



## **PARTICIPANT INFORMATION SHEET – Phase 2: Survey**

<b>Title of Study:</b>	<b>Assessment of Facilitators, Barriers and Preferences for Safe Exercise Routines in Firefighters: An Injury Prevention Investigation</b>
<b>Principal Investigator:</b>	<b>Dr. Joy MacDermid, PhD, McMaster University &amp; Western University</b>
<b>Student Investigators:</b>	<b>Mr. Noah Carr-Pries, McMaster University Ms. Shannon Killip, BSc, MSc, PhD (trainee), McMaster University Mr. Goris Nazari, BScPT, MSc, PhD (candidate), Western University</b>
<b>Funding Source:</b>	<b>Canadian Institutes of Health Research (CIHR)</b>

FIREWELL (Firefighter Illness Remediation Enterprise: Work-Accommodations for Enabled Life & Livelihood) is a national group of researchers, firefighters, and stakeholders that conduct and share health research about firefighters.

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You are being invited to participate in this research study because you are a firefighter in Canada.

In order to decide whether or not you want to be a part of this research study, you should understand what is involved and the potential risks and benefits. This form gives detailed information about the research study. Please take your time to make your decision. Feel free to discuss it with your colleagues, family, and healthcare providers.

### **WHY IS THIS RESEARCH BEING DONE?**

Firefighters train at very high levels to be prepared for the physically demanding tasks that they are required to do on the job. Despite being relatively healthy, firefighters have high rates of muscle, bone, and joint injuries. Surprisingly, almost half of their injuries occur during exercise/training and are due to overexertion, as well as unsafe practices and techniques. Firefighters may be aware of the risks of injury on the fireground, but unaware of the exercise/training risks. The costs of these injuries are high and can lead to early retirement.

### **WHAT IS THE PURPOSE OF THE STUDY?**

The goal of this study is to understand how bone and joint injuries occur in firefighters during exercise or training.

### **WHAT WILL MY RESPONSIBILITIES BE IF I TAKE PART IN THE STUDY?**

If you volunteer to participate in Phase 2 of the study, you will be asked to complete a web-based survey that will ask you about your current training practices, techniques, and habits. The survey will take 10-15 minutes to answer.

### **WHAT ARE THE POSSIBLE RISKS AND DISCOMFORTS?**

You may feel worried about your answers to the survey questions. You should not worry about this because

your responses are protected by research confidentiality so your employer will not be informed of your answers.

### **HOW MANY PEOPLE WILL BE IN THE STUDY?**

400 participants will participate in the Phase 2 survey.

### **WHAT ARE THE POSSIBLE BENEFITS FOR ME AND/OR FOR SOCIETY?**

You will not directly benefit for participating in the study. The results of this study may benefit society and the scientific community by creating new applicable knowledge that can increase firefighter injury awareness and lead to the development of new resources that could prevent injuries and meet firefighters' needs to maintain full active duty. Research that identify the best training practices directly benefits firefighters and indirectly the communities that they protect.

### **WHAT INFORMATION WILL BE KEPT PRIVATE?**

The electronic anonymous data will be securely stored in a locked office in the research laboratory for 10 years.

For the purposes of ensuring the proper monitoring of the research study, it is possible that a member of the Hamilton Integrated Research Ethics Board may consult your research data. However, no records which identify you by name or initials will be allowed to leave the University. By signing this consent form, you or your legally acceptable representative authorize such access.

### **CAN PARTICIPATION IN THE STUDY END EARLY?**

If you wish to end your participation early, you can exit and clear the survey so that your data will not be saved. You may also refuse to answer any questions you don't want to answer and still remain in the study.

### **WILL I BE PAID TO PARTICIPATE IN THE STUDY?**

You will receive a \$10 Tim Hortons digital gift card as honoraria for completing the survey.

### **WILL THERE BE ANY COSTS?**

There are no costs associated with this study.

### **IF I HAVE ANY QUESTIONS OR PROBLEMS, WHOM CAN I CALL?**

If you have any questions about the research now or later, please contact:

**Noah Carr-Pries, Student Principal Investigator:** [carrprin@mcmaster.ca](mailto:carrprin@mcmaster.ca)

**Margaret Lomotan, FIREWELL Coordinating Centre:** [lomotam@mcmaster.ca](mailto:lomotam@mcmaster.ca) or 905-525-9140 x27328

on behalf of **Principal Investigator Dr. Joy MacDermid:** [macderj@mcmaster.ca](mailto:macderj@mcmaster.ca)

This study has been reviewed by the Hamilton Integrated Research Ethics Board (HIREB). The HIREB is responsible for ensuring that participants are informed of the risks associated with the research, and that participants are free to decide if participation is right for them. If you have any questions about your rights as a research participant, please call the Office of the Chair, Hamilton Integrated Research Ethics Board at 905.521.2100 x 42013.

**\*\*ONLINE CONSENT STATEMENT FOR SURVEY\*\***

Thank you for assisting us by answering our survey.

There are no right or wrong answers. Participation is voluntary and all information will remain confidential.

**Consent is indicated when you submit the survey.**