



# Health 2008 – 2009 Summer Period

*Your health is your future!*



# Health & Safety

## ▪ Seatbelt Use on the emergency operations – Changing a Culture

- There is a recognised culture of low seatbelt use on the emergency operations – this must change
- Accidents do happen at slow speeds
- Statistics show:
  - During a rollover accident occupants are at least 20 times more likely to be ejected from the vehicle if they are not wearing a seatbelt
  - 75% of people who are ejected from a vehicle will die



# Health & Safety



- **Seatbelt Use on the emergency operations – Changing a Culture**
  - CFA Chief Officer's SOP 12.03 has been revised
    - Crew members in the cabin must wear seatbelts whenever the vehicle is moving
    - Members outside the cabin must wear seatbelts unless they are operationally required to stand up
  - Drivers and Crew Leaders must demonstrate leadership and responsibility

# Health & Safety

- **Fatigue – What is it?**

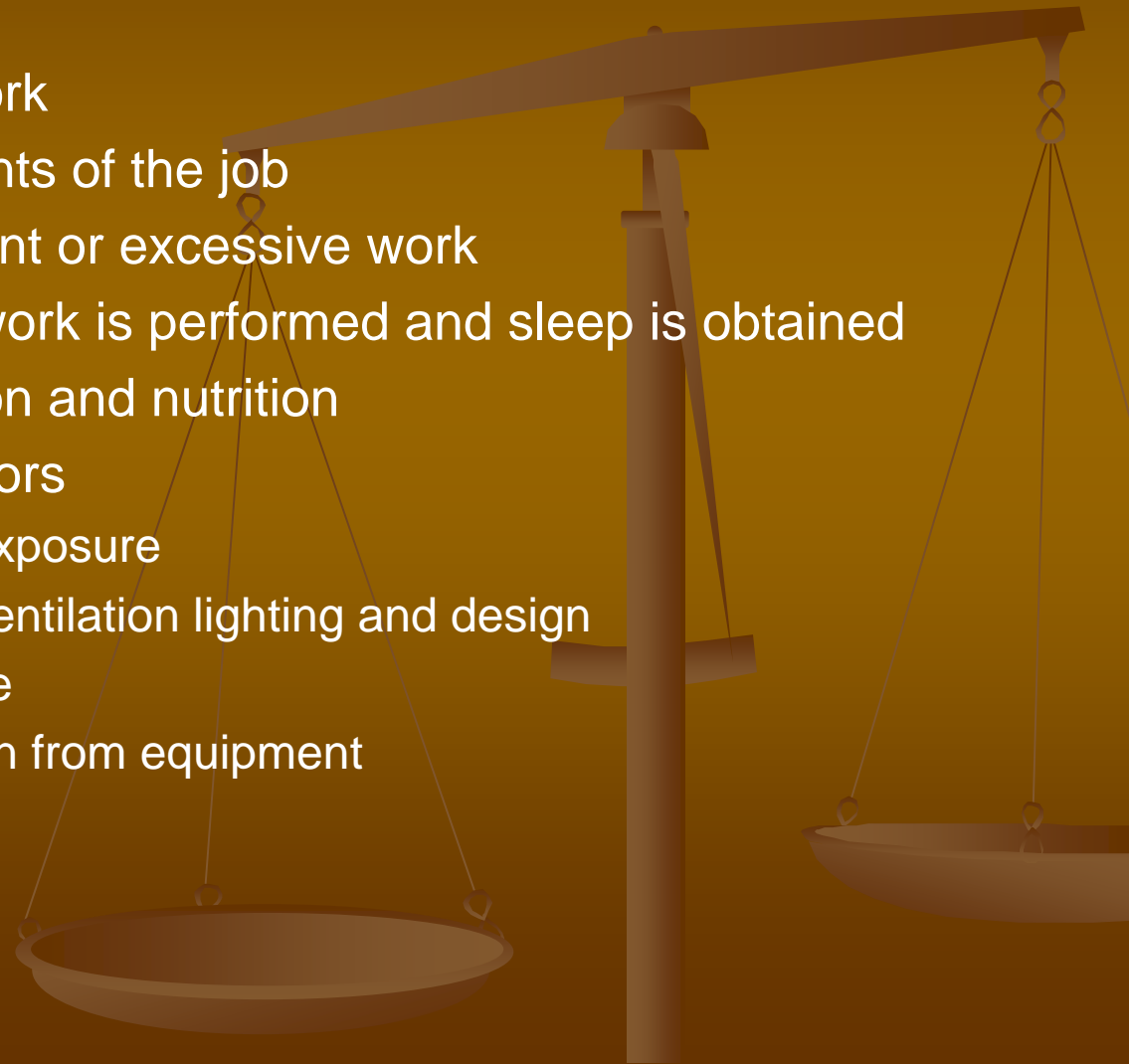
→ A sense of tiredness, either mental or physical, brought on by lack of sleep, physical work, inadequate nutrition or mental stress that stops a person from being able to function normally.



