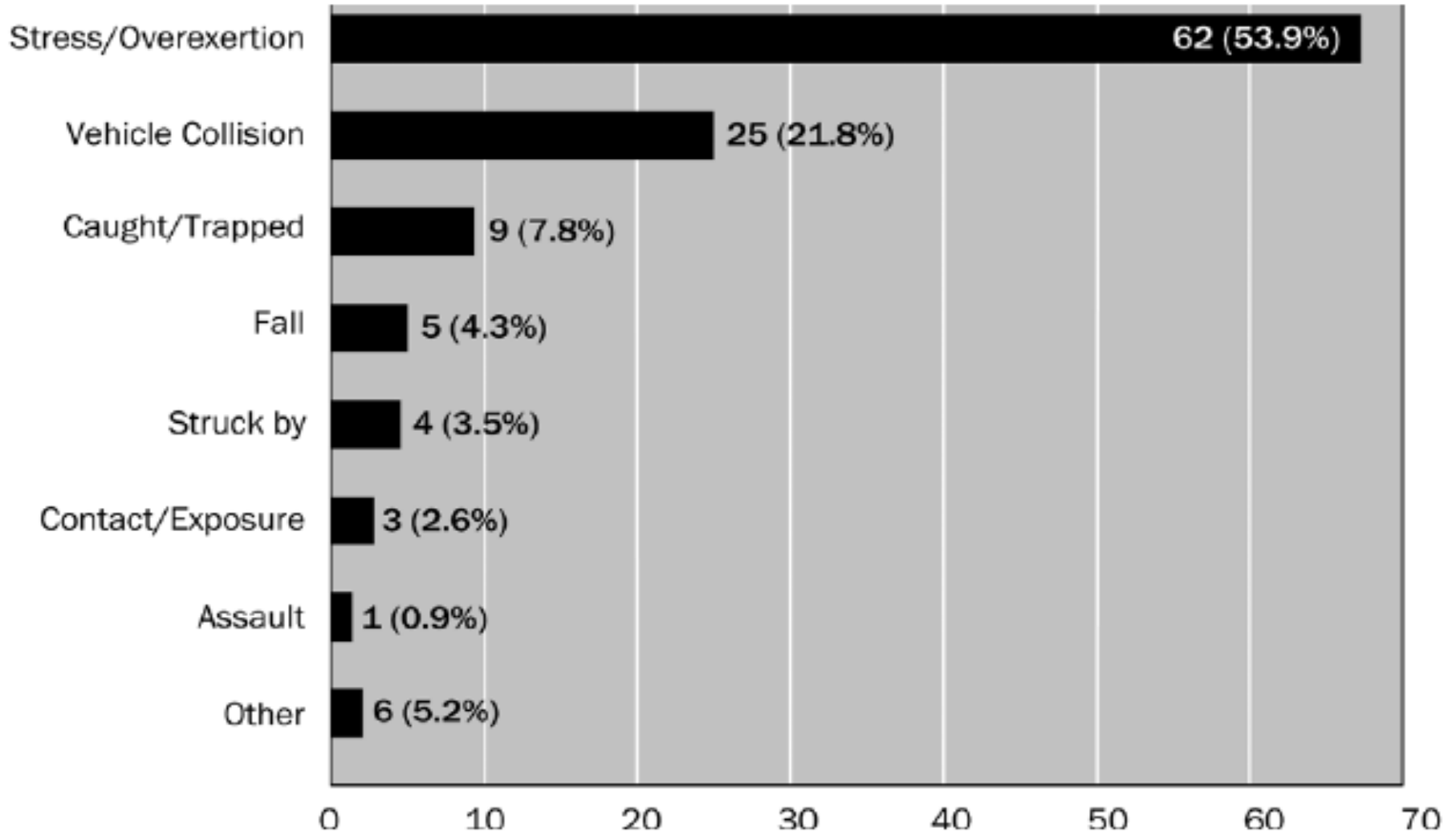
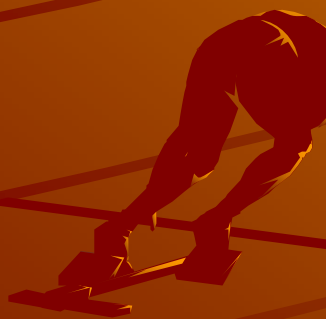


