

Fire Fighter Fatality Investigation and Prevention Program

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Usefulness of the Program

- **NIOSH FFFIPP Program is useful for several reasons:**
 - Assists with finding trends in firefighter fatalities.
 - Based on any trends or areas of concerns identified, they then make recommendations for improved or changed procedures or policies.
 - These improved or changed procedures help fire departments keep their firefighters safe and healthy.



Usefulness of the Program

- One issue that has been identified through this program is that a large number of firefighter deaths are cardiac related.
- 48% of all investigations done through the Program revealed cardiac related problems.
- Many of the recommendations included in the reports highlight the need for stricter health and safety programs in the fire department.



NIOSH Reports

- Report F2005-32 recommends, among other things, that departments phase in a mandatory wellness/fitness program to reduce risk factors for CVD.
- Report F2005-22 recommends that annual physicals be performed on all firefighters.
- NIOSH also plays a role in influencing NFPA Standards.
- Aids DHS in identifying priorities for AFG Grants.



NVFC Programs

- Data in NIOSH reports led in part to NVFC's decision to implement a cardiac wellness program.
- In 2002, NVFC launched the NVFC Heart-Healthy Firefighter program for all firefighters.
- Launched a stand-alone website, www.healthy-firefighter.org.
- Created the Heart-Healthy Firefighter Work Group.
- Created the Heart-Healthy Firefighter Resource Guide.

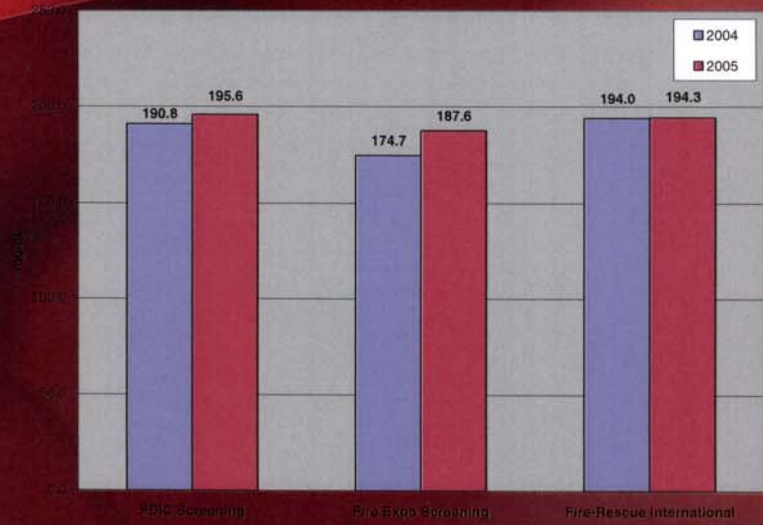


NVFC Heart-Healthy Firefighter Program

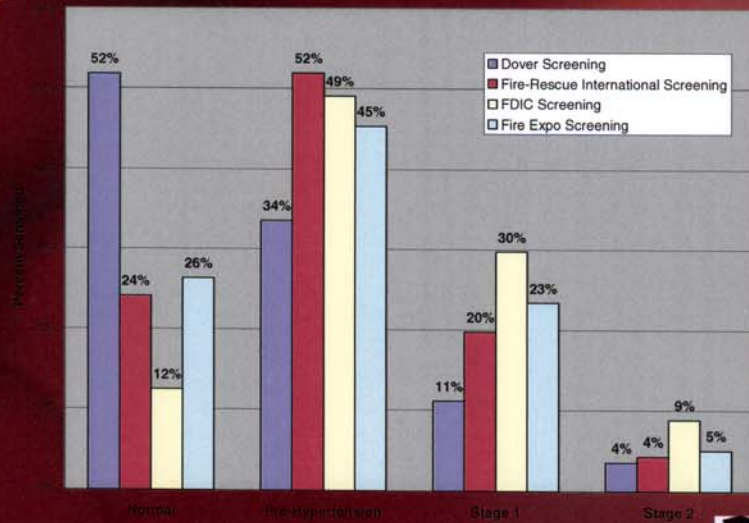
- Began performing free health screening for firefighters at trade shows.
- To date we've performed cholesterol, blood pressure and body composition screenings on nearly 10,000 individuals.
- Thousands more individuals have received valuable information on their health.



Cholesterol Screenings

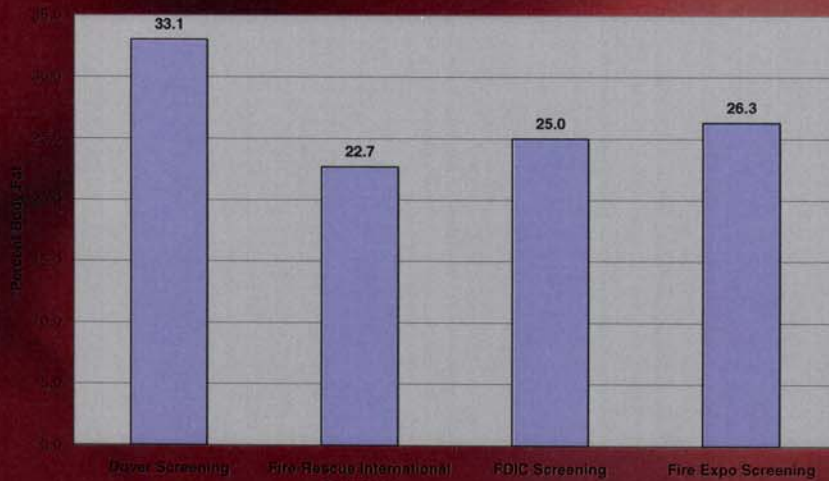


Blood Pressure Screenings



Body Composition Screenings

2005



NVFC Heart-Healthy Firefighter Program

- In January 2005, we launched the *Fired Up For Fitness Challenge*.
- The Challenge encourages firefighters to become more physically active.
- Participants log their daily physical activity and at certain milestones they are rewarded with t-shirts and certificates.
- Annual *Fired Up For Fitness Award*.



NVFC Heart-Healthy Firefighter Program

- Phase Three will be the third and most comprehensive year.
- Address all avenues of a Heart-Healthy lifestyle: fitness, nutrition, heart-health.
- Mini-health fair.
- Health Screenings: cholesterol, glucose, blood pressure.
- Cooking demonstrations.
- Fitness Demonstrations.



NVFC Heart-Healthy Firefighter Program

- This year, the spokesperson for the Program is Erron Kinney, NFL Player.
- Erron will be traveling around the country with NVFC to promote the Program.
- He will play a significant role on the Heart-Healthy website.



NIOSH and NVFC

- **NIOSH joined the Heart-Healthy Firefighter Work Group in early 2005. The current members of the Work Group are:**
 - American Heart Association
 - American Dietetics Association
 - National Heart, Lung and Blood Institute
 - NIOSH
 - USFA
 - NFPA
 - Medical Reserve Corps



NIOSH and NVFC

- **NIOSH has assisted NVFC in several aspects on the Work Group.**
- **NIOSH fatality reports are posted on the Heart-Healthy Firefighter website to assist with dissemination.**
- **We consistently encourage firefighters to follow the recommendations in these reports.**



Recommendations

- **NVFC believes its Heart-Healthy program is an important tool in reducing firefighter deaths due to cardiac-related illnesses and recommends that local fire departments use it as a part of their programs. NVFC believes NIOSH should reference this program in their recommendations.**
- **NVFC would be pleased to offer more information on the Heart-Healthy program and collaborate with both NIOSH and local fire departments in expanding its implementation.**