# Health & Safety

## ■ Fatigue – Causes

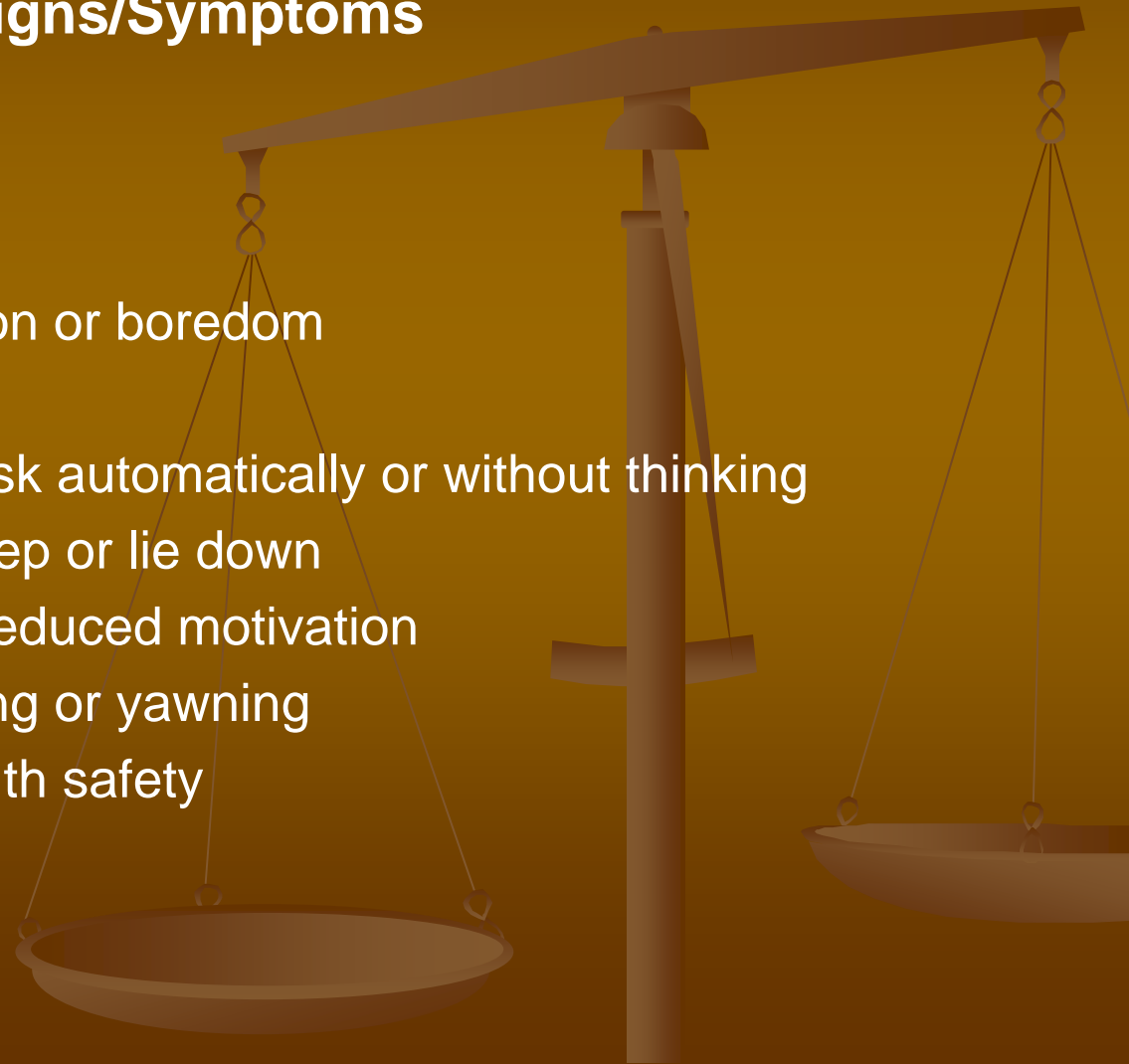
- Long or arduous work
- Physical requirements of the job
- Irregular, inconsistent or excessive work
- Time of day when work is performed and sleep is obtained
- Inadequate hydration and nutrition
- Environmental Factors
  - Continual noise exposure
  - Poor workplace ventilation lighting and design
  - Workplace climate
  - Continual vibration from equipment



