



# Dallas Fire-Rescue Wellness-Fitness Program





# Need for Program

- Higher incidence of heart disease for firefighters
- Certain cancers shown to be caused by carcinogens encountered in firefighting
- Led to presumptive legislation that took effect September 1, 2005



# Need for Program (Cont.)

- A number of national standards and federal laws require physicals for firefighters
  - NFPA 1500
  - OSHA Respiratory Standard
  - Superfund Amendments & Reauthorization Act (SARA)



# History of Wellness-Fitness Programs for Fire Depts.

- International Association of Fire Chiefs (IAFC) and International Association of Fire Fighters (IAFF) jointly developed a model wellness-fitness program
- Ten cities represented by firefighter's association and the fire chief designed the program in 1997
- Provides an overall wellness program designed specifically for firefighters



# Major Features of Program

- Mandatory for all certified firefighters
- Confidential
- Non-punitive



# Major Components of the Program Include:

Medical Physical Exam



Fitness Assessment



# Medical Exam Includes:

- Medical history
- Complete physical exam
- Blood tests
- Urinalysis
- Vision test
- Audiogram



# Medical Exam Includes: (Cont.)

- Spirometry
- Chest X-ray
- Stress EKG
- Cancer screening



# Fitness Evaluation Includes an Assessment of:

- Aerobic capacity
- Body composition
- Muscular strength
- Muscular endurance
- Flexibility



# Outcome of Medical Exam & Fitness Assessment

- Physician certifies firefighter can perform essential job tasks



# Program Cost

- \$1.2 Million – Wellness-Fitness

(\$350,000 Incentive Pay for Fitness)

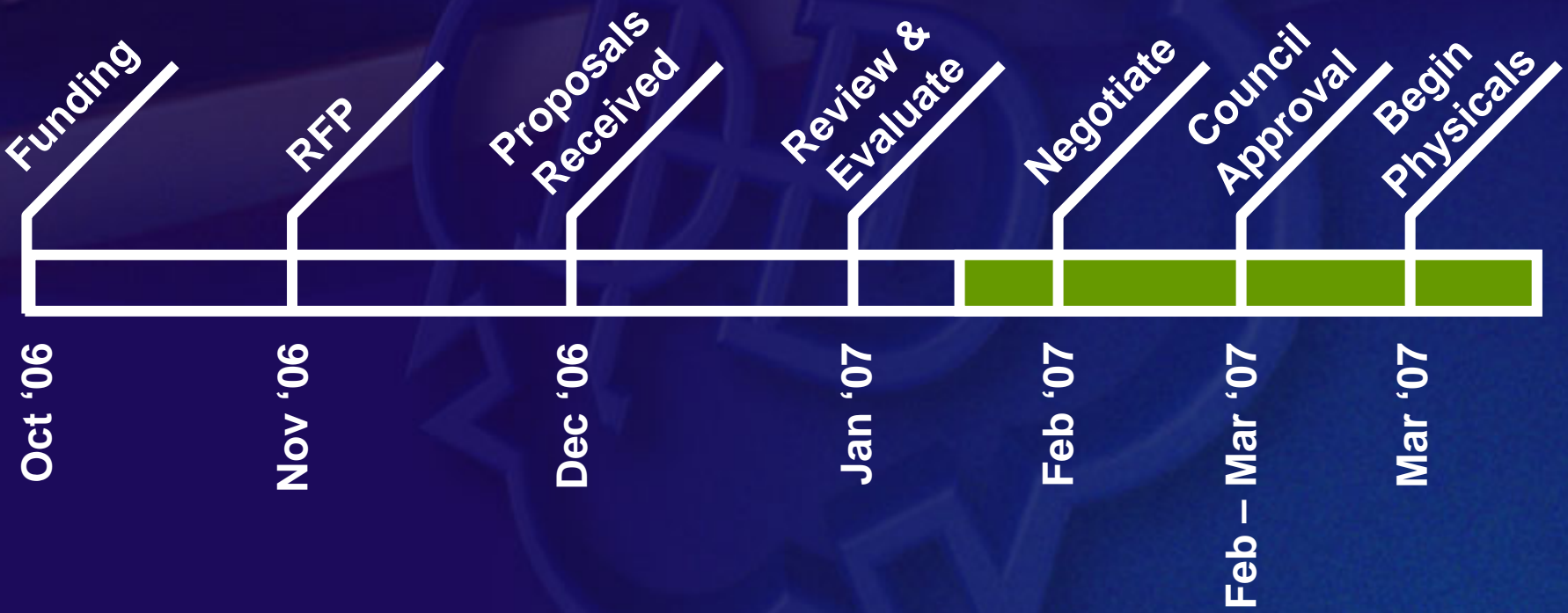
Good                      \$150

Excellent                \$250

Superior                 \$350



# Program Timeline





# Status of Program

- Currently reviewing proposals from three prospective vendors
- Will be on Council Agenda in late February or early March



# Future Needs

- On-going program
- Will require funding in future years
- Expected to produce savings by
  - Reducing sick time usage
  - Reducing injury leave
  - Reducing health care costs by discovering treatable conditions earlier

Dallas Fire-Rescue  
Wellness-Fitness Program

**Questions?**

