



## **B.F.D. Joint Wellness Committee**



Dear Brantford Fire Department Firefighter,

In recent years, through study of events which have resulted in severe illnesses and firefighter fatalities, it has been recognized that the extraordinary exposures which a Firefighter encounters can lead to health issues ranging from mild symptoms, up to and including death.

In an effort to be more proactive, the International Firefighters Association (I AFF) has developed and implemented a Wellness Initiative in Phoenix, Arizona and Calgary, Alberta.

Motivated by the I AFF efforts and in view of the findings that support a causal relationship between the exposures and demands of firefighting and serious health issues, the City of Brantford, the Brantford Fire Department and Local 460, has joined together to develop a similar Wellness Initiative.

With this Screening Guideline, we are providing you with the information that will help you and your Health Care Practitioner with a more specific approach to assessing and monitoring your health, for your benefit, and the benefit of your family. As such, we are requesting that you see your physician on an annual basis or anytime you become symptomatic.

We are not requesting that your physician provide us with any information in this regard. The package provided for your physician is strictly meant to assist your physician in conducting a more proactive approach to the early detection and treatment of any potentially serious illness. All information should be kept on your medical record with your health care provider.

It is our hope that by sharing this information with you and your physician you will partner together in the pursuit of excellent care and support longevity.

We encourage you to share the attached suggestions with your health care practitioner.

Best wishes to you for a long, happy and healthy career.