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## ■ Fatigue – Common Signs/Symptoms

- Rapid blinking
- Head nodding
- Forgetfulness
- Lack of concentration or boredom
- Dizziness
- Doing a high risk task automatically or without thinking
- Strong desire to sleep or lie down
- Lack of interest or reduced motivation
- Daydreaming, staring or yawning
- Taking short cuts with safety
- Increased irritability



# Health & Safety

## ■ Fatigue – Management

- Successful management relies on the cooperation of everybody
- Firefighters need to be aware of the signs and symptoms of fatigue
- Individuals are responsible for monitoring the symptoms of fatigue in themselves and others



# Health & Safety




## ■ Hydration

- At a fire, your body can lose more than one litre of fluid per hour, quickly leading to dehydration
- Drink up to 1200ml of water per hour with a 600ml electrolyte replacement drink (Staminade Hydrate) per hour
- New CFA Structural PPC – be aware of the need to maintain hydration levels




**What Colour is your Urine?**

It is recommended that you drink up to 1200ml of water per hour and 600ml of electrolyte replacement drink per hour depending on work rate.

	<b>Extremely Dehydrated</b> • Seek Medical Attention • Drink Water and Electrolyte Replacement Drinks • Immediately •
	<b>Mildly Dehydrated</b> Drink more Water alternated with Electrolyte Replacement Drinks as per instructions
	<b>Hydrated</b> Keep Drinking Water alternated with Electrolyte Replacements as per instructions

