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Background

Firefighter safety training has always focused on the obvious fire-related safety issues and may overlook the more routine firehall safety hazards

Five year statistics from WorkSafeBC show that less than half of all firefighter injuries occur at emergency incidents. One-third of all injuries occur at the firehall (excluding training events).

This Guide outlines possible ways to use the custom-developed videos, as well as providing links to other related resources.

This program could be used in new recruit training & orientation, or in crew meeting sessions with all members.

Activity Procedure

This entire activity should take up to 60 minutes, depending on the number of participants and the amount of discussion generated.

Training Tools required

<ul style="list-style-type: none"> • Data Projector 	<ul style="list-style-type: none"> • Screen 	<ul style="list-style-type: none"> • Laptop
<ul style="list-style-type: none"> • Videos on flashdrive or internet stream from BCMSA website 	<ul style="list-style-type: none"> • flipcharts, pens (at least 3 different colours) 	<ul style="list-style-type: none"> • Masking tape
	<ul style="list-style-type: none"> • speakers 	

Time	Activity	Notes/resources
5 minutes	Begin by asking participants to think about workplace injuries that could occur in non-emergency situations (excluding training). Ask them to guess what percentage of all firefighter injuries are in this category. After they have a chance to share their guesses, let them know the actual statistics.	

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	<p>A study by WorkSafeBC, showed that over a period of 5½ years, there were 1,359 lost time injuries in fire departments around the Province. Less than half of the injuries occurred at emergency incidents. 33% of lost time injuries occurred at the firehall (not including training).</p>	
	<p>25% of those were from falls and trips (e.g., off apparatus) 22% were from lifting and moving heavy equipment 20% were from slips on surfaces</p>	
5 minutes	<p>Given those statistics, ask participants to brainstorm hazards around the firehall that could potentially cause or contribute to such injuries. Record on labelled flipcharts for later reference; leave the flipcharts in a location visible to everyone.</p>	3 Flipcharts, labelled “falls/trips”, “lifting” and “slips”
5 minutes	<p>Watch the first video clip, which depicts a firefighter falling from a firetruck. Ask:</p> <ul style="list-style-type: none"> - Have you ever experienced or witnessed a similar scenario? What happened? - What other equipment or apparatus in the firehall might pose a similar hazard? <p>Record responses on “falls/trips” flipchart</p>	1 st video clip (pause at end, where it says “1/3 of all injuries to firefighters happen at the hall)
5 minutes	<p>Watch the second video clip, which shows a firefighter lifting a heavy fan and injuring his back. Ask above questions, record the responses on “lifting” flipchart.</p>	2 nd video clip (pause at end)
5 minutes	<p>Watch the third video clip, which depicts slipping on water. Ask above questions, record the responses on</p>	3 rd video clip (pause at end)

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	“slips” flipchart	
20 minutes	<p>Divide into three groups. Give each group one of the scenarios. Ask them to spend 5-10 minutes discussing how an incident could have been prevented, and to record on a flipchart. After the allotted time, rotate the group, add on to the previous group’s ideas. After 5 minutes, switch again.</p>	Blank flipchart paper, 3 different coloured pens (that they will carry with them)
10 minutes	<p>Bring everyone back together to debrief the responses. Ensure the following are included:</p> <ul style="list-style-type: none">- Pay attention: many accidents are 100% preventable simply by paying attention to your surroundings and avoiding distractions- Clean up spills as soon as you see them. If you can’t clean them up, then barricade them off while you seek the source of the spill. Remove the hazard (cause of the spill) if possible.- Don’t rush- Use proper lifting technique. Always ask for assistance if necessary.- Use handholds where available. If not installed in places they should be, talk to your Captain or B/C.- Climb down from apparatus facing inward using three points of contact- Never jump from apparatus	

5 minutes	Conclude by emphasizing the importance of recognizing that hazards exist even away from emergency situations. Report all injuries, no matter how minor, as prompt reporting can help to prevent a more serious incident in the future.	
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Additional resources

The following are some of the additional resources that can supplement the information in this guide. Except where otherwise noted, all resources are documents that can be read online and/or downloaded for offline viewing and printing.

Preventing Musculoskeletal Injury (MSI): A guide for employers and joint committees
http://www.worksafefbc.com/publications/health_and_safety/by_topic/assets/pdf/msi_employers.pdf

Understanding the Risks of Musculoskeletal Injury (MSI): An educational guide for workers on sprains, strains, and other MSIs
http://www.worksafefbc.com/publications/health_and_safety/by_topic/assets/pdf/msi_workers.pdf

Worksheet "A" MSI Risk Factor Identification (fillable PDF)
<https://www.worksafefbc.com/en/resources/health-safety/books-guides/worksheet-a-msi-risk-factor-identification>

Worksheet "B" MSI Risk Factor Assessment (fillable PDF)
<https://www.worksafefbc.com/en/resources/health-safety/books-guides/worksheet-b-msi-risk-factor-assessment>

Apps to calculate MSI risks in lifting and carrying tasks:

- Lift/Lower calculator
<https://www.worksafefbc.com/en/resources/health-safety/interactive-tools/lift-lower-calculator>
 - Push/Pull/Carry calculator
<https://www.worksafefbc.com/en/resources/health-safety/interactive-tools/push-pull-carry-calculator>
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Slips, Trips, and Falls (iBook for iOS devices)

<https://itunes.apple.com/ca/book/slips-trips-and-falls/id598760051?mt=11>

Back Talk for Employers (web book version)

<http://worksafebcmedia.com/media/WebBooks/backtalk-employer/#/>

Back Talk for Employers (iBook version — for iOS devices only)

<https://itunes.apple.com/ca/book/back-talk-for-employers/id577949168?mt=11>

Back Talk: an Owner's Manual for Backs (web book version)

<http://worksafebcmedia.com/media/WebBooks/backtalk-worker/#/>

Back Talk: an Owner's Manual for Backs (iBook for iOS devices)

<https://itunes.apple.com/ca/book/back-talk-owners-manual-for/id578674804?mt=11>

Support for employers: Training and orientation for young and new workers

<https://www.worksafebc.com/en/resources/health-safety/books-guides/support-for-employers-training-and-orientation-for-young-and-new-workers>
