

Fire Fighter Health and Safety

Workbook Activities

The following activities have been designed to help you. Your instructor may require you to complete some or all of these activities as a regular part of your fire fighter training program. You are encouraged to complete any activity your instructor does not assign to you, as a way to enhance your learning in the classroom.

Chapter Review

The following exercises provide an opportunity to refresh your knowledge of this chapter.

Matching

Match each of the terms in the left column to the appropriate definition in the right column.

- | | |
|---|--|
| _____ 1. Portable radio | A. The dangerous practice of acting independently of command instructions |
| _____ 2. Critical incident stress debriefing (CISD) | B. A minimum of two fully equipped personnel who are on-site, in a ready state, for immediate rescue of injured or trapped fire fighters |
| _____ 3. Employee assistance program (EAP) | C. Readily identifies the locations and functions of all fire fighters at an incident |
| _____ 4. Rapid intervention crew | D. The federal agency that regulates worker safety and, in some cases, responder safety |
| _____ 5. Freelancing | E. Fire service programs that provide confidential help to fire fighters with personal issues |
| _____ 6. Occupational Safety and Health Administration (OSHA) | F. A portable communication device used by fire fighters |
| _____ 7. Personnel accountability system | G. A process to provide periods of rest and recovery for emergency workers during an incident |
| _____ 8. Rehabilitation | H. Postincident meeting designed to assist rescue personnel in dealing with psychological trauma |

Multiple Choice

Read each item carefully, and then select the best response.

- _____ 1. A process to provide periods of rest and recovery for emergency workers during an incident is called
- A. recon.
 - B. rehabilitation.
 - C. RIC.
 - D. relegate.

- _____ 2. Team members operating within a structure should maintain _____ contact with one another at all times.
- A. voice
 - B. vision
 - C. physical
 - D. All of the above
- _____ 3. According to the NFPA, approximately what percentage of fire fighter deaths occurs during training?
- A. 5 percent
 - B. 14 percent
 - C. 20 percent
 - D. 25 percent
- _____ 4. What is the second most common cause of fire fighter deaths?
- A. Explosions
 - B. Exposure to diseases
 - C. Motor vehicle crashes
 - D. Roof collapses
- _____ 5. The system in which two fire fighters work as a team for safety purposes is referred to as the
- A. incident management system.
 - B. buddy system.
 - C. personnel accountability system.
 - D. personal alert system.
- _____ 6. What is considered the leading cause of death among fire fighters?
- A. Vehicle accidents
 - B. Smoke inhalation
 - C. Heart attack
 - D. Cancer
- _____ 7. The written rules and procedures that outline how to perform various functions and operations are the
- A. general operating guidelines.
 - B. Code of Federal Regulations.
 - C. incident management system (IMS).
 - D. standard operating procedures (SOPs).
- _____ 8. The National Fire Protection Association (NFPA) standard regarding fire department occupational safety, health, and wellness is standard
- A. 1001.
 - B. 1403.
 - C. 1500.
 - D. 1582.

- _____ 9. According to the Firefighter Cancer Support Network, fire fighters have a _____ percent higher risk of being diagnosed with cancer than the general U.S. population.
- A. 5
 - B. 9
 - C. 15
 - D. 33
- _____ 10. Most fire fighter injuries and deaths are the result of
- A. equipment failure.
 - B. preventable situations.
 - C. burns and explosions.
 - D. hazardous materials.
- _____ 11. The National Fallen Firefighters Foundation has developed a fire fighter safety initiative designed to raise awareness of life safety issues. This program is known as
- A. Everyone Goes Home.
 - B. NFA Safety.
 - C. NFPA Safety.
 - D. OSHA and Safety.
- _____ 12. A good guideline is to consume _____ ounces of water for every 5 to 10 minutes of physical exertion.
- A. 1 to 2
 - B. 5 to 8
 - C. 8 to 10
 - D. 10 to 12
- _____ 13. In recent years, there have been _____ fire fighter suicides compared to line-of-duty deaths.
- A. more
 - B. less
 - C. just as many
 - D. almost as many
- _____ 14. When working at the scene of a highway incident, fire fighters should wear their normal PPE and
- A. helmets.
 - B. high-visibility safety vests.
 - C. roadway extrication gloves.
 - D. SCBA.
- _____ 15. When the speed of a vehicle doubles, the force exerted increases by a factor of _____.
- A. 2.
 - B. 3.
 - C. 4.
 - D. 10.

