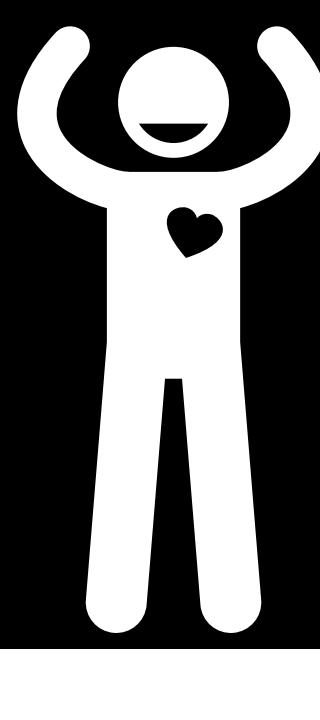


# WELLNESS



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**

## DANGERS ON THE JOB

- Direct contact with fire
- Direct contact with and handling of hazardous chemicals
- Encountering excessive heat
- Responding to and from incidents
- Repetitive need to lift significant amounts of weight



While responding to or returning from an incident 8.7%

Training activities 15.2%

Other on-duty activities 17.4%



At fireground 45.7%

Non-fire emergency incidents 13%

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

## 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**

Presented by



## Sources

[https://www.iafc.org/docs/default-source/1safehealthshs/progssleep\\_sleepdeprivationreport.pdf?sfvrsn=f9e4da0d\\_2](https://www.iafc.org/docs/default-source/1safehealthshs/progssleep_sleepdeprivationreport.pdf?sfvrsn=f9e4da0d_2)  
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