**DO YOU PASS THE TEST?**

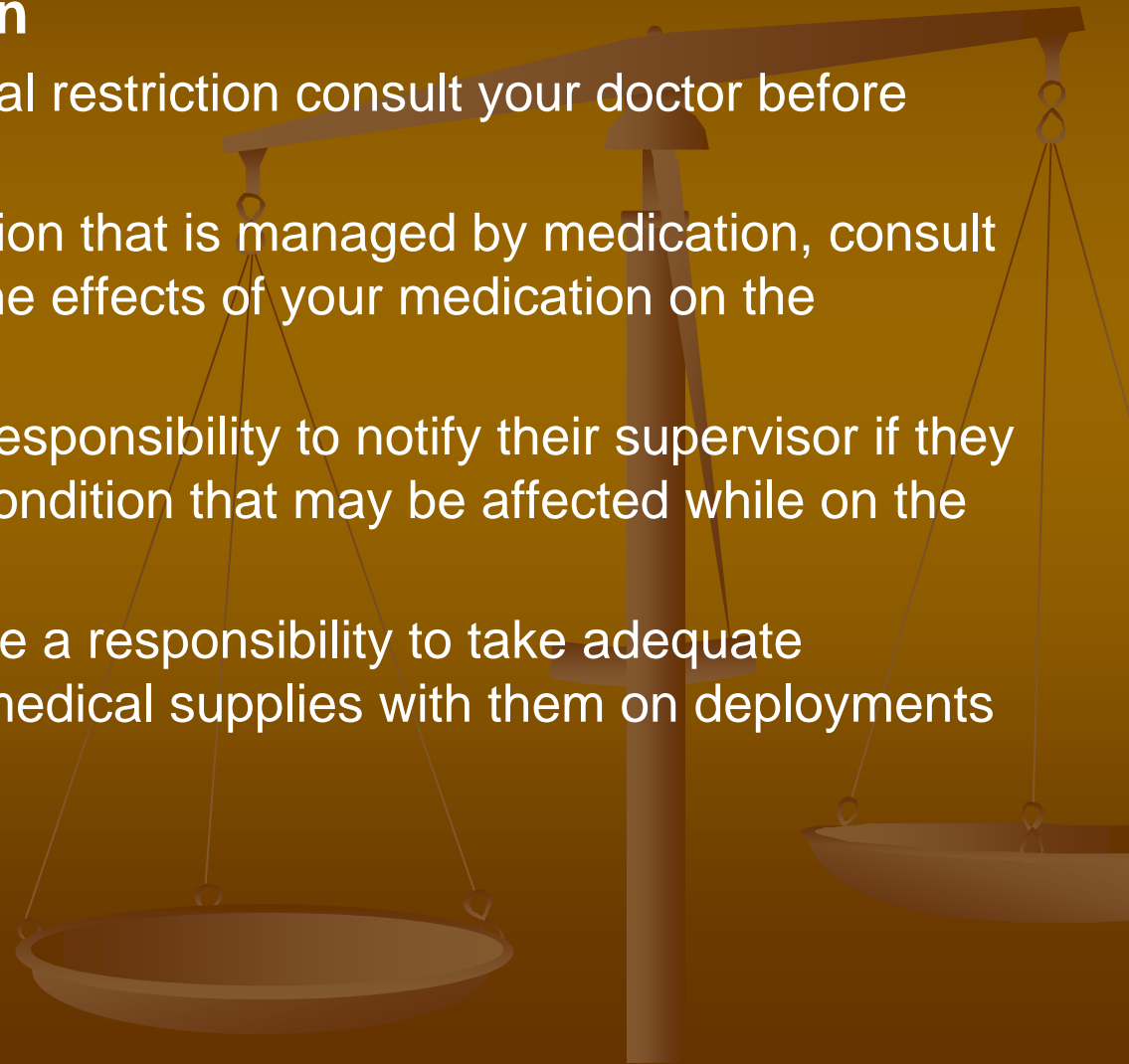
Note: Urine colour may vary because of diet or supplements (e.g. multivitamins).



# Health & Safety

## ■ Health and Medication

- If you have a medical restriction consult your doctor before deployment
- If you have a condition that is managed by medication, consult your doctor about the effects of your medication on the fireground
- Individuals have a responsibility to notify their supervisor if they have any medical condition that may be affected while on the fireground
- Individuals also have a responsibility to take adequate medication and/or medical supplies with them on deployments



# Health & Safety

## ■ Hygiene

- Previous years have seen bacterial infection causing gastro disorders in members
- Many cases have been caused by poor hygiene habits on the fireground or at the staging areas before or during meal times

***To prevent infection, always wash your hands before eating, after using the toilet, and before handling any food or drink, even when stowing food and drink on a vehicle***

