



# FIRE RESCUE FITNESS

## TACTICAL FITNESS BRIEFING

THE FIRE RESCUE FITNESS TFB (TACTICAL FITNESS BRIEFING) CONTAINS TIPS AND RESOURCES THAT IMPROVE PERFORMANCE, REDUCE INJURIES, AND PROLONG YOUR CAREER. PLEASE SHARE THE CONTENT AND CONTACT FRF WITH ANY COMMENTS, SUGGESTIONS, OR QUESTIONS.

### Challenge Your Crew to Get More Fit!

*Everyone likes a challenge! Join other leaders in the fire service as they "challenge" each other to improve their health.*



FRF is sponsoring a Challenge to help motivate first responders to improve their health and lives with the Better Every Shift Challenge.

Make the commitment to improve your health and your performance as a first responder.

Entry in the Challenge includes access to three FRF workout programs, coaching, nutrition guides, A CHALLENGE COIN, a chance for prizes, and proceeds benefit FCSN, FRCE, and the Science Alliance.

[CLICK HERE TO JOIN THE "BETTER EVERY SHIFT" CHALLENGE](#)

### FRF LAUNCHES THE "HEALTHY 10" ASSESSMENT MODEL

What does a healthy and fit firefighter, EMT, and/or medic look like?

FRF just created a list to help define and guide members of the fire service to better health. Take a look at the article and assess where you can improve your health.



[CLICK HERE TO DISCOVER THE "HEALTHY 10"](#)

## Create this Habit to Get More Fit

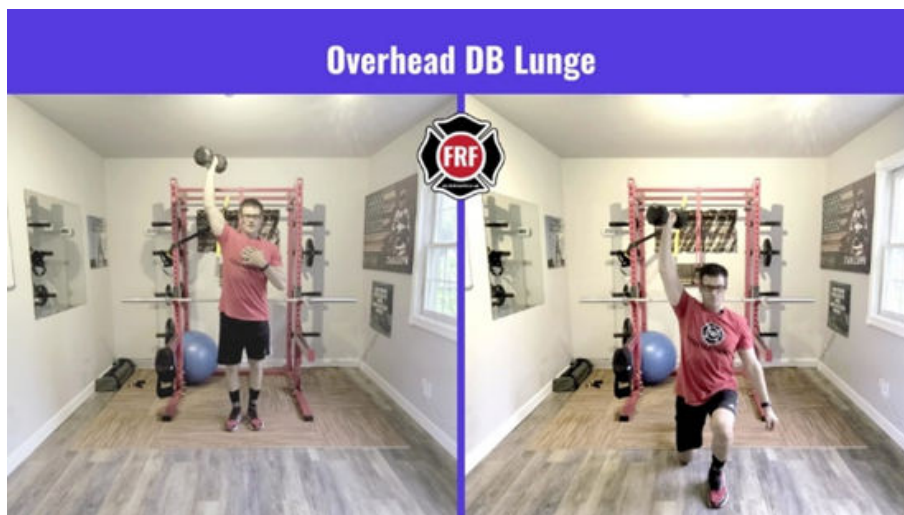


The key to accomplishing your fitness goal starts with a focus on establishing healthy habits first and results second.

Regardless of what your overall goal is, if you do not focus on the day-to-day actions that will help you succeed, you will fail. So, before you set your sights on losing 10 pounds, establish the habits that will get you there. Start with this one...

[CLICK HERE TO DISCOVER THE ONE HABIT YOU NEED TO MAKE FITNESS PROGRESS.](#)

## FRF Functional Exercise- Overhead DB Lunge



**Exercise overview:** This is a great exercise to work both upper body and lower body strength along with shoulder stabilization and balance. This exercise can be used as a strength exercise or added as an option for an afterburner.

**Muscle Groups Involved:** Core, shoulders, legs, and glutes

**Coaching Tips:** Hold a dumbbell in your right hand and it above your head. Keep your arm as straight as possible through the movement. Step forward with your left foot, lowering until the top of your thigh is parallel to the floor. Push off your left foot to stand. Repeat on the other leg. Keep your head and chest back, maintaining good posture. Control the motion and go slowly. Repeat as directed by your FRF workout and your level of fitness.

[CLICK HERE FOR A VIDEO DEMONSTRATION OF THIS EXERCISE](#)

**Dear Firefighter,**

The partner document for this letter (the Provider's Guide to Firefighter Medical Evaluations) is designed to be taken to your primary care provider to let them know what unique occupational risks you face as a firefighter.

**Firefighters are at increased risk for:**

- Several types of cancers
- On-duty cardiovascular events
- Sleep disorders
- Behavioral health concerns such as -
  - > depression
  - > suicidal thoughts
  - > anxiety
  - > post-traumatic stress

**THIS IS WHERE YOU COME IN.**

Every firefighter needs to take control of their own health care and ensure their providers are aware of the physical and mental health stress common for firefighters.

The **US Preventative Services Task Force (USPSTF)** provides recommendations for exams and screenings for the general population. While these should be used as a baseline, they are not designed for an occupational group with increased risk. Providers should be aware of the unique exposures and consider this when weighing timing and frequency of screenings.

The attached document provides recommendations on screenings that experts in firefighter health believe are appropriate for firefighters.

