



# TAILBOARD SAFETY

## MEDICAL AND PHYSICAL FITNESS STANDARDS

Develop and implement national medical and physical fitness standards that are equally applicable to all firefighters based on the duties they are expected to perform is what the sixth National Fallen Firefighter Foundation Life Safety Initiatives states.

Discuss the following:

- **Does your department have an integrated medical and fitness standard applicable to all firefighters?**
  - If yes, describe why it is so valuable and any barriers that exist.
  - If no, why it would be valuable to have medical and fitness standards in place and how to get the process started.

Learn more at [www.everyonegoeshome.com](http://www.everyonegoeshome.com)



**COMPLETE THIS  
TRAINING IN 15  
MINUTES OR LESS.**

**PARTICIPANTS SHOULD  
HAVE A BETTER  
UNDERSTANDING HOW  
TO REDUCE OR AVOID:**

**ACCIDENTS**

**INJURIES**

**ILLNESSES**

**PROPERTY DAMAGE**

**DEATH**

**If your organization has a standard operating guideline or procedure on this topic, use it as a reference and training tool for this tailboard safety tip session.**