



Commit To Be Fit

Working towards musculoskeletal injury reduction for Ontario Fire Rangers

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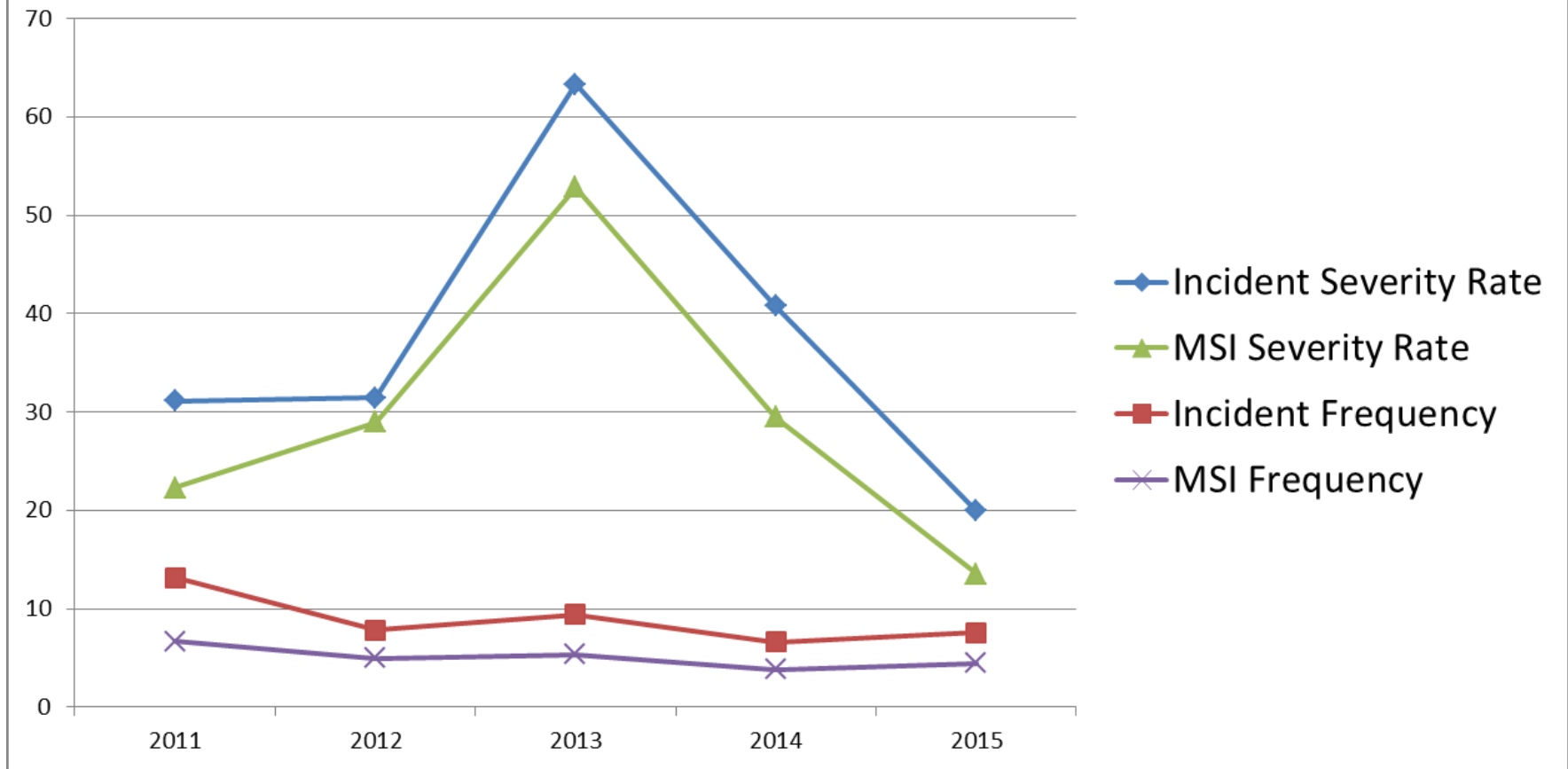
Introduction

- WSIB Rates
- MSI Causes
- Occupational Athletes
- The Commit To Be Fit Program
- Evaluation
- Future Directions



