



TO :

FROM : National Wildfire Coordinating Group

REPLY TO : NWCG@nifc.gov

DATE : 06/17/2010

SUBJECT : SAFETY ADVISORY : International Association of Fire Chiefs Safety Week



Safety Week Letter.pdf



Safety Week Topics.pdf



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SUBJECT : SAFETY ADVISORY : International Association of Fire Chiefs Safety Week

During the week of June 20-26, fire departments, firefighters, and Emergency Management Services personnel across the country will promote a safety and health week for firefighter and emergency services personnel. NWCG has been a participant with the International Association Fire Chiefs (IAFC), and other groups in the private, and public sector in supporting this call for safety.

This year's Safety Week, titled "*Fit for Duty*" has been expanded to one week to allow participating agencies maximum flexibility for participation. Topics this year include:

- General Health and Wellness
- Food and Nutrition
- Fitness
- Stress Management
- Smoking and Smokeless-Tobacco Cessation
- Alcohol and Other Drugs
- Infectious Diseases
- Suicide Prevention

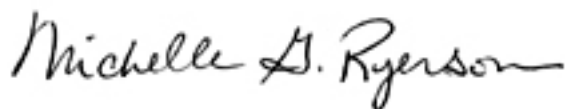
The NWCG Risk Management Committee urges you to take a moment of silence for line of duty deaths, and review the May 2010 Safety Gram for fatalities and serious accidents. Take time each day by providing tailgate safety sessions on one topic area each day, or provide similar brief programs that are unique, and focus on high risk, low frequency events in your daily jobs.

Attached is a list of resources you may wish to consider when developing your Safety Week briefings.

Additional information and ideas include the following:

NWCG Risk Management Committee (RMC) at <http://www.nwcg.gov/branches/pre/rmc/>,
Six Minutes for Safety Program at <http://www.wildfirelessons.net/uploads/6mfs/home.html>, the
Wildland Fire Safety Training Annual Refresher (WFSTAR): <http://www.nifc.gov/wfstar/topics.html>,
and the IAFC website at <http://www.iafc.org/displaycommon.cfm?an=1&subarticlenbr=306>.

Thank you for your cooperation and commitment in this important national safety effort.

A handwritten signature in black ink that reads "Michelle G. Ryerson". The signature is written in a cursive, flowing style.

Chair, NWCG Risk Management Committee

Suggested Wildland Fire Safety Topics
IAFC Safety Week
June 20-26, 2010

"Fit for Duty"

Please observe a moment of silence for line of duty deaths.

To review serious injuries and fatalities to date in 2010, refer to the May Safety Gram:
http://www.nwcg.gov/branches/pre/rmc/safety-grams/sg_2010_d.pdf

The 2009 Risk Management Summary is available at,
<http://www.nwcg.gov/branches/pre/rmc/summaries/risk-mgmt-summary-2009.pdf>

General Health and Wellness

- IAFC Safety Week info:
<http://www.iafc.org/displaycommon.cfm?an=1&subarticlenbr=306>
- NWCG memo: Volunteer Fire Department Heart Attacks on Wildland Fires:
<http://www.nwcg.gov/branches/pre/rmc/index.htm>
- USFA Firefighter Health and Safety:
<http://www.usfa.dhs.gov/fireservice/subjects/health/index.shtm>

Food and Nutrition

- Eating for Health and Performance: The Wildland Firefighter:
<http://www.fs.fed.us/t-d/pubs/htmlpubs/htm07512W01/index.htm>
- Feeding the Wildland Firefighter (Username: t-d and Password t-d):
<http://www.fs.fed.us/t-d/pubs/htmlpubs/htm02512323/index.htm>
- International Association of Firefighters Fit to Survive:
<http://www.iaff.org/hs/fts/ftsdefault.asp>

Fitness

- FireFit: <http://www.nifc.gov/FireFit/index.htm>
- PMS-304-2, Fitness and Work Capacity, 2009:
<http://www.nwcg.gov/pms/pubs/pms304-2.pdf>

Stress Management

- Wildland Firefighters Life Challenge Program:
<http://www.lifechallengeprogram.org/index.html>
- Tips for Managing and Preventing Stress, A Guide for Emergency Response and Public Safety Workers:
<http://download.ncadi.samhsa.gov/ken/pdf/KEN01-0098R/KEN01-0098R.pdf>

Smoking and Smokeless-Tobacco Cessation

- Smokefree.gov: <http://www.smokefree.gov/>
- National Institute on Drug Abuse: <http://drugabuse.gov/DrugPages/Nicotine.html>
- American Lung Association: <http://www.lungusa.org/stop-smoking/>
- IAFF: <http://www.iaff.org/smokefree/WhyQuit.asp>

Alcohol and Other Drugs

- National Institute on Drug Abuse: <http://drugabuse.gov/>
- Substance Abuse & Mental Health Services Administration, U. S. Department of Health and Human Services: <http://findtreatment.samhsa.gov/>
- Alcoholics Anonymous: <http://www.aa.org/>

Infectious Diseases

- Infectious Disease Guidelines for Wildland Fire Incident Management Teams: <http://www.nwcg.gov/branches/pre/rmc/iemtg/policy-guides.html>
- Redrock/Trailer 1 Norovirus Situation Lessons Learned: <http://www.nwcg.gov/branches/pre/rmc/iemtg/lessons/ll-redrock-norovirus.html>

Suicide Prevention

- Wildland Firefighters Life Challenge Program: <http://www.lifechallengeprogram.org/index.html>
- Center for Disease Control and Prevention: <http://www.cdc.gov/violenceprevention/pdf/Suicide-FactSheet-a.pdf>