

10:45 to 11:45 a.m. — Tuesday, March 30, 2010

Physically training firefighters and EMTs to prevent injuries and death: A method that works, Part two

We all understand the alarming statistics of the frequency of cardiac sudden deaths of firefighters and EMTs. This statistic has not changed in four decades. Firefighter and EMT injuries continue to cost us millions of dollars a year. Why can a high school athlete who suffers a sprained ankle return to the playing field in two weeks but a firefighter or EMT takes eight weeks? Attendees will learn to describe how the sports medicine model can significantly reduce their injury cost and downtime; explain the fitness programs designed for firefighting and Emergency Management System (EMS) operation; identify primary and secondary risk factors for firefighting injuries and EMS injuries to evaluate the unfit firefighter and EMT; and list what will not work when physically training employees.

Presented by A.S. Woody Goffinett, senior athletic trainer, Dayton Sports Medicine Institute, Athletic Workshop

Notes:

Action items: