



ASSESSMENT OF FACILITATORS, BARRIERS AND PREFERENCES
FOR SAFE EXERCISE ROUTINES IN FIREFIGHTERS:
AN INJURY PREVENTION INVESTIGATION

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KEY POINTS

- The risk of firefighter injury during training and exercise activities is high, and may not be of common knowledge
- We are exploring trends among these injures and developing an educational tool to help prevent them

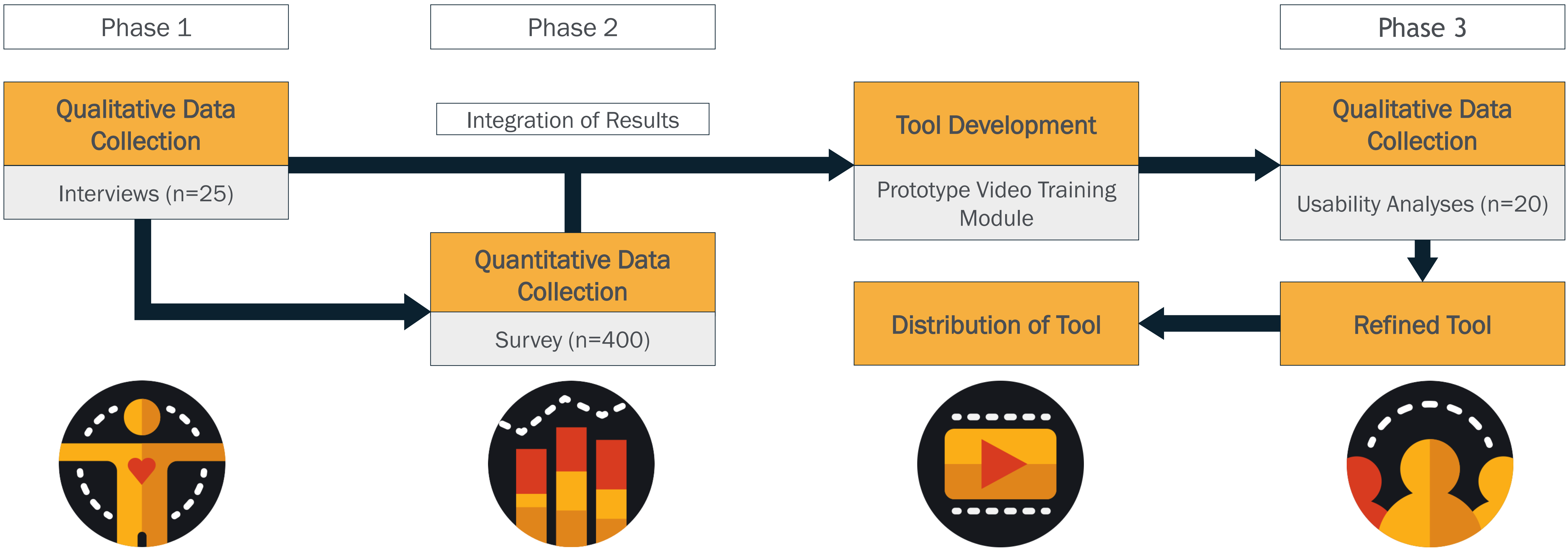
Background

- Firefighters have one of the highest rates of injury among any profession¹.
- The majority of these injuries are musculoskeletal disorders, with 64% being sprains and strains²⁻⁴.
- At the firehouse and during training activities are among the most common settings for injuries to occur, opposed to on the fireground⁵⁻⁶.
- The societal cost of these injuries are high and frequently leads to early retirement from the firefighting service.

Objectives

- To identify common themes, including injury risk factors and firefighter perceptions, surrounding training and exercise-related injuries in firefighters.
- To evaluate how gender might affect training and exercise-related injury risk.
- To develop customizable video training modules that will be used to educate firefighters on best exercise and training practices.

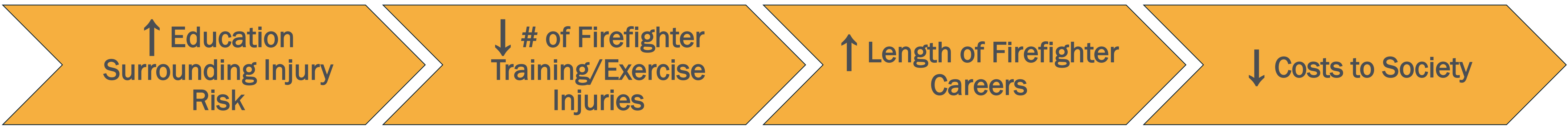
Mixed Methods



Emerging Themes – Phase 1

- Pushing body past its limit → Poor body awareness
- Exercising and training while fatigued → Times of low tissue tolerance
- Lack of education regarding safe practices → Poor form & lack of warm-up/cool-down
- “Suck it up” type attitude → Leads to ignoring injuries

Implications



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