Figure 9. Fatalities by Cause of Fatal Injury (2005)

Table 9. Deaths Caused by Stress or Overexertion

Year	Number	Percent of Fatalities
2005	62	53.9
2004	66	56.4
2003	51	45.9
2002	38	38
2001	43	40.9*
2000	46	44.6
1999	56	49.5
1998	43	46.2
1997	41	41
1996	46	46.4
1995	49	48
1994	36	34.2

* Does not include the firefighter deaths of September 11, 2001, in New York City.



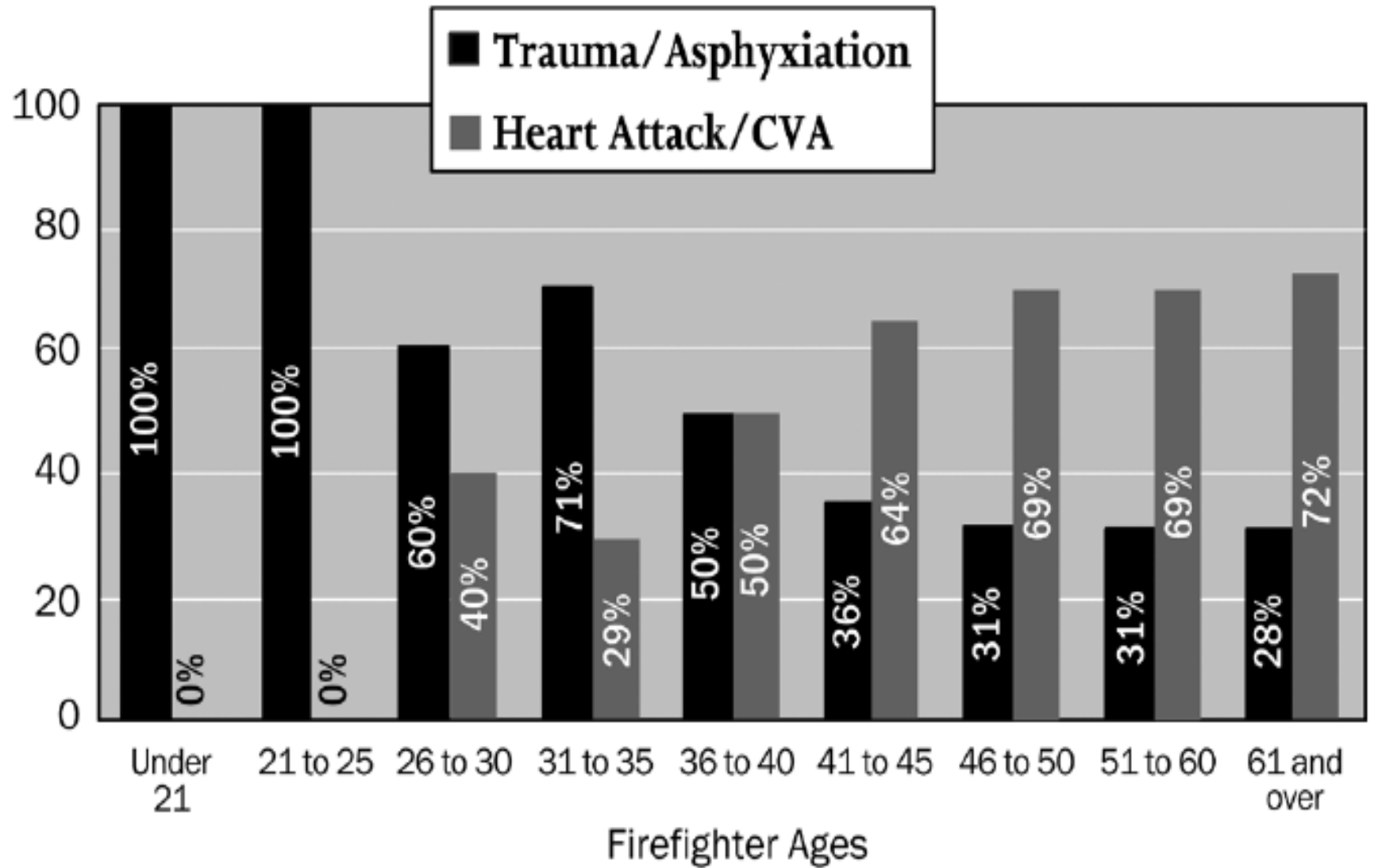



Figure 13. Fatalities by Age and Nature (2005)

