



**TRAVIS COUNTY EMERGENCY SERVICES DISTRICT No. 2
PFLUGERVILLE FIRE DEPARTMENT
POLICY**

SUBJECT: HEALTH AND SAFETY	POLICY NUMBER: ADM 030
AUTHORIZED: RONALD G. MOELLENBERG, FIRE CHIEF	ORIGINAL DATE: 10/01/2014
	REVISION DATE: 01/03/2020
	EFFECTIVE DATE: 02/03/2020

I. Purpose

To ensure employees have appropriate resources to be in good health in order to perform duties safely and enjoy good quality of life.

II. Scope

This policy applies to District employees. It is the responsibility of each member of the Fire Department to read and comply with this policy. Failure to comply may result in discipline up to and including termination.

III. Policy

The District provides employees with many services and opportunities to enhance personal health and well-being. The District has an employee assistance program which provides resources for relationship, financial, and legal counseling. Additionally, the District Chaplain is available as needed.

Employees engaged in emergency response with job related needs have access to:

- A. A private online mental health survey is given one or more times throughout the year to help the employees gauge their own mental health, and it provides them with tools to address issues they may be dealing with.
- B. The District retains licensed therapists who will provide private counseling at no cost to the employee.
- C. The District retains a medical provider that can provide immediate crisis counseling.

Employees required to perform firefighting, emergency medical services or other related services will participate in the District's Health Related Fitness Program (Attachment 030-01), based on NFPA 1582 and 1583. Firefighters are required to perform at least one-hour of physical fitness training each shift as prescribed by the District's Health and Fitness Coordinator. Only approved strength, conditioning, assessment, and benchmark activities may be performed while on duty. Competitive sports activities, while on duty are prohibited.

IV. Definitions

- None

V. Attachments

- ADM 030-01 Health Related Fitness Program

VI. Forms

- None