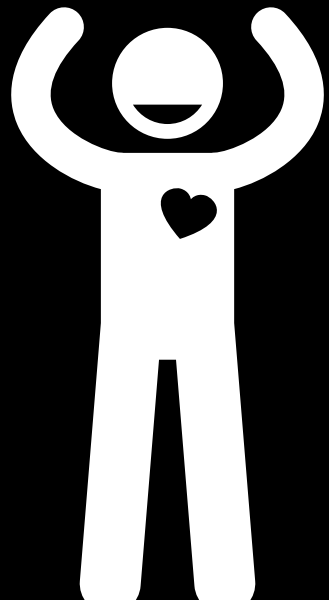



WELLNESS

MENTAL
PHYSICAL
EMOTIONAL

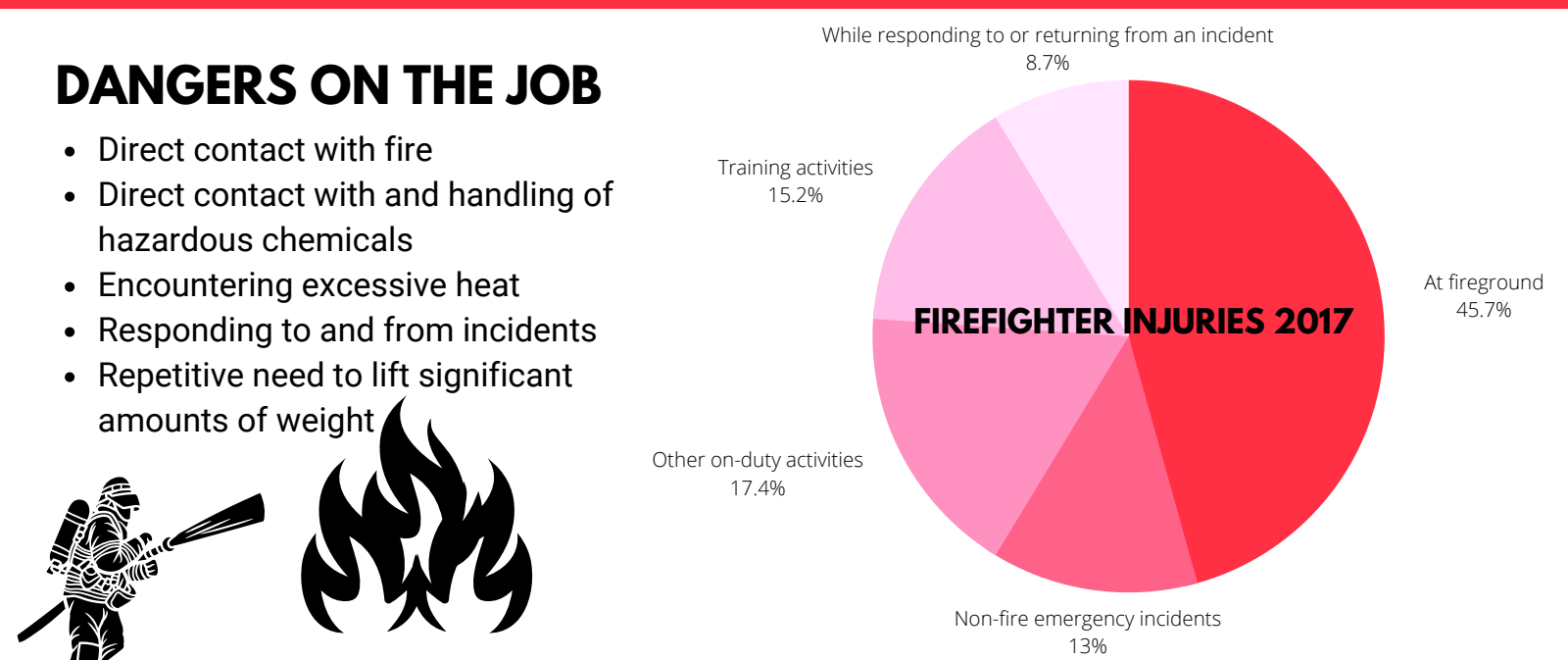


RECOMMENDED AMOUNT OF SLEEP IS 6-10 HOURS


FIRST RESPONDERS AVERAGE **5.6 HOURS A NIGHT**

- Firefighters are at increased risk for cardiac disease and malignancies due to chronic sleep deprivation associated with long work hours
- First responders are at risk for decrements in mental and physical performance working long hours and during the night

BEING AWAKE FOR 18 HOURS PRODUCES IMPAIRMENT EQUAL TO A BLOOD ALCOHOL CONCENTRATION (BAC) OF 0.05



SPRAINS, STRAINS, AND MUSCULAR PAIN ARE THE MOST PREVALENT INJURY TYPES INCURRED BY FIREFIGHTERS

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- ### INFLUENCES ON BEHAVIORAL HEALTH
- Joining the emergency services at a young age
 - Competing priorities of trying to balance daily schedules, family and work life, unexpected calls, and unplanned events
 - Significant life events - these can be both positive and negative, like a birth or death in the family, or getting promoted or laid-off from work
 - Physical pain that hampers performance
 - Shift changes to sleep disturbances
 - Loss and grief, experiencing a series of events back-to-back, or close calls
 - Holding a supervisory rank

FIREFIGHTER SUICIDE IS 3X MORE LIKELY TO COMPARED TO THE AVERAGE POPULATION