

The Connecticut Firefighter Health and Safety Consortium

Inaugural Connecticut Firefighter Health, Wellness and Fitness Week September 17-23, 2017

COMPANION DOCUMENT LINKS AND HYPERLINKS TO WEBSITES AND VIDEOS

Nutrition

Mediterranean Diet: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

NVFC: www.healthy-firefighter.org

Cancer

Firefighter Cancer Support Network: www.fcsn.org

National Fallen Firefighters Foundation: www.firehero.org

Center for Disease Control: <https://www.cdc.gov/niosh/firefighters/ffcancerstudy.html>

Fitness

Warm-up: <https://youtube/5ed4f7CFAQw>

Behavioral Health

If you just want one article to read to jumpstart your program, try this:

<https://www.ifsta.org/about-us/news-press/hot-topics/firefighter-life-safety-initiative-13-behavioral-health-new-nfff>

If you don't have a program in your department, and want to get better, this page provides a good launch pad:

<https://www.everyonegoeshome.com/16-initiatives/13-psychological-support/>

Read this and use it a guide to develop an understanding of the issues:

<http://sites.iafc.org/files/1VCOS/VCOSYellowRibbonFinal.pdf>

This document provides a solid blueprint for those who wish to build or re-craft and thorough and complete behavioral health program for their department:

https://www.everyonegoeshome.com/wp-content/uploads/sites/2/2014/04/EAPtoBHAP_Guide.pdf

Learn more about AAR and its role here:

<https://www.everyonegoeshome.com/16-initiatives/13-psychological-support/action-review/>

Solid resources for the volunteer service:

<http://www.nvfc.org/programs/share-the-load-program/>

Resources and Statistics:

<http://www.ffbha.org/>

CISD: <http://www.houd.info/CISD.pdf>

<http://www.emsworld.com/article/10325074/ems-myth-3-critical-incident-stress-management-cism-effective-managing-ems-related-stress>

If you are interested in creating a Peer Program for your department, resources are available here:

<http://client.prod.iaff.org/#page=behavioralhealth>

<http://www.ilffps.org/>

<https://www.everyonegoeshome.com/16-initiatives/13-psychological-support/stress-first-aid/>

Any and all fire service personnel can contact the CT FF Health and Safety Consortium through the Secretary at:

Ronald.kanterman@wiltonct.org

We will route you to the person on the Consortium with the information and expertise you are seeking. If we can't answer your question or offer assistance, we'll put you in the right direction.