



Fit for Duty

Ensuring the Safety of CFA Members

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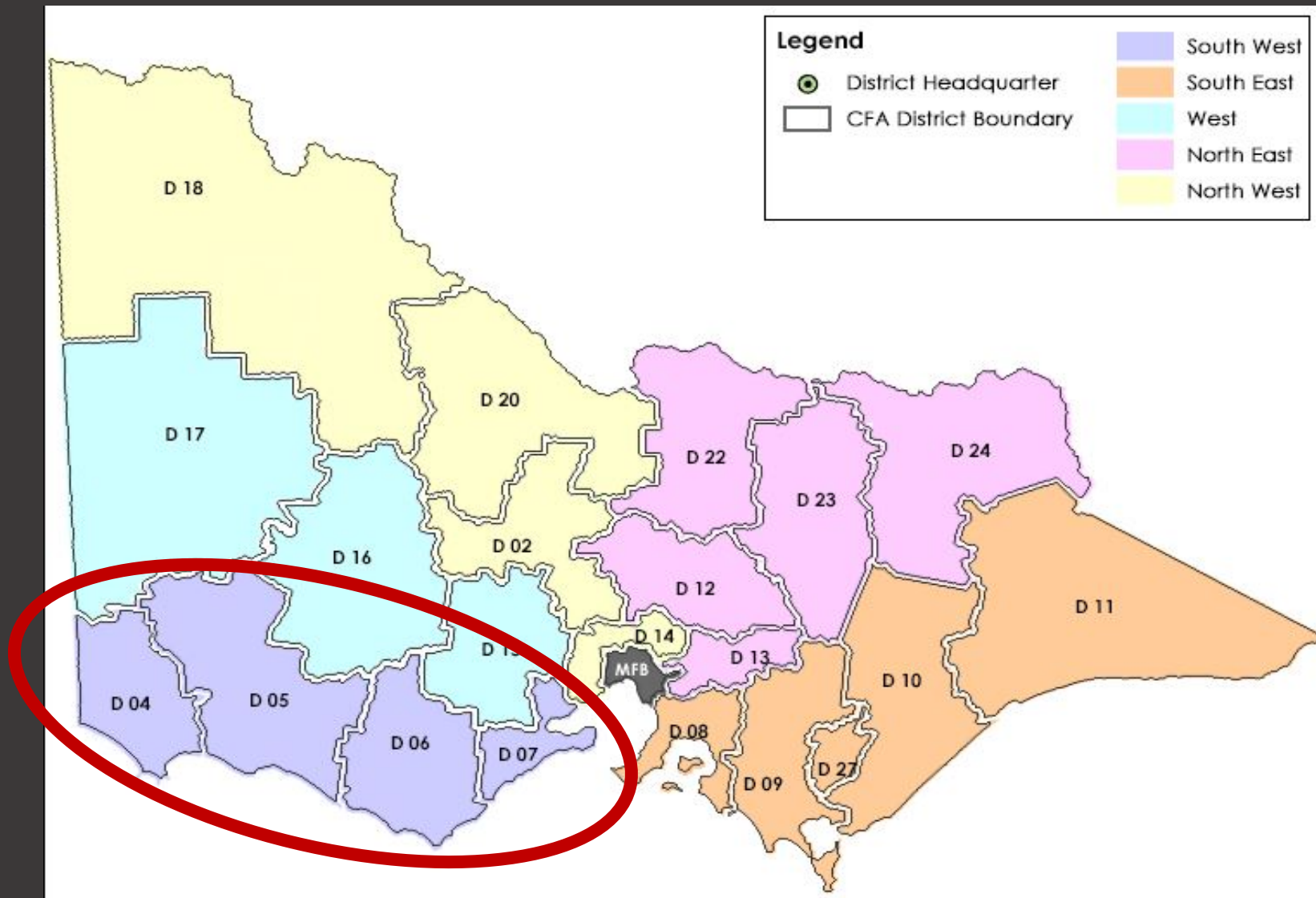
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Fit for Duty