WSIB Injury Rates

WSIB Injury Rates 2011-2015

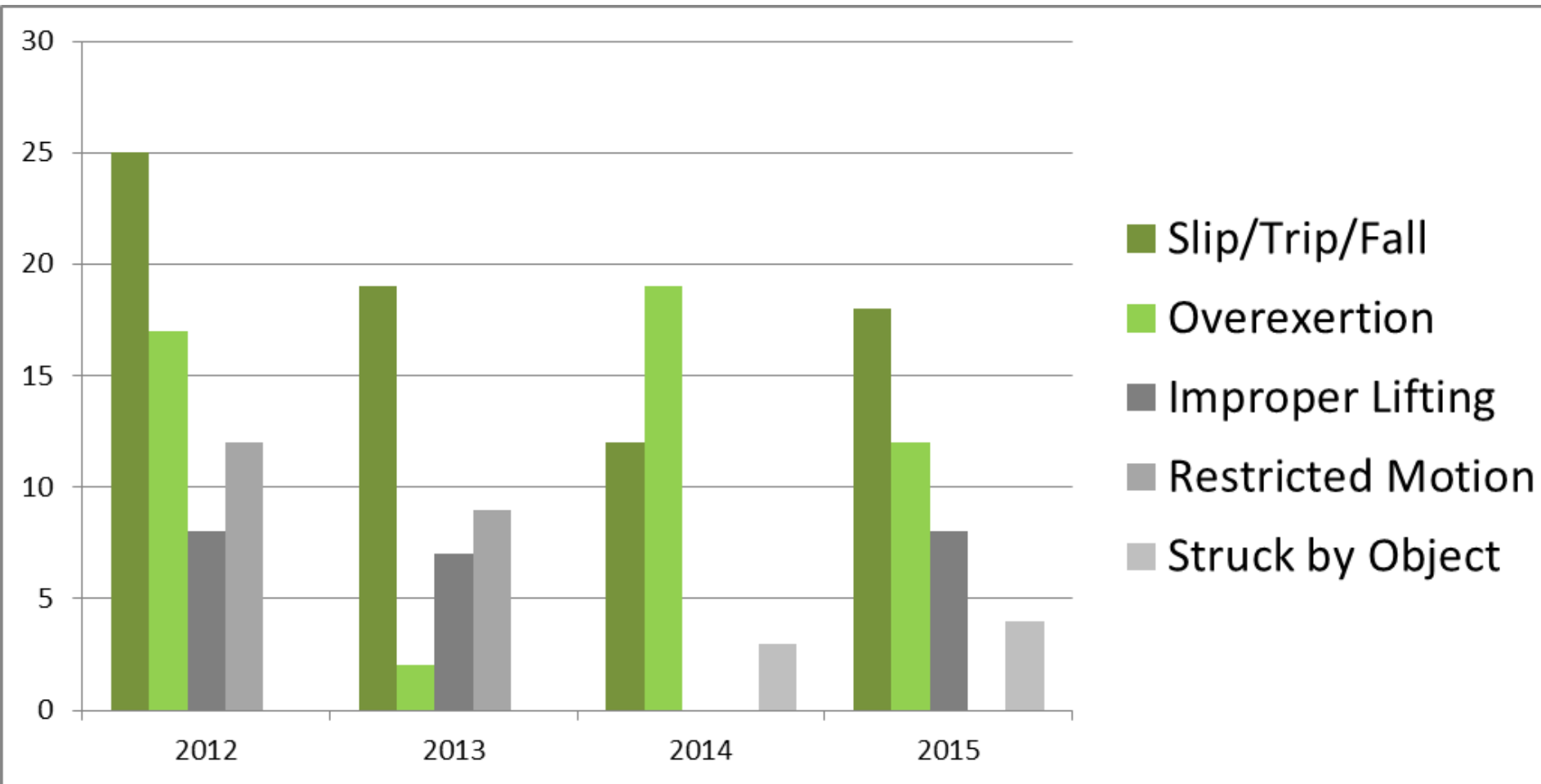


Severity Rate = # of lost time days x 200,000hrs / hrs worked by AFFES for the year

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



Musculoskeletal Injury Cause



Why We Do Fitness

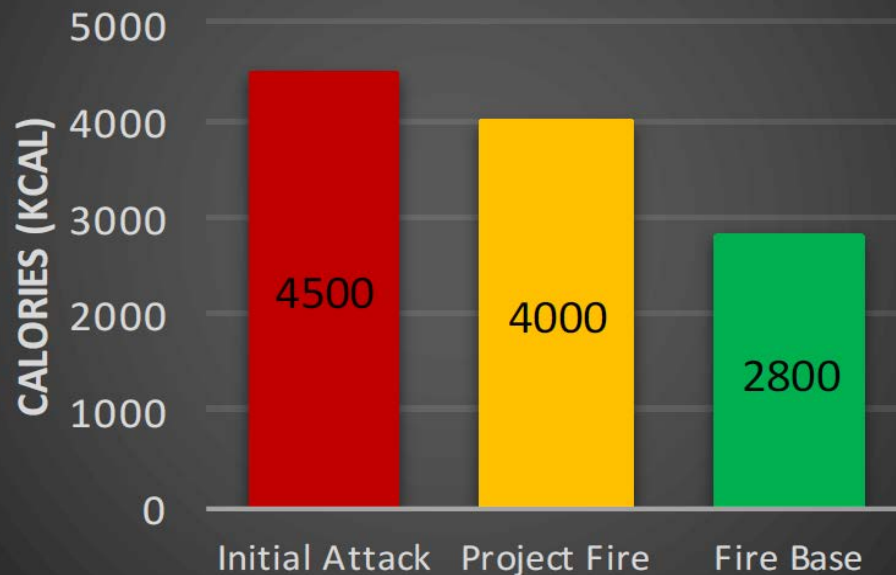
- Development of the WFX-Fit recognizes the physical demands of the job
- WFX-Fit completed to ensure fitness level at hire
- Provide a fitness program to maintain level of fitness throughout hire
 - Strength, flexibility, muscular and cardiovascular endurance
- Musculoskeletal injury prevention
- Mental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