Vocabulary

Define the following terms using the space provided.

1. Personnel accountability system:

2. Standard operating procedures (SOPs):

3. Employee assistance program (EAP):

4. The 16 Firefighter Life Safety Initiatives:

5. Safety Officer:

Fill-In

Read each item carefully, and then complete the statement by filling in the missing word(s).

1. _____ collisions are a major cause of fire fighter fatalities.
2. The _____ has developed programs with the goal of reducing line-of-duty deaths.
3. Some cancers do not present for _____ years or more after exposure to a carcinogen.
4. The _____ officer has the authority to stop any activity that is judged to be unsafe.
5. The patterns that develop during training continue during actual emergency incidents. Thus, developing _____, _____, _____ during training helps ensure safety later.
6. The National Fire Fighter _____ - _____ provides a method for reporting situations that could have resulted in injuries or deaths.
7. All fire fighters—whether career or volunteer—should spend at least _____ each day in physical fitness training.

8. _____ is the leading cause of death in the United States and a leading cause among fire fighters.
9. When fire fighters make independent decisions or do not follow command instructions, they are taking part in the dangerous practice of _____.
10. Emergency vehicle operators are subject to all _____, unless a specific exemption is made.

True/False

If you believe the statement to be more true than false, write the letter "T" in the space provided. If you believe the statement to be more false than true, write the letter "F."

1. _____ A prompt response is just as high a priority as a safe response.
2. _____ Most fire departments have employee assistance programs to provide counseling services to support fire fighters.
3. _____ Freelancing is a good method of discovering new firefighting techniques.
4. _____ Most fire fighter injuries and deaths are the result of preventable situations.
5. _____ Every fire department must have a personnel accountability system.
6. _____ Members of rapid intervention teams are the first fire fighters to enter a structure in an emergency operation.
7. _____ Even with an emergency driving exemption, the operator can be found criminally or civilly liable if involved in a crash.
8. _____ Emergency vehicle operators are subject to all traffic regulations unless a specific exemption is made.
9. _____ On the fire ground, the company officer must always know where his or her teams are and what they are doing.
10. _____ Fire fighters need not be aware of their surroundings when performing their assigned tasks at an emergency scene.

Short Answer

Complete this section with short written answers using the space provided.

1. Identify five of the nine Guidelines for Safe Emergency Vehicle Response.

2. Describe the purpose of a critical incident stress debriefing (CISD).

3. Identify four guidelines to stay safe, both on and off the job.

4. Identify the four major components of a successful safety program.

5. Identify three groups that fire fighters must always consider when ensuring safety at the scene.

Fire Alarms

The following real case scenario will give you an opportunity to explore the concerns associated with fire fighter qualifications and safety. Read the scenario, and then answer the question in detail.

1. Your company officer has requested you to give a morning training lecture on the common causes of fire fighter deaths. Identify the common causes of fire fighter death, and outline some of the information you can use to support your lecture. What can you do to reduce the chance of death or injury?

2. You are asked to talk with a recruit fire fighter class on the topic of cancer in the fire service. What are the main points you will discuss with these new fire fighters?

Skill Drills

Skill Drill 2-1: Mounting Apparatus Fire Fighter I, NFPA 1001:4.3.2

Test your knowledge of the skill drill by filling in the correct words in the photo captions.



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1. When mounting (climbing aboard) fire apparatus, always have at least one hand firmly grasping a _____ at least one foot firmly placed on a _____ surface. Maintain the one-hand-and-one-foot placement until you are _____.



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2. Fasten your _____ and leave it fastened until the apparatus is stopped at its destination. Don any other required safety equipment for the response, such as _____ protection and intercom systems.

Skill Drill 2-2: Dismounting a Stopped Apparatus Fire Fighter I, NFPA 1001:4.3.2

Test your knowledge of the skill drill by filling in the correct words in the photo captions.



1. Become familiar with your riding _____ and the safest way to dismount.



2. Maintain the one-hand-and-one-foot placement when leaving the apparatus, especially on _____ or potentially icy roadway surfaces.