Commit To Be Fit
Working towards musculoskeletal injury reduction for Ontario Fire Rangers

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Introduction

• WSIB Rates
• MSI Causes
• Occupational Athletes

• The Commit To Be Fit Program
• Evaluation
• Future Directions
WSIB Injury Rates

Severity Rate = # of lost time days x 200,000hrs / hrs worked by AFFES for the year

Incident Frequency Rate = # of WSIB injuries x 200,000hrs / hrs worked by AFFES for the year
Musculoskeletal Injury Cause

- Slip/Trip/Fall
- Overexertion
- Improper Lifting
- Restricted Motion
- Struck by Object

Bar chart showing the number of injuries from 2012 to 2015 for each cause.
Why We Do Fitness

• Development of the WFX-Fit recognizes the physical demands of the job
• WFX-Fit completed to ensure fitness level at hire
• Provide a fitness program to maintain level of fitness throughout hire
  • Strength, flexibility, muscular and cardiovascular endurance
• Musculoskeletal injury prevention
• Mental health and wellness
Occupational Athletes

- CROSH 2014
  - FireRangers expend ~4500 kcal/day on IA
  - Intensity of 11 METs
Training for Occupational Athletes

Pre-season Training | Peak Fitness | In Season
Training for Occupational Athletes

Pre-season Training

Peak Fitness

In Season

↑ Endurance
↑ Strength
↑ Cardio
Training for Occupational Athletes

Pre-season Training

↑ Endurance
↑ Strength
↑ Cardio

Peak Fitness

In Season

WFX-Fit
Training for Occupational Athletes

Pre-season Training

Peak Fitness

In Season

↑ Endurance
↑ Strength
↑ Cardio

WFX-Fit

Maintenance
Training for Occupational Athletes

- Pre-season Training
  - ↑ Endurance
  - ↑ Strength
  - ↑ Cardio

- Peak Fitness
  - WFX-Fit

- In Season
  - Maintenance

Dr. Gledhill 6 Week Program
CIFFC Fitness Training Manual
Are you prepared for WFX-Fit?
Training for Occupational Athletes

Pre-season Training

Peak Fitness

In Season

↑ Endurance
↑ Strength
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WFX-Fit

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Pre-season Training

Peak Fitness

In Season

↑ Endurance
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WFX-Fit

Maintenance

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Training for Occupational Athletes

- **Pre-season Training**
  - Endurance
  - Strength
  - Cardio

- **Peak Fitness**
  - WFX-Fit

- **In Season**
  - Maintenance

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Fighting Fire
Commit To Be Fit
Evolution of Commit To Be Fit

2012
Fitness Task
Team formed

2013
Pilot Program
Select Locations

2014
Pilot Program
All Locations

2015
Current Program
Current Program

- Fitness Lead at each location
- Brand developed, fitness culture
- One hour of fitness, first two hours of work
- Free choice, recommended exercise schedule
- Exercise library
- Free weight equipment & cardio equipment
- Rules: No 1RM lifting, swimming, biking

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Limitations

- Facility Space
  - Congestion
  - Equipment levels

- Differences between locations
  - Timing of fitness
  - Red Alert fitness
Evaluation

WSIB Injury Rates 2011-2015

- Incident Severity Rate
- MSI Severity Rate
- Incident Frequency
- MSI Frequency
Future Directions

• Consultation with Department of National Defense
  • Fitness and Wellness Policy
  • Training for Fitness Leads
  • Additional resources
• Results of CROSH Intervention Study
Questions?

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