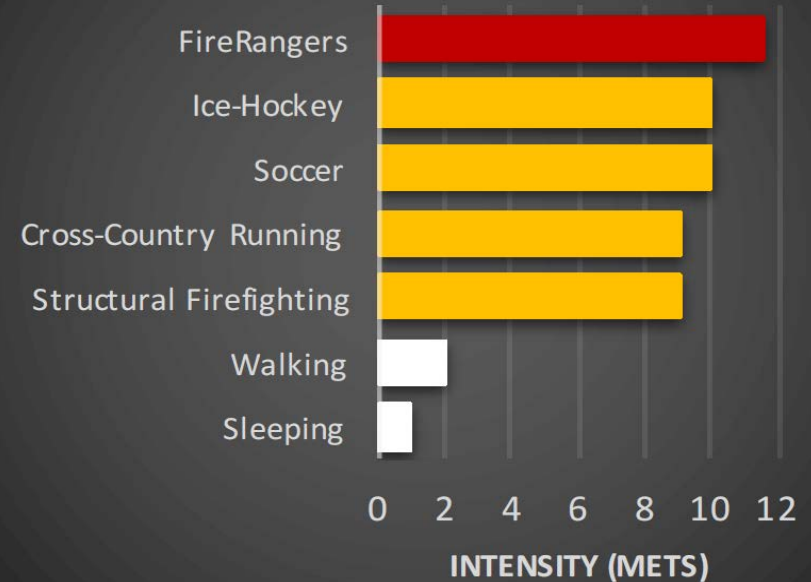
Occupational Athletes

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

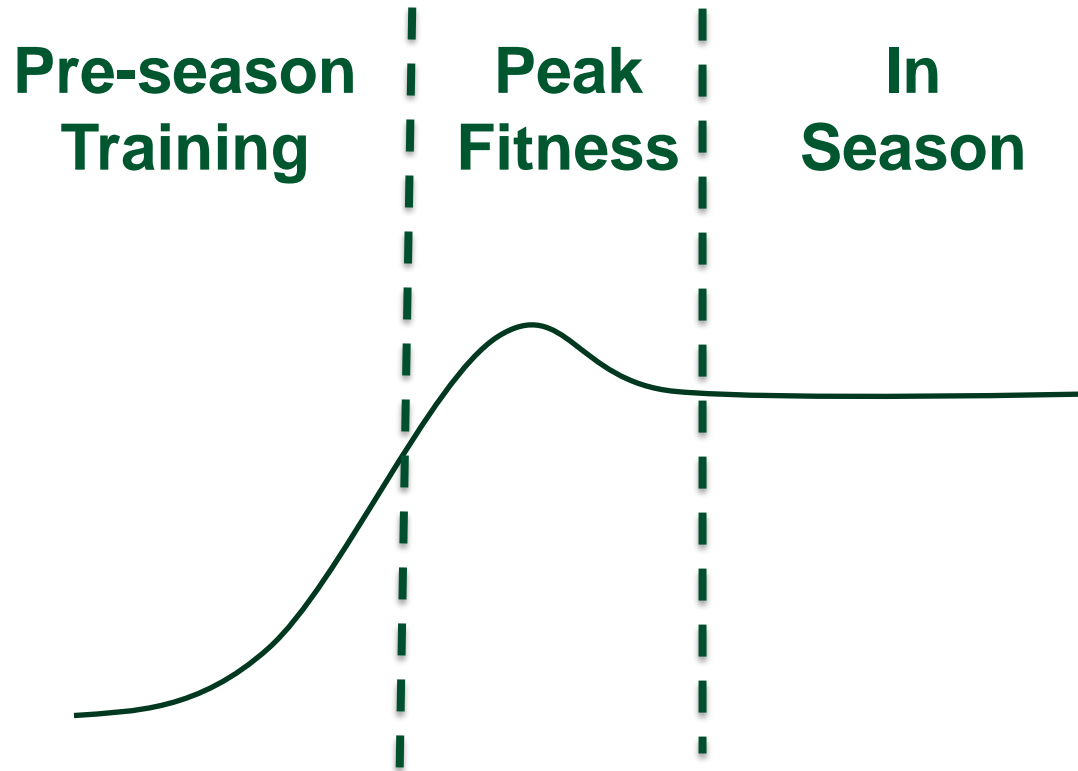
Daily Energy Expenditure