Understanding & addressing health risks
on the fire ground





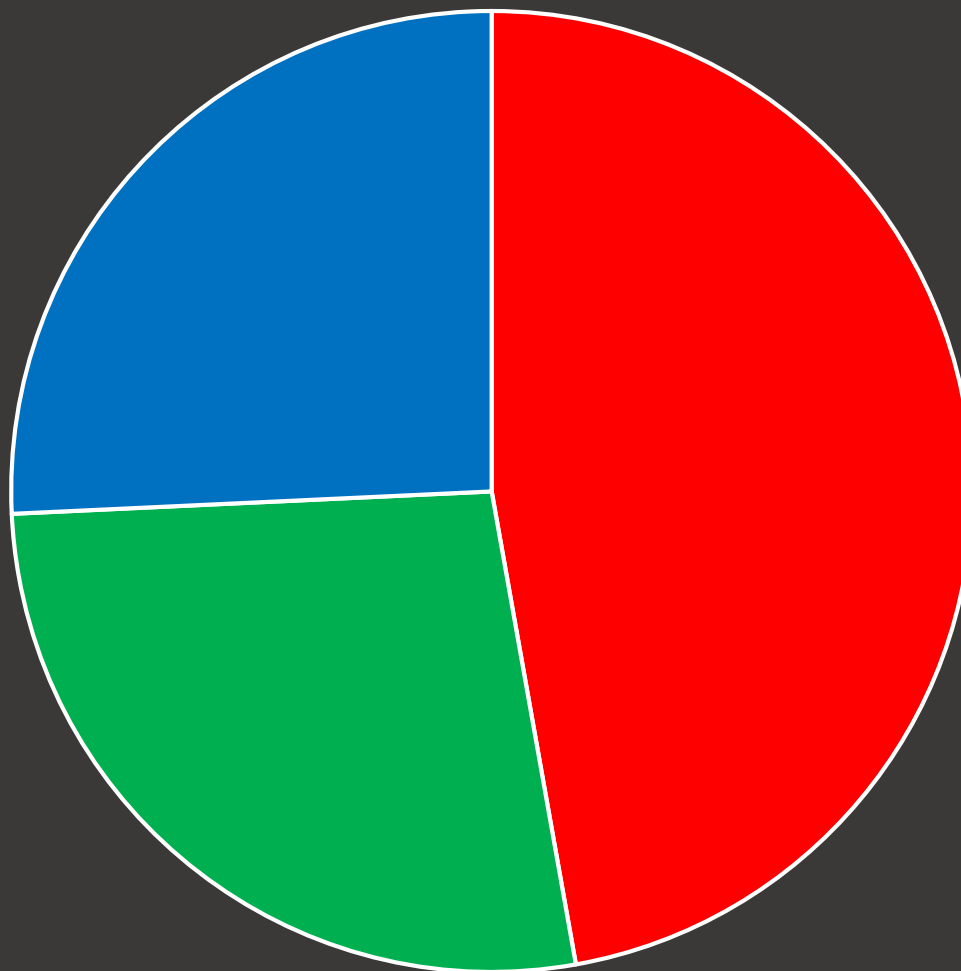
How many times have you seen someone on the fire ground and thought, *“are they healthy enough to be here”* ?

