

Health and Fitness INTRODUCTION	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A01.01 01/2012-R Page 1 of 1
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INTRODUCTION

Per NFPA 1582 and OSHA Standards, all Phoenix Fire Department sworn members will have an annual physical and TB skin test.

The basic duties of a firefighter require above average levels of fitness. The Phoenix Fire Department's Physical Fitness Program represents a commitment to ensure that each member of the department can meet the physical demands of the profession. The Department's commitment combined with an equal commitment by each member is ensuring that the goals of the program are realized.

GOALS

The goals of the program are:

- Ensure that department members have the physical attributes required for the proper performance of their duties.
- To reduce the frequency and severity of injuries and illness.
- To extend the health and longevity of active and retired members.
- To remedy the poor fitness and health of department members.

SUMMARY

The program focuses on results, providing maximum support to the individual's effort to achieve and maintain acceptable levels of physical fitness.