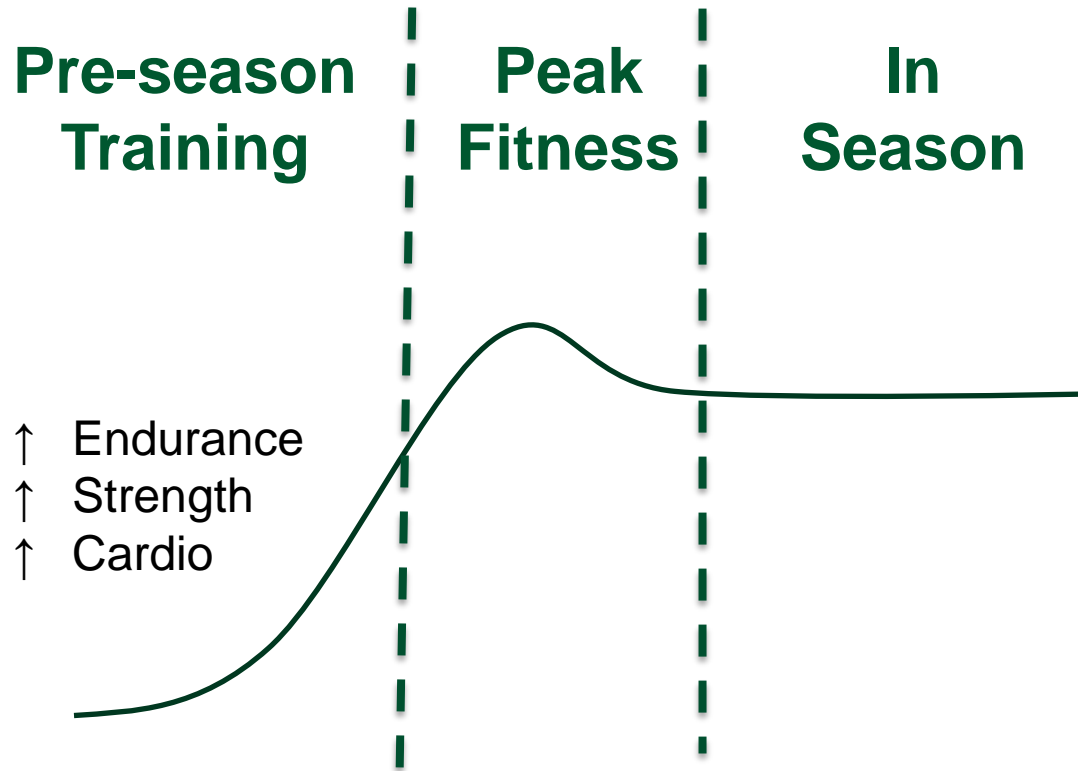
Activity Intensity



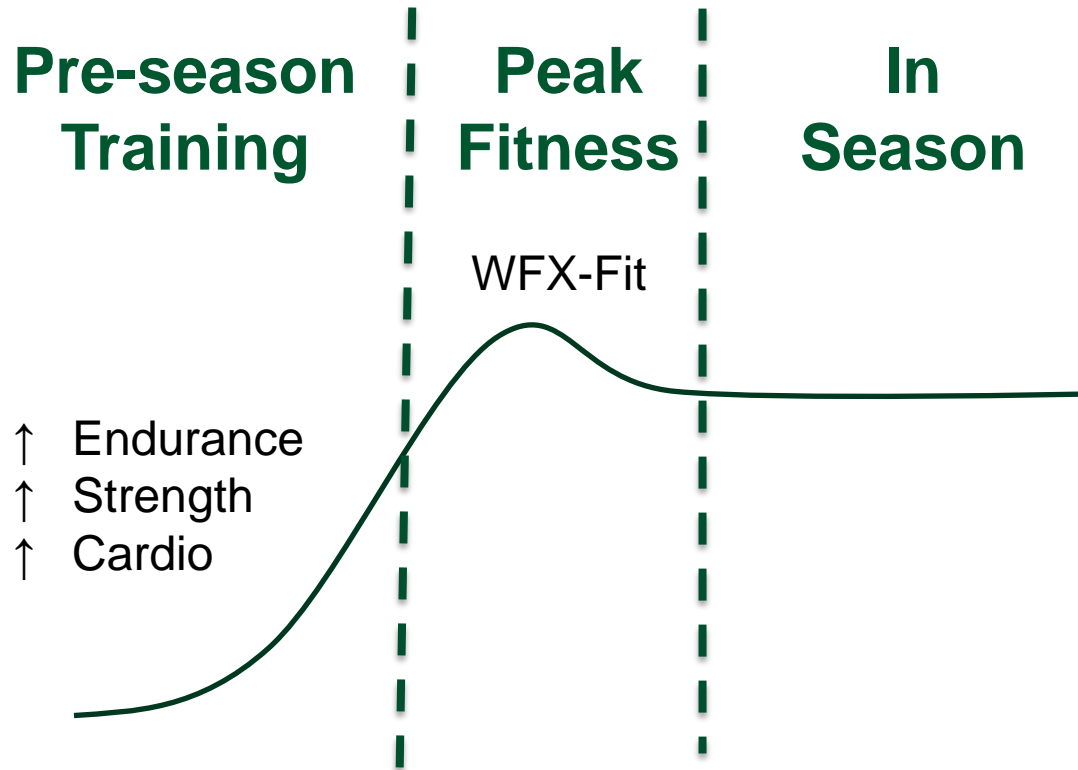
Training for Occupational Athletes



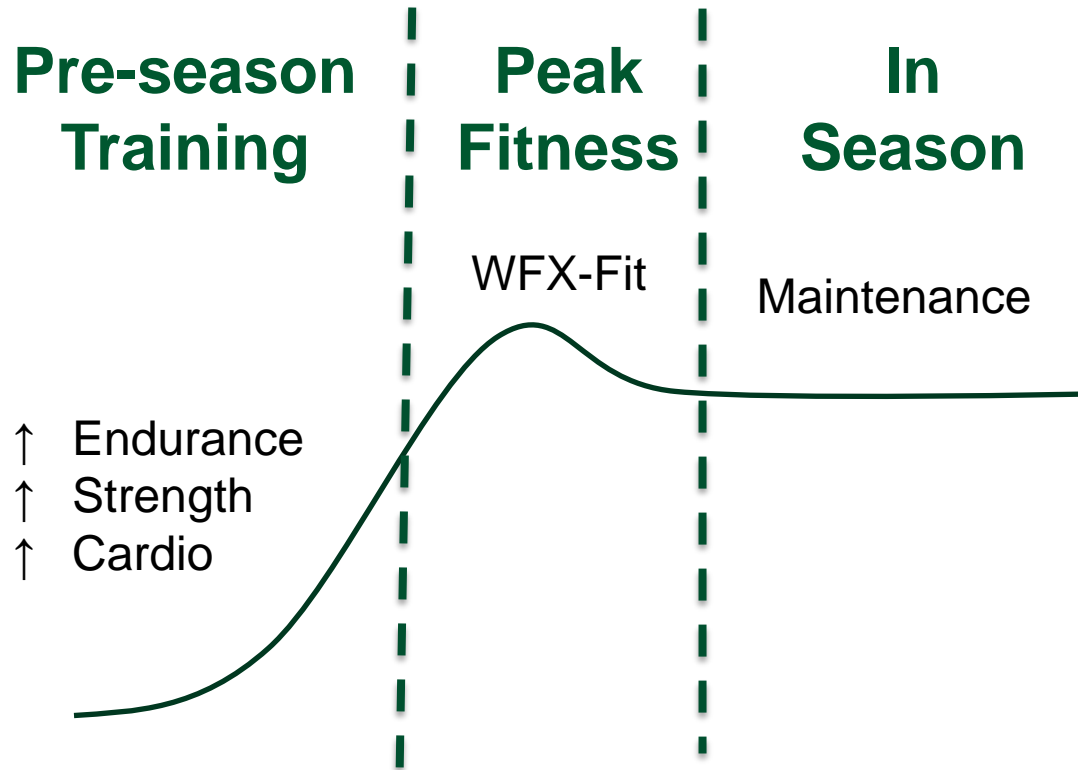