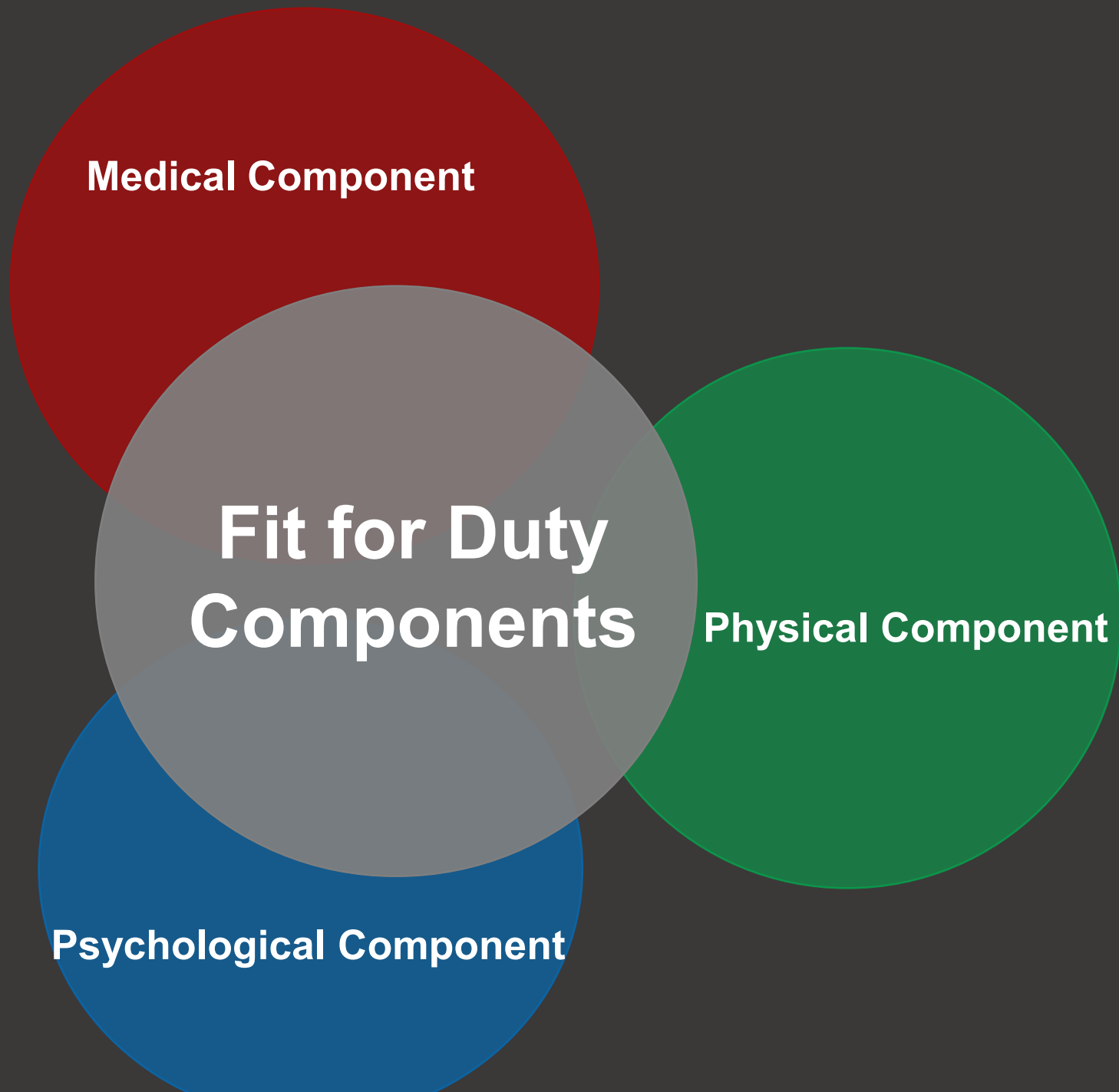
Health-related incidents on the fire ground: 2014 – 2019

