



## 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 1

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“Fit for duty” is a term we have heard in the industrial community for years. If you are not fit to do a job as a construction worker, highway worker, truck operator, etc., you were moved to another position, commensurate with your ability, experience, and skill set.

The 2010 “Firefighter Safety, Health and Survival Week” is sponsored by the International Association of Fire Chiefs and the International Association of Firefighters, and held in conjunction with over 20 national fire service organizations. “FIT FOR DUTY” is the week’s theme for 2010.<sup>1</sup>

Approximately 50% of the firefighter line of duty deaths can be traced to health and fitness related issues.<sup>2</sup>

We thought it would be appropriate, as a supporter of this initiative, to remind you of the VFIS resources available to assist you. All of these resources are available at [www.vfis.com](http://www.vfis.com).

Topics for consideration to discuss among the membership include:

- Health and wellness in general
- Fitness and exercise
- Smoking and smoking cessation
- Infectious disease
- Alcohol use
- Prescription drug impacts
- Illegal drug use
- And more...

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

<sup>2</sup> IAFC Member Alert, “Safety, Health and Survival Week 2010:Fit for Duty”, March 11, 2010

We encourage you to let the members in attendance be presented with this list and determine which is most important to them personally and why. As a “take away,” they should determine what they can do proactively in that aspect to enhance their being “fit for duty.”

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. Prepare to discuss the 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**

[https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/\(vfiweb-viewlist\\_by\\_category\\_anonymous\\_new\)/18161DE929AF540685256E94004DE50C/\\$FILE/Employee+Practice+Exposure-Hiring-+Applying+for+membershi....pdf](https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/(vfiweb-viewlist_by_category_anonymous_new)/18161DE929AF540685256E94004DE50C/$FILE/Employee+Practice+Exposure-Hiring-+Applying+for+membershi....pdf)  
**Hiring/Applying for Membership**

[https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/\(vfiweb-viewlist\\_by\\_category\\_anonymous\\_new\)/DFE3BFFA631778F285256E94004DFA5C/\\$FILE/Sample+bylaws.pdf](https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/(vfiweb-viewlist_by_category_anonymous_new)/DFE3BFFA631778F285256E94004DFA5C/$FILE/Sample+bylaws.pdf) **Safety Committee by-laws**

[https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/\(vfiweb-viewlist\\_by\\_category\\_anonymous\\_new\)/629E1217F61003A785256E94004DB2E2/\\$FILE/Employee+Practice+Exposure-Position+Descriptions.pdf](https://secure.glatfelters.com/vfis/vfisresourcecenter.nsf/(vfiweb-viewlist_by_category_anonymous_new)/629E1217F61003A785256E94004DB2E2/$FILE/Employee+Practice+Exposure-Position+Descriptions.pdf) **Job/Position Description**

[http://vfis.com/pdf/vfisnews\\_vol06\\_03.pdf](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](http://www.vfis.com/pdf/VFISnews08-3_web.pdf) **Safety 101 – Back to Safety Basics**

VISIT [www.vfis.com](http://www.vfis.com) FOR MORE INFORMATION