

# ***Firefighter Safety and Health Module 1***

## ***Chapter 2***



Copyright: IFSTA, Essentials of Fire Fighting and Fire Department Operations, 6<sup>th</sup> Edition

# LEARNING OBJECTIVES

List the main types of job-related firefighter fatalities, injuries, and illnesses.

Identify Occupational Safety and Health Administration (OSHA) regulations that relate to firefighters.

Describe the National Fire Protection Association® standards related to firefighter safety and health.

Summarize the model that supports the concept of risk management.



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# LEARNING OBJECTIVES

**Describe fire department safety and health programs.**

**Summarize safe vehicle operations.**

**Describe ways to help prevent accidents and injuries in fire stations and facilities.**



**Summarize firefighter health awareness issues.**

**Summarize guidelines for riding safely on the apparatus.**



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# FIREFIGHTER FATALITIES IN 2010

72 on-duty firefighter fatalities in the US

- 44 volunteer firefighters
- 25 career firefighters
- 2 state land management agencies
- 1 prison inmate wildland fire fighting crew

(Lowest annual figure since 1977)



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# FIREFIGHTER FATALITIES ARE CAUSED BY A VARIETY OF SITUATIONS.

## Leading causes

- Stress or overexertion
- Motor vehicle accidents

## Remaining causes

- Falls
- Being struck by an object
- Being trapped in structure fire
- Gunshot wounds while tending medical patient



# FIREFIGHTER INJURIES OCCUR BOTH ON THE FIREGROUND AND AT NONFIRE EMERGENCIES.

## Main types

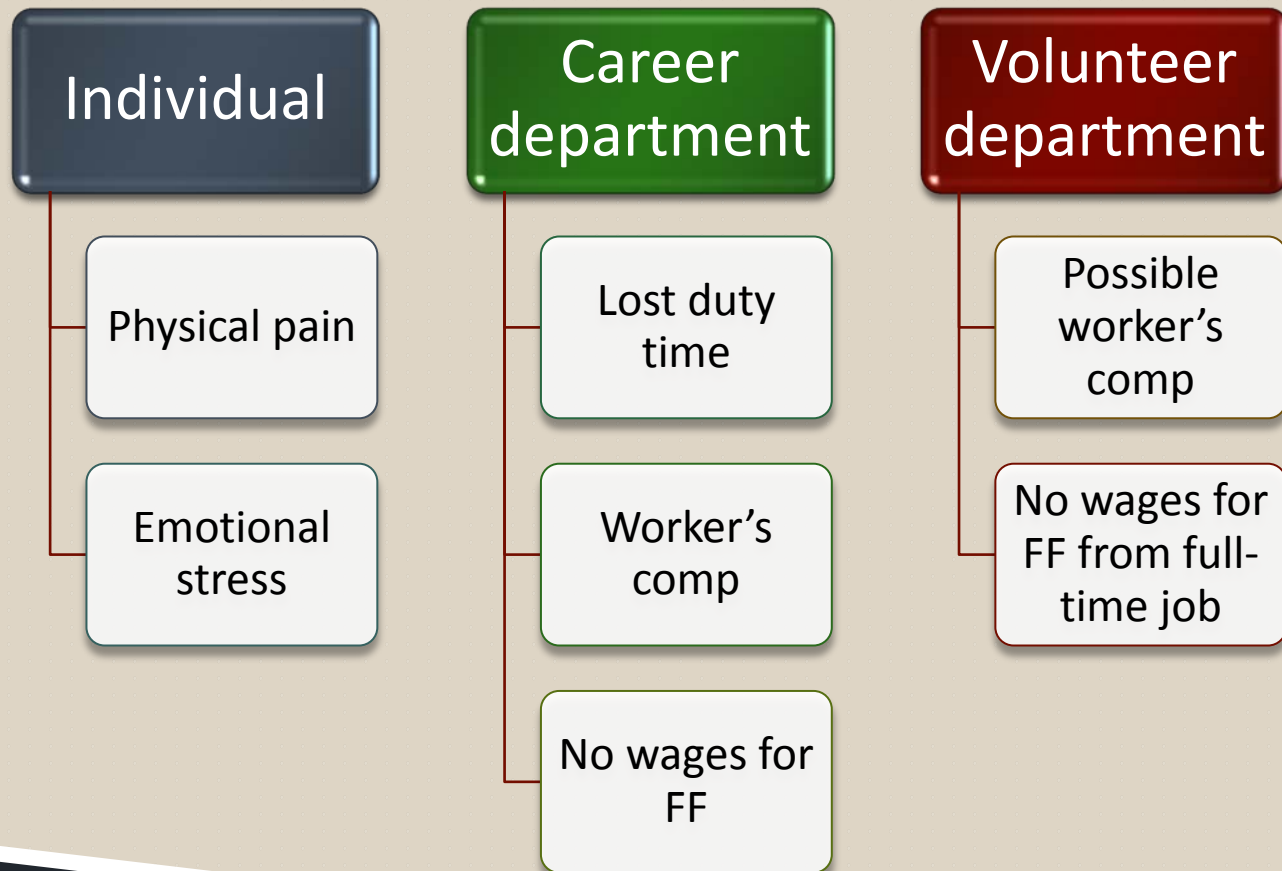
- Strains and sprains
- Cuts and bruises