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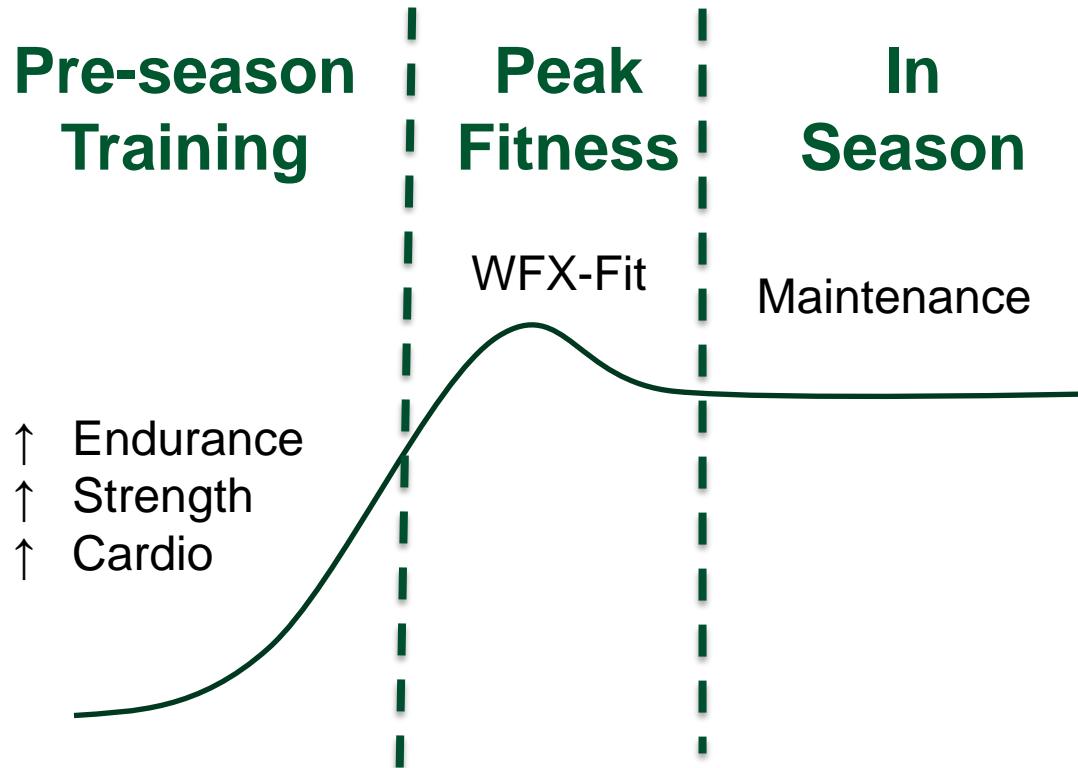
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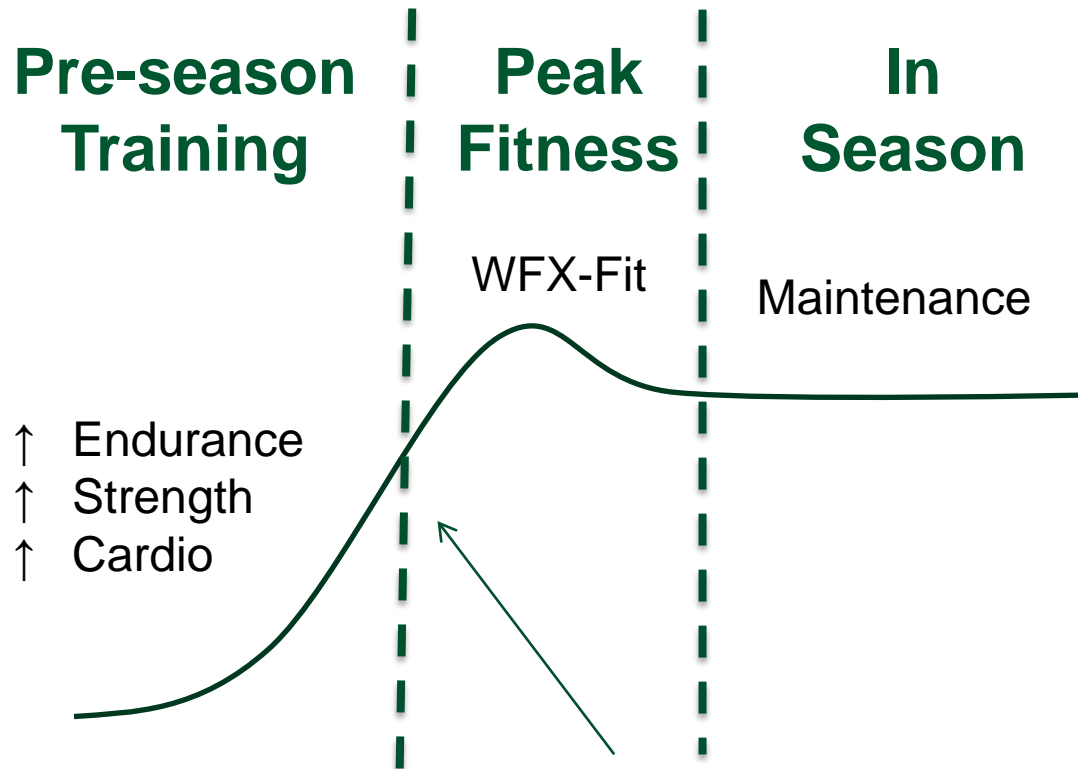


