Firefighter Preparedn	<b>ess</b>
	Unit 1

Unit 1 Objectives		- 4-
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- 1. Explain the importance of the proper use and maintenance of their assigned Personal Protective Equipment (PPE).
- 2. Develop a list of personal gear needed for an extended period away from their home station.
- 3. Explain the firefighter's accountability for personal and agency property.

01-2-S130-EP

#### **Unit 1 Objectives**

- 4. List the benefits of maintaining a high level of physical fitness and health.
- 5. Explain how eating well and staying hydrated can reduce firefighter fatigue.
- 6. Explain the importance of keeping personal gear and the assigned area in fire camp clean and organized.

01-3-S130-EF







# **Physical Fitness**

- Aerobic fitness
- Muscular fitness

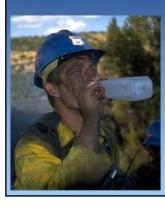


#### Diet

- Carbohydrates
- Fat
- Protein
- Fiber
- Calcium
- Vitamins and Minerals
- Sodium
- Caffeine

01-8-S130-

#### **Fluids**



- Symptoms of dehydration
- Ways to minimize dehydration

01-9-S130-EP

Fatigue			
	<ul> <li>Symptoms of fatigue</li> <li>Ways to minimize fatigue</li> </ul>		
	01-10-S130-EP		

# Personal Hygiene and Area Cleanliness



- Ways to maintain personal hygiene
- Keeping gear and assigned area clean

01-11-S130-EP

### **Unit 1 Objectives**

- 1. Explain the importance of the proper use and maintenance of their assigned Personal Protective Equipment (PPE).
- 2. Develop a list of personal gear needed for an extended period away from their home station.
- 3. Explain the firefighter's accountability for personal and agency property.

01-12-S130-EI

## **Review Unit 1 Objectives**

- 4. List the benefits of maintaining a high level of physical fitness and health.
- 5. Explain how eating well and staying hydrated can reduce firefighter fatigue.
- 6. Explain the importance of keeping personal gear and the assigned area in fire camp clean and organized.

01-13-S130-EP

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