## Other

- During training
- Nonemergency incidents
- Responding to or returning from incidents
- Other on-duty activities



# FIREFIGHTER INJURIES CAUSE COSTS TO BOTH INDIVIDUALS AND DEPARTMENTS.



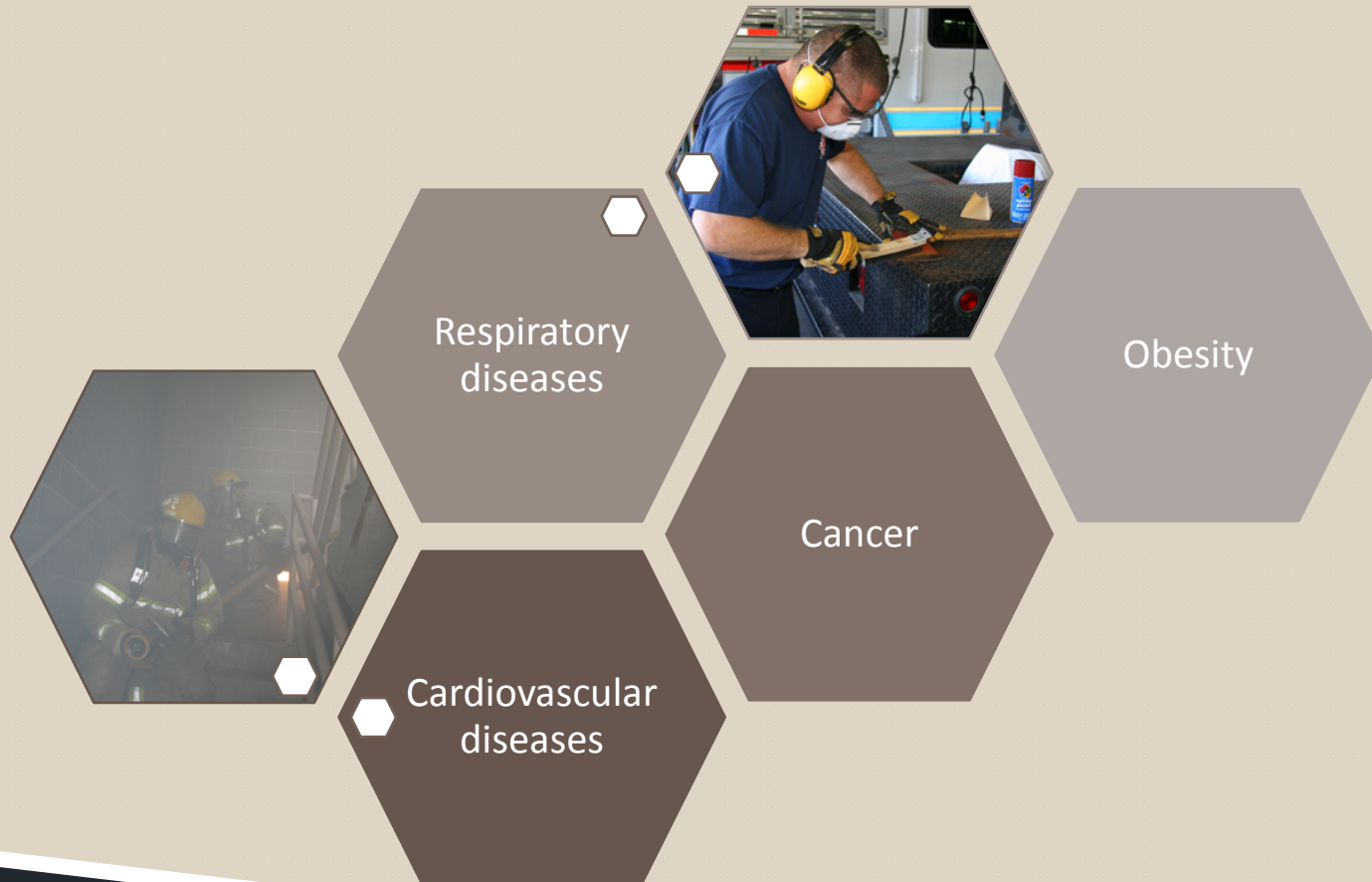
# THE SHARED COSTS OF INJURIES CAN BE PREVENTED BY BOTH THE INDIVIDUAL AND ORGANIZATION.



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# YOU MUST BE AWARE OF AND PROTECT YOURSELF FROM CERTAIN CHRONIC ILLNESSES.



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# FIRE SERVICE SAFETY IS GOVERNED BY SEVERAL STANDARDS, REGULATIONS, AND INITIATIVES.

