

SAFETY WEEK 2010 STARTS JUNE 20

This year's Fire/EMS Safety, Health and Survival Week — also known as Safety Week — runs June 20-26.

(<http://www.iafc.org/displaycommon.cfm?an=1&subarticlenbr=306>)

Sponsored by the IAFC and the IAFF, and in partnership with other national fire service organizations, the theme for this year's event is Fit for Duty. With more than 50% of fire fighter line-of-duty deaths caused by health and fitness-related issues, both organizations believe it's imperative that there be a concentrated effort in implementing wellness and fitness programs.

Safety Week's Fit for Duty theme will cover a variety of topics that are extremely important to all fire fighters and EMS personnel. Be sure to visit the Safety Week Web site (<http://www.iafc.org/displaycommon.cfm?an=1&subarticlenbr=306>) for the sample daily-activity schedule, FAQs, a press release template and many other health and wellness resources.

While departments are encouraged to identify activities tailored to their specific needs, recommended areas of concentration include:

- General Health and Wellness
- Food and Nutrition
- Fitness
- Stress Management
- Smoking and Smokeless-Tobacco Cessation
- Alcohol and Other Drugs
- Infectious Diseases
- Suicide Prevention

During the week, departments are also encouraged to support comprehensive, non-punitive fitness assessments, medical screenings and educational programs that build and maintain medically and physically fit personnel and help in reducing health and fitness-related deaths or injuries.

In addition to the resources found on the Safety Week Web site, the U.S. Fire Administration (USFA) provides firefighter health and safety resources at no charge. For a list of available items, please visit the USFA's Publications Catalog. (<https://www.usfa.dhs.gov/applications/publications/browse.cfm?sc=14>)



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