■ Medical

■ Physical

■ Psychological





OBJECTIVES

Medical: reduce medical injuries and improve individual health

Physical: reduce physical injuries by adopting a new physical standard

Psychological: reduce psychological impacts through self-awareness

Medical Component



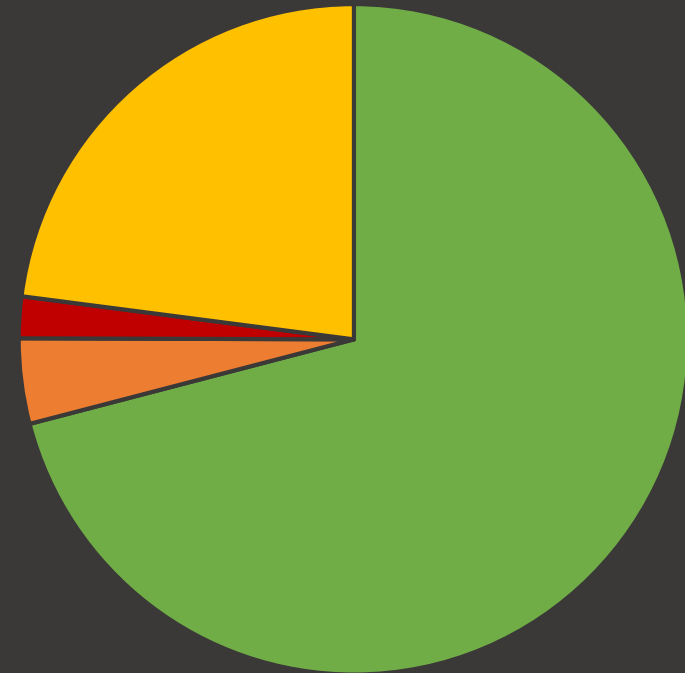
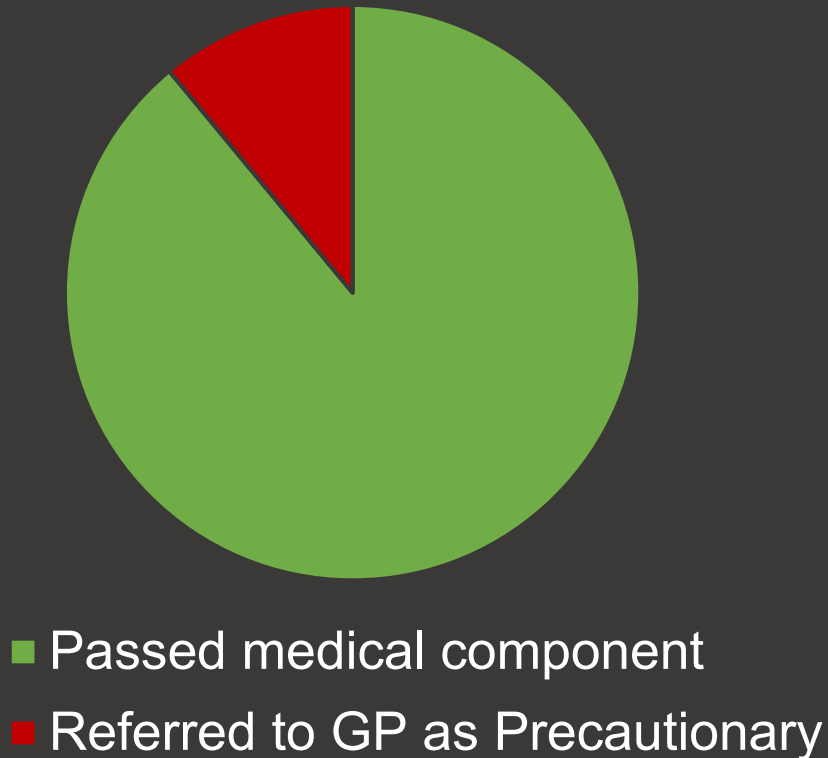
CFA Health checks

- Blood Pressure
- Weight
- Height
- O2 Saturation
- Blood Lipid Profiles
- Blood Glucose
- Resting Heart Rate
- Waist Circumference

Medical Component

Of those referred to GP

Medical Component
Outcomes



- Cleared by GP
- Made non-operational temporarily
- Made non-operational ongoing
- Remained Operational, with restrictions to role

Medical Component

Challenges

- Too many steps involved
- Logistics for health checks
- Personal health information: privacy concerns.

Solution

Providing the option for members to visit their own GP for the medical component

Physical Component

Tanker-based Assessment



Deakin University | Bushfire CRC

| ACT Rural Fire Service | NSW Rural Fire Service | NSW Forestry | Tasmania Fire Service |

Physical Component

Tanker-based Assessment

99% Pass Rate



Psychological Component

Promoting Existing CFA Wellbeing Programs

1. To increase knowledge and awareness
2. To increase local-level support
3. To increase self-awareness



Psychological Component

Mental Health First Aid Training



- Education
- Awareness
- Empower local-level support
- Provision of tools and skills to help others who are struggling with a mental health crisis

A photograph of five firefighters standing in a line outdoors. They are all wearing yellow protective suits with reflective silver stripes. The firefighter on the far left is wearing a yellow helmet. Behind them is a red fire truck with 'SOMERVILLE' and 'EMERGENCY 0000' written on its side. The background shows trees and a cloudy sky.

Cultural

Lessons Learned

A photograph of five firefighters standing in a line outdoors. They are wearing yellow protective suits with reflective stripes. The firefighter on the far left is wearing a yellow helmet. Behind them is a red fire truck with 'SOMERVILLE' and 'EMERGENCY 0000' written on its side. The background includes trees and a utility pole. The image has a semi-transparent dark overlay.

Capability

Lessons Learned



Leadership

Lessons Learned

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Logistical

Lessons Learned

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Financial

Lessons Learned



Where to now?