Training for Occupational Athletes



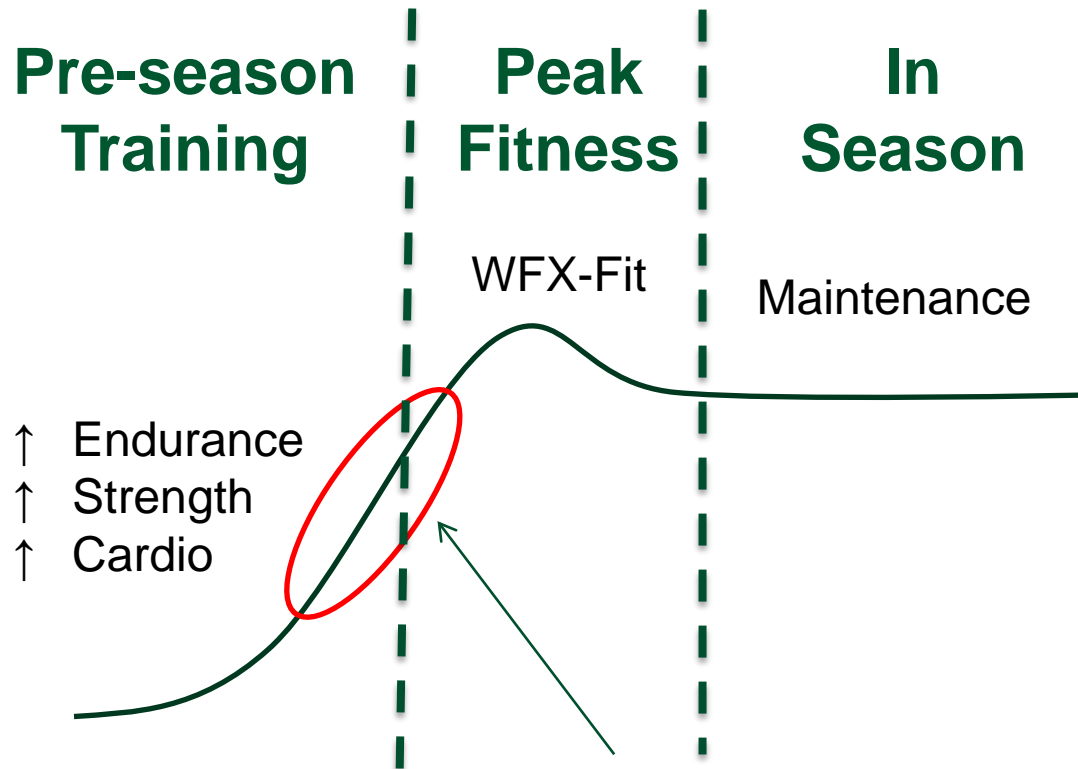
Dr. Gledhill 6 Week Program
CIFFC Fitness Training Manual
Are you prepared for WFX-Fit?

Training for Occupational Athletes



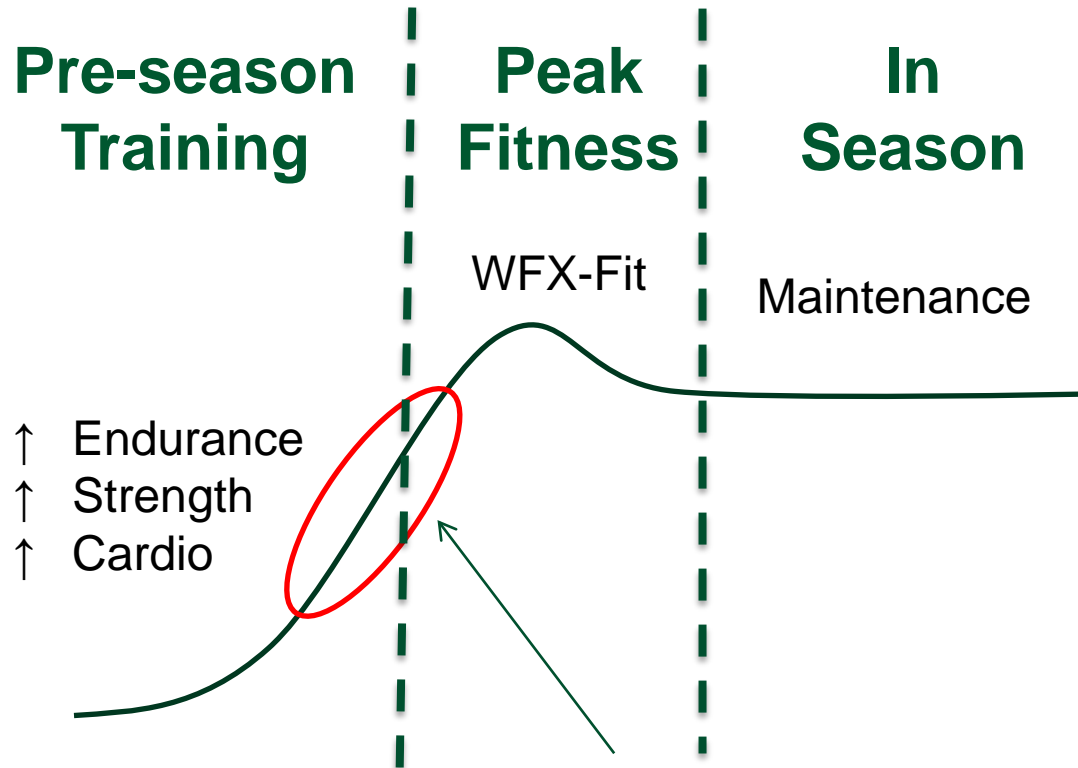
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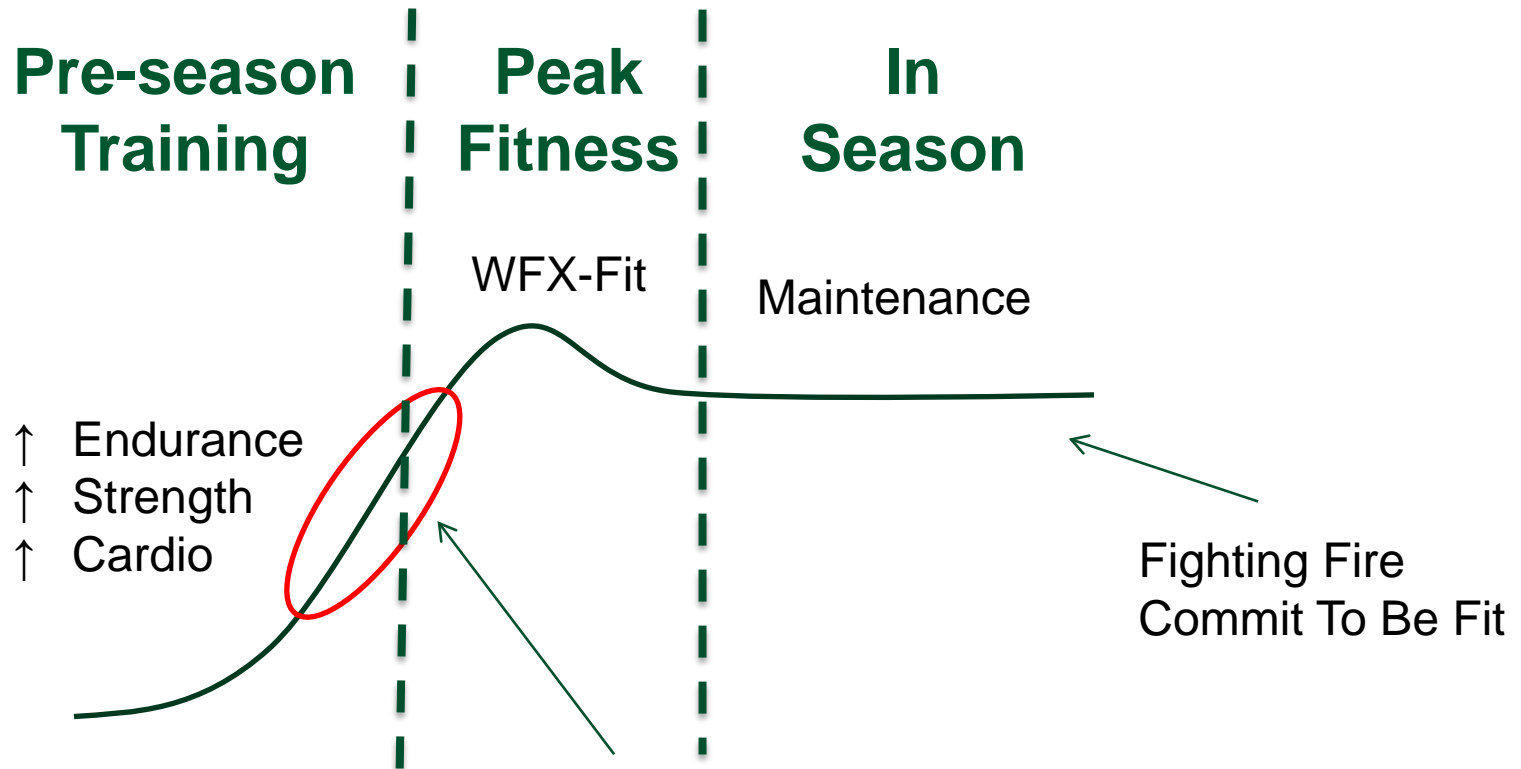
Training for Occupational Athletes