Research

◆ The New England Journal of Medicine found that fire fighters fight fire from 1%-5% of their time, but 30% of fire fighter cardiac deaths occur during this time.



◆ Risk factors of heart disease: high blood pressure, smoking, obesity, blood cholesterol, sedentary life style, personality type, diet

Research

- ◆ When a fire fighter is wearing full gear, the physiological response is one third that of an individual wearing gym clothes; thus, before fire fighters do any work at a fire scene they are already one-third less efficient.
- ◆ Physically fit fire fighters are twice as efficient in completing fire fighting tasks as their less fit counterparts.
- ◆ Physically fit fire fighters have less exhaustion, fatigue, and on the job injuries.
- ◆ Exercise has shown to reduce tension and stress associated with fire fighting
- ◆ Physical Fitness Assessments are 80% accurate on overall fitness levels whereby physical agility tests are 20% accurate on overall fitness levels



Injuries

- ◆ Job related injuries are five times higher for firefighters than for the private sector
- ◆ In some departments, medical disability from on-the-job illnesses accounts for more than 50% of retirements
- ◆ Nationally OJI's account for over 60% of injuries that are strains & sprains costing in many cases over \$200,000 a year



5 Year Comparison of **Count** of All OJI's @ All FIRE Services Locations

Year	2000	2001	2002	2003	2004	2005
IND	14	12	17	27	26	19
MO	79	118	106	108	130	122
Claim Count	93	130	123	135	156	141

5 Year Comparison of **Total Paid** for All OJI's @ All FIRE Services Locations



Year	2000	2001	2002	2003	2004	2005
IND	235765	105089	261703	176929	280522	137982
MO	45842	44125	50834	45628	51406	61412
Totals	281607	149214	312537	222557	331928	199394

5 Year Comparison of **Count of Limited** OJI's @ All FIRE Services Locations

Limited to injuries NOT caused by BURNs, FIREs, EXPLOSIONs, MVAs, or NATURE)

Year	2000	2001	2002	2003	2004	2005
IND	14	7	14	24	22	15
MO	70	106	92	96	119	114
Claim Count	84	113	106	120	141	129

5 Year Comparison of **Total Paid** for **Limited** OJI's @ All FIRE Services Locations

Year	2000	2001	2002	2003	2004	2005
IND	235765	44523	139302	127592	272962	108594
MO	41255	38619	47309	41001	46657	57784
Totals	277020	83142	186611	168593	319619	166378

Firefighter Safety & Fatality

- ◆ <http://www.usfa.dhs.gov/fireservice/fatalities/>
- ◆ <http://www.cdc.gov/niosh/fire/>
- ◆ <http://www.iafc.org/>
- ◆ <http://www.fdsoa.org/>
- ◆ <http://www.iaff.org/>
- ◆ <http://www.firefighterclosecalls.com/closecalls.php>
- ◆ <http://www.firehero.org/>

Fire Fighter Fitness websites:

- ◆ <http://www.ifafitness.com/>
- ◆ <http://www.firejock.com/>
- ◆ <http://firefightersworkout.com/>
- ◆ <http://www.fitnesscommitmentinstitute.org/index.html>
- ◆ <http://www.bmi-calculator.net/body-fat-calculator/body-fat-chart.php>
- ◆ <http://healthy-firefighter.org/>

FF Health & Wellness

- ◆ <http://members.kp.org/healthyliving>
- ◆ <http://www.healthyroads.com/myHealth/>
- ◆ <http://www.Myuhc.com>
- ◆ <http://cms.firehouse.com/content/section/content.jsp?sectionId=11>
- ◆ <http://americanheart.org>
- ◆ <http://wellemerica.unlv.edu/foundations.html>