**This document is not meant to be prescriptive for your primary care provider, but rather to raise his/her awareness as they weigh your occupational and personal risk factors in making clinical decisions about screenings and treatment.**

**If your department has medical evaluations to clear you for duty, GREAT! However, occupational medicine/department exams are focused on clearing you for duty for your department.**

**YOUR primary care provider is focused on managing YOUR health.**

**If your department does NOT provide an annual exam, it is even more important for you to work with a primary care provider to ensure your health is protected.**

**Provider's Guide to FIREFIGHTER MEDICAL EVALUATIONS**

Firefighting is a uniquely stressful and dangerous job that requires working in unyielding and often toxic environments. Due to the demands, firefighters are at increased risk for job-related **CANCER**, **MENTAL HEALTH CONCERNS**, and **CARDIOVASCULAR EVENTS**.

While the USPSTF recommendations should be used as a baseline, they are designed for the general population and not an occupational group with increased risk. Providers should be aware of the unique exposures and consider this in conjunction with personal and family risk factors when weighing timing and frequency of screenings.

**CARDIOVASCULAR DISEASE (CVD)**  
Sudden cardiac events account for 150% of acute duty-related death among firefighters primarily by myocardial infarction or cardiac arrest.  
Comprehensive screening and aggressively treating CVD risk factors. An ASCVD risk score can help identify firefighters who may need to initiate treatment for hypertension or dyslipidemia.  
Expert Panel Recommendations: Based on risk factors, evaluate firefighters for coronary heart disease (CHD) and structural heart changes, specifically consider:  
Coronary Artery Calcium (CAC) Scan at age 40 yrs., or earlier based on clinical judgment and risk profile  
Screening for structural heart disease including left ventricular hypertrophy, cardiac chamber enlargement, valvular abnormalities, or diastolic dysfunction using screening echocardiography in the presence of hypertension, obesity, Metabolic Syndrome or sleep apnea

**FIREFIGHTERS AS TACTICAL ATHLETES**

- Cardiovascular**  
Extreme physical work, 17% of acute stress on cardiovascular system
- Respiratory**  
Elevated core temperature, dehydration, heat stress
- Metabolic**  
Elevated core temperature, dehydration, heat stress
- Neurological**  
Increased breathing rate and oxygen consumption
- Endocrine**  
Elevated core temperature, dehydration, heat stress
- Immune/Infectious**  
Increased leukocyte and hormone
- Psychological**  
Elevated oxygen use and heat production
- Physiological**  
Repeated exposures to trauma, sleep disruption, increased mental and behavioral health concerns

Click here: [bit.ly/3y288FA](http://bit.ly/3y288FA) or scan the QR code for Screening Tools, Resources & More

# FIREFIGHTERS GUIDE TO ANNUAL MEDICALS

Every firefighter needs to take control of their own health care and ensure their providers are aware of the physical and mental health stress common for firefighters. FRCE and Science to the Stations created these guides to give to your provider to help support the proper medical tests are being routinely performed. Use these guides and get your annual medical.

[CLICK HERE TO GET THE FIREFIGHTERS GUIDE TO ANNUAL MEDICALS](#)



## CHECK YOURSELF!

EARLY CANCER DETECTION IS THE KEY TO PREVENTION.

DetecTogether is a non-profit organization that teaches you how to seize the power of early detection with the 3 Steps Detect program. This program is FREE and can be taken online with your crew.

[FIND OUT MORE](#)

**Firefighter Cancer Prevention**  
The Top 5 Ways to Reduce Your Risk

- 1 CLEAN AND WEAR PROPER PPE ON ALL CALLS.** (Icon: Firefighter in gear)
- 2 MEDICAL AND CANCER SCREENING TESTS EVERY YEAR.** (Icon: Stethoscope and medical chart)
- 3 EAT A HEALTHY DIET.** (Icon: Fork and knife)
- 4 MAINTAIN A HEALTHY WEIGHT AND EXERCISE REGULARLY.** (Icon: Person running)
- 5 DON'T USE TOBACCO.** (Icon: Cigarette with a slash through it)


www.FireRescueFitness.com

## 5 WAYS TO PREVENT CANCER

CANCER IS NOW THE NUMBER ONE KILLER OF FIREFIGHTERS.

The latest research shows that firefighters are more likely to develop cancer than the general population. There are, however, ways to reduce your risks. Here are the five best ways to reduce your risks of cancer as a firefighter, EMT, and/or medic.

[CLICK HERE FOR MORE](#)



**IT'S NOT THE  
LOAD THAT  
BREAKS YOU,  
IT'S HOW YOU  
CARRY IT.**

**-Lou Holtz**



## **10 WAYS FIREFIGHTERS CAN SUPPORT THEIR OWN MENTAL HEALTH**



Firefighting is a stressful occupation. Difficult calls, variable duty schedules, working in close proximity with others who may or may not be personally compatible - all of these things contribute to stress that, if not well managed, can lead to significant issues for both physical and mental health. Here are ten ways you can support and promote better mental health.

[CLICK HERE TO READ THE ARTICLE](#)

**Be Great in 2023. Be Grateful, Be Present, and Be Kind.**

PLEASE REACH OUT WITH ANY QUESTIONS OR FEEDBACK.

-Aaron Zamzow (ZAM)

[ZAM@FireRescueFitness.com](mailto:ZAM@FireRescueFitness.com)