NFPA®

OSHA

CanOSH

Everyone  
Goes Home®

Annual Safety  
Stand-down



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# NFPA<sup>®</sup> STANDARDS ESTABLISH AND REGULATE MANY ASPECTS OF SAFETY.



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# NFPA® 1500 IS THE MOST COMPREHENSIVE STANDARD RELATING TO SAFETY AND HEALTH.

Safety and health-related policies



Training and education

Diver/Operator



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# NFPA<sup>®</sup> 1500 IS THE MOST COMPREHENSIVE STANDARD RELATING TO SAFETY AND HEALTH.

Protective  
clothing and  
protective  
equipment

Emergency  
operations

Facility  
safety



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# NFPA® 1500 IS THE MOST COMPREHENSIVE STANDARD RELATING TO SAFETY AND HEALTH.

Medical and  
physical  
requirements

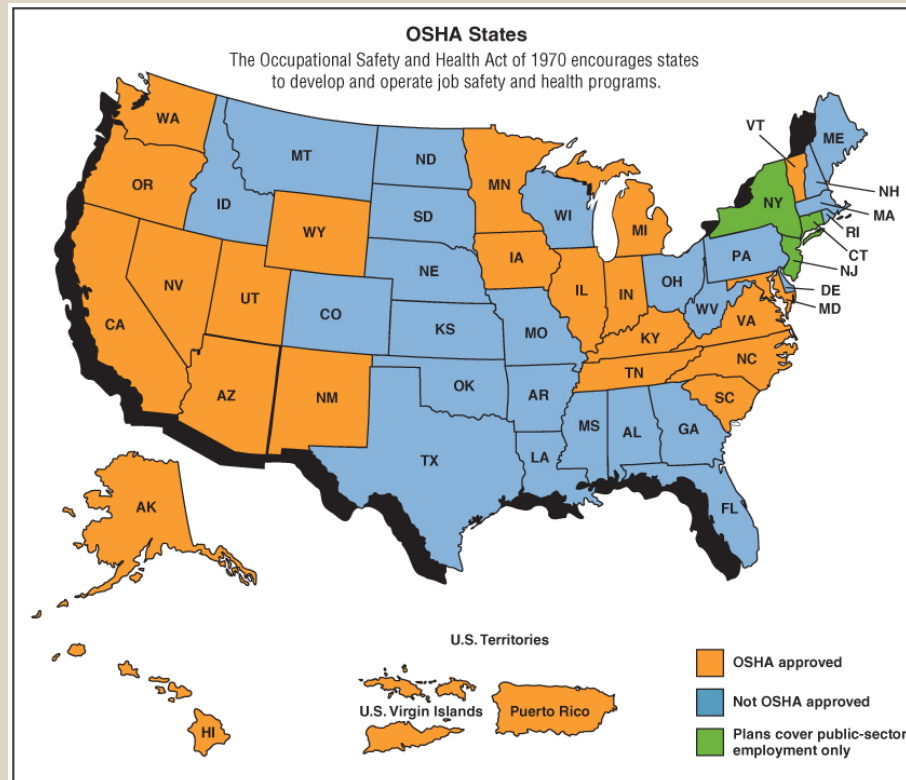
Member  
assistance  
and wellness  
programs

Critical  
incident  
stress  
management



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# OSHA REGULATIONS APPLY TO SPECIFIC CATEGORIES OF EMPLOYEES.





# OTHER ORGANIZATIONS WORK TO REDUCE FIRE FATALITIES AND FOCUS ON SAFETY.



National Fallen  
Firefighters Foundation

International  
Association of Fire  
Chiefs

Annual Safety  
Stand-down



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# RISK MANAGEMENT ESTABLISHES CRITERIA TO ASSESS BENEFIT AND RISK AT INCIDENTS.



# DEPARTMENT SAFETY AND HEALTH PROGRAMS TARGET SPECIFIC GOALS.

## Prevent

- Human suffering, fatalities, injuries, illness, exposure
- Damage to or loss of equipment

## Reduce

- Occurrences and severity

## All levels

- Promote and practice safety program



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# SAFETY AND HEALTH PROGRAMS ARE BASED ON SEVERAL SPECIFIC COMPONENTS.



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# HEALTH CONSIDERATIONS FOR FIREFIGHTERS BEGIN WITH ADOPTING A HEALTHY LIFESTYLE.



## Good nutrition

- Physical fitness
- Keys for personal health



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# EMPLOYEE ASSISTANCE AND WELLNESS PROGRAMS OFFER HELP IN VARIOUS WAYS.

## Employee Assistance Program

- Problems that affect job performance

## Wellness program

- Health-related problems



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# SUMMARY

**Safety is essential to your mission of protecting the public.**



**Protect yourself by relying on situational awareness, wearing required PPE, following orders, and following departmental safety policies and procedures.**



**Take responsibility for your own safety – you cannot protect the community unless you first protect yourself.**



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