Fighting Fire
Commit To Be Fit

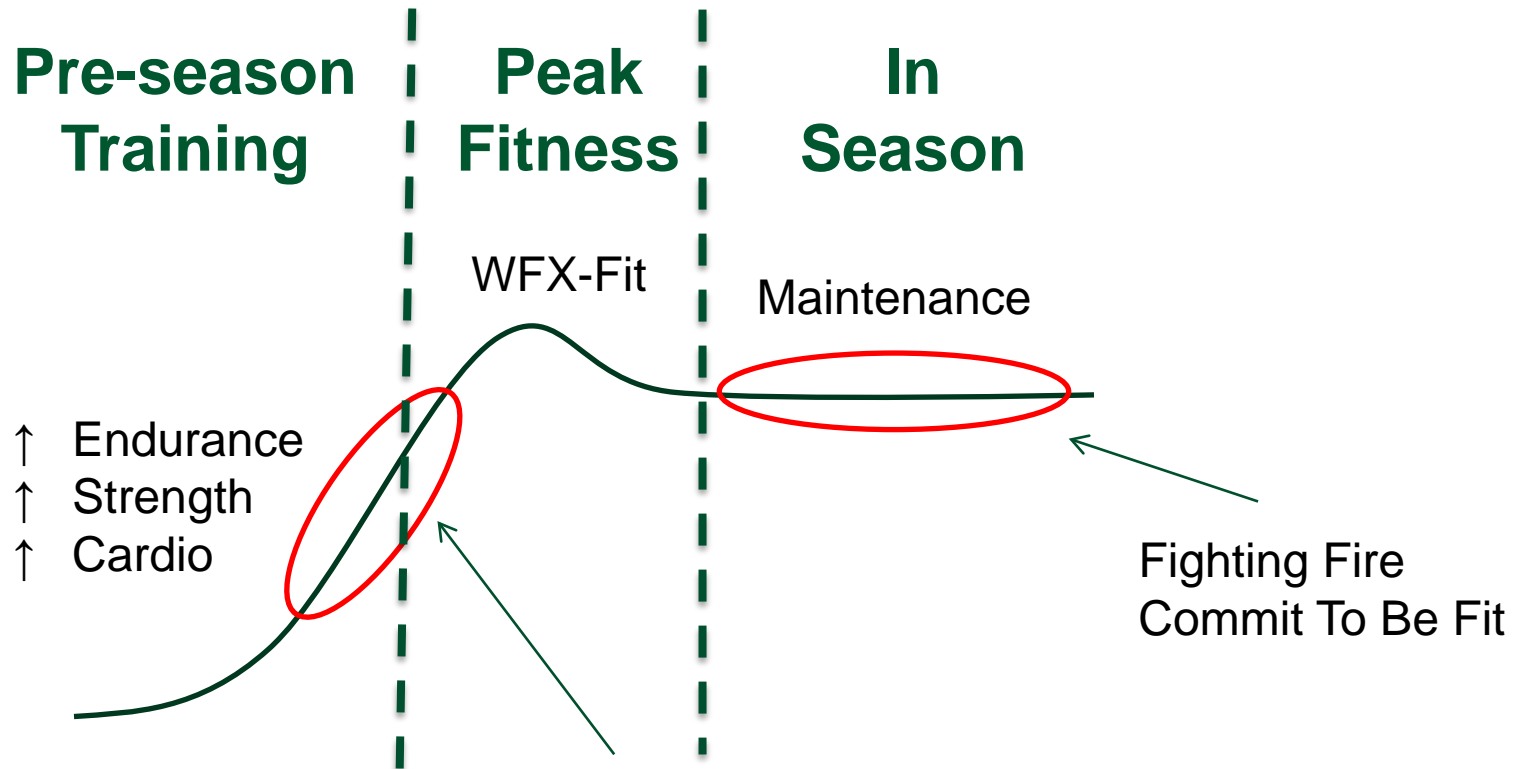
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Evolution of Commit To Be Fit

