TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness : Focus on Health

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Wellness activities are increasing in the fire service because of the spotlight that has recently been placed in this area. Departments throughout the country are embracing fitness and healthier lifestyles. A large part of the wellness component includes education that is supported by health physicals. Many of us don't often visit doctors due to fear of hearing bad news or a carryover from our childhood. Our wellbeing depends on knowledge and action.

Overcoming our fears and entering this imposing building may be the key to a longer life.

DISCUSSION

- When was your last physical?
- Do you feel there is a need for annual examinations?
- What stops you from getting the examinations?
- 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?

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