



TAILBOARD TRAINING

VFIS “Tailboard Training” is a bi-weekly loss prevention program for clients. The program is intended to provide information on current safety issues facing emergency responders in a format that will quickly and effectively communicate a safe practice to implement and relate directly to your organization. These are released every other Friday by VFIS.

FIREFIGHTER SAFETY: HEALTH AND SURVIVAL STARTS WITH YOU – PART 2

In the last “Tailboard Training,” we introduced “Fit for duty” and its use as the theme for the 2010 “Firefighter Safety, Health and Survival Week.”

As a reminder, approximately 50% of the firefighter line of duty deaths can be traced to health and fitness related issues.¹

As a “take away” from the last session, we suggested the participants should determine what they can do proactively in that aspect to enhance their being “fit for duty”.

Now is the time to test what the members believe can be accomplished to improve their own fitness for duty, how the standard operating guidelines in place can be used or modified to help achieve fitness for duty, and what you as officers can do to change the behaviors to enhance the related aspects of:

- Health and wellness in general
- Fitness and Exercise
- Smoking and smoking cessation
- Infectious Disease
- Alcohol use
- Prescription drug impacts
- Illegal drug use
- Food and Nutrition
- Suicide Prevention
- Stress management
- and more.....

The objective is to complete the training in 15 minutes or less with participants leaving the session with a better understanding of how to better prepare themselves to be fit for duty.

¹ IAFC Member Alert, “Safety, Health and Survival Week 2010:Fit for Duty”, March 11, 2010

1. Prepare to discuss with those assembled aspect(s) of being fit for duty that you believe you can positively impact?
2. Comment on what you think you can do to impact this aspect of being "fit for duty".
3. Review of any related departmental standard operating guidelines that may apply.
4. Have a short open dialogue on the subject with your personnel.

VFIS References:

[https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/\(vfiweb-viewlist_by_category_anonymous_new\)/48BFCD1A6261DE06852572AA003F5E31/\\$FILE/NFPA+1500new.pdf](https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/(vfiweb-viewlist_by_category_anonymous_new)/48BFCD1A6261DE06852572AA003F5E31/$FILE/NFPA+1500new.pdf) **NFPA 1500 Fire Department Occupational Safety & Health Program Worksheet**

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Hiring/Applying for Membership

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<http://vfis.com/pdf/vfisnews vol06 03.pdf> **VFIS Sponsors Health Screening at Pennsylvania Fire Expo**

<http://www.vfis.com/pdf/VFISnews08-3 web.pdf> **Safety 101 – Back to Safety Basics**

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