



Volume 4, Number 6

Weekly Fire Drill

## Firefighter Safety Initiatives

Review these basic Survival & Safety Initiatives from the National Fallen Firefighters Foundation Summit 2004

**Duty and responsibility -- Make EVERY DAY a TRAINING DAY....so that EVERYONE GOES HOME!**

**Focus on 'FIREFIGHTING FIT' and remember REHAB at the scene!**

- Regular medical examinations
- Physical fitness program
- Monitored rehab after strenuous activity
- Eat Smart

**Drive with care -- everyone wears a seatbelt -- EVERYONE!**

- Safe speed -- always under control
- Stop at red lights...STOP!
- Remain seated and belted while in motion
- Protect the roadway/scene

Visit [www.firehero.org](http://www.firehero.org) for more information on this life saving project.

**The right FIREFIGHTING Strategy -- Offensive or Defensive?**

- SIZE-UP & Evaluate risks before attacking...
- Do not risk a firefighter's LIFE to save property
- Closely monitor changing conditions

**Stay together so WE don't get lost**

- Accountability and crew integrity are essential...
- Stay oriented -- always know your way out
- Predict and manage your air supply
- Communicate with your crew & command

**You can make a difference (every firefighter, every officer, everyone)**

- Get back to the basics! (Every subject is important and must be trained on)