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



	TH	F	S	SU	M	T	W	TH	F	S	SU	M	T	W	TH	F	S	SU	M	T	W	TH	F	S	SU	M	T	W	TH	F
September	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Schedule 1	WC	BWC	AR	W	H	CB	WCB	X	X	C	BW	CBW	AR	B	WC	BWC	X	X	X	X	W	CB	WCB	AR	C	BW	CBW	AR	B	WC
Schedule 2	BW	X	X	X	H	X	B	WC	BWC	AR	W	CB	WCB	AR	X	X	C	BW	CBW	AR	B	WC	BWC	X	X	W	CB	WCB	AR	C
Schedule 3	X	X	B	WC	H	WCB	AR	C	BW	X	X	X	X	C	BW	CBW	AR	B	WC	BWC	AR	X	X	W	CB	WCB	AR	C	BW	CBW

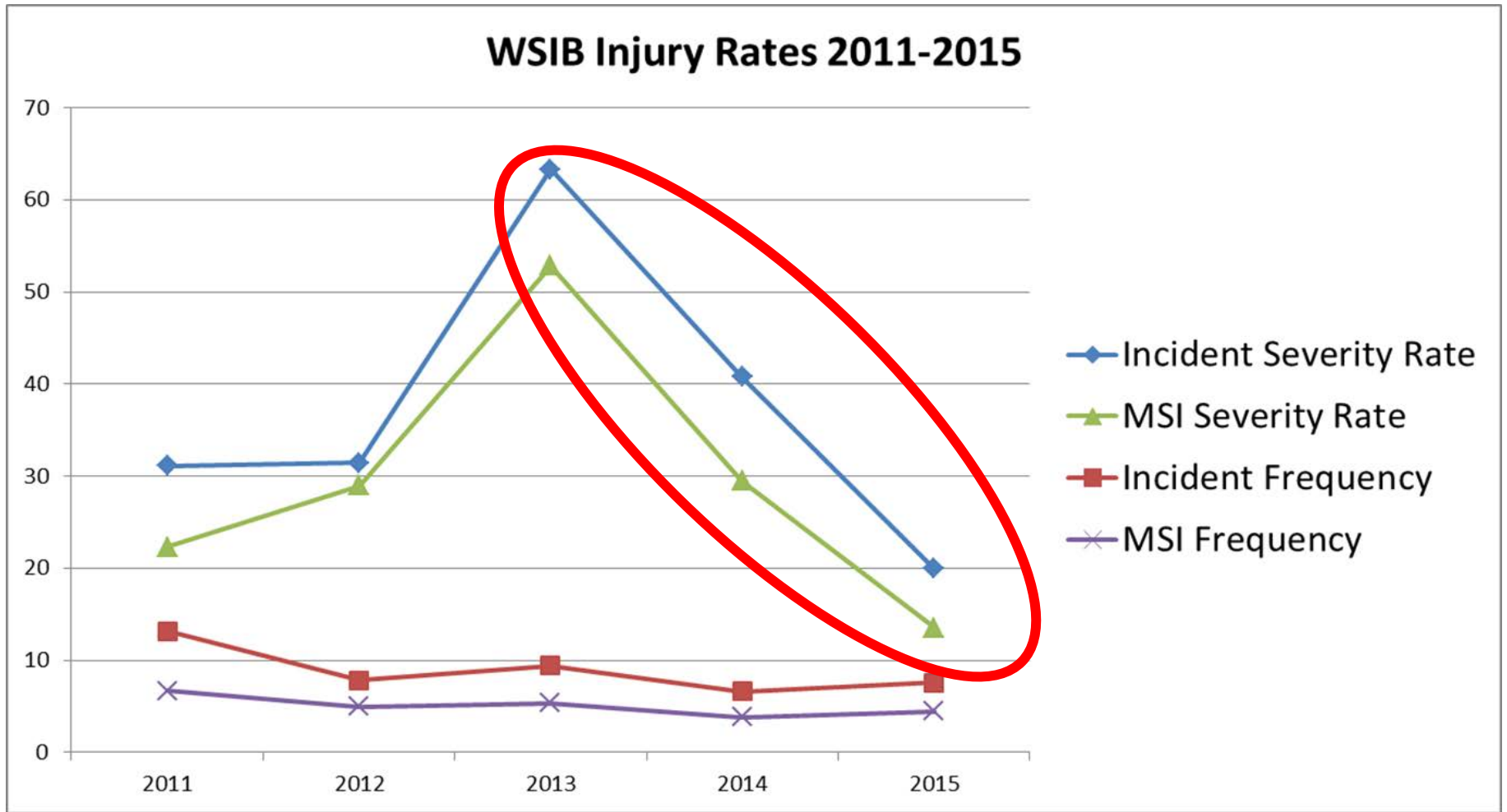


Limitations

- Facility Space
 - Congestion
 - Equipment levels
- Differences between locations
 - Timing of fitness
 - Red Alert fitness



Evaluation



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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