

A firefighter in full gear stands in front of a large fire, with a person being rescued. The scene is filled with orange and yellow flames, and the firefighter is wearing a helmet and a jacket with reflective stripes. The person being rescued is being held in the firefighter's arms.

**YOU CAN'T SAVE OTHERS
IF YOU DON'T
*save yourself.***

GET YOUR ANNUAL FIREFIGHTER PHYSICAL

Your ability to fight fires and rescue others is entirely dependent on your state of health. That's why getting your annual NFPA 1582 physical is so important. It can identify or catch a potential health issue early on, before it becomes larger or life-threatening. Your NFPA 1582 physical should be performed once a year and it must be performed by an authorized medical practitioner, approved by your fire company.

The annual NFPA 1582 physical documents your state of fitness and health, including:

- Medical and occupational/environmental history
- Vital signs—weight, blood pressure, cholesterol, stress and other markers
- Cancer, heart, vascular and disease screenings
- Behavioral health and cardiopulmonary assessments
- Vision and hearing
- Bloodwork, analysis and lab tests
- Nutrition, diet, sleep and exercise regimes

Speak with your fire chief or safety officer to schedule the date, time and location of your NFPA 1582 physical. For more information, visit firstrespondercenter.org.