

# Fact Sheet Fire Fighting (Germany/ stand 2016)

## General structure

### I. Description of work environment and exposures (= risk assessment)

The environment is multiple hazardous. Fire Fighters often don't know all risks when they are on an emergency call. While fighting fire they may be exposed to exceptional heat, burning environment, chemical, biological substances. They have to rescue persons from burning environment and to perform First Aid and BLS/ALS.

### II. Personal protective devices

The personal protection devices have an extra weight between 28 kg up to almost 50 kg, including a breathing apparatus. It can also be necessary to wear a chemical protection device.

### III. Health demands

No relevant disorder of

Lung function ability  
cardiovascular system ability  
hearing ability  
physical or mental system  
skin  
metabolic system  
body weight

### IV. Medical examination:

- a. mandatory and periodically recurrent: physical and mental aptitude and prevention examination
- b. no post exposition examination

### V. Medical examination methods

clinical examination  
spirometry  
ECG and ergometry  
air-conduction audiometry  
otoscopy  
blood samples  
chest x-ray (if anamnestic necessary)

## VI. Occupational medical expertise and advice

### a. Improvement of work environment

Not possible

### b. Improvement of personal behavior

Physical and mental fitness

## VII. Re-Integration (return to work) management of long term sick employees

If at all, often possible only at special work places where skills and routine is necessary with less physical demands but still with physical and mental stress, i.e. emergency call center

## VIII. Work place health management options

Not possible