

NFPA® 1583

Standard on Health-Related Fitness Programs for Fire Department Members

2008 Edition



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NFPA® 1583

Standard on

Health-Related Fitness Programs for Fire Department Members

2008 Edition

This edition of NFPA 1583, *Standard on Health-Related Fitness Programs for Fire Department Members*, was prepared by the Technical Committee on Fire Service Occupational Safety and Health. It was issued by the Standards Council on June 4, 2007, with an effective date of June 24, 2007, and supersedes all previous editions.

This edition of NFPA 1583 was approved as an American National Standard on June 24, 2007.

Origin and Development of NFPA 1583

The initial edition of NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, contained language requiring that the fire department develop a physical fitness program for its members. In the early 1990s, the technical committee responsible for NFPA 1500 began the development of a specific document to support that requirement. A recommended practice was prepared by the committee and processed through the standards system but never issued.

In June 1997, a new Technical Committee on Fire Service Occupational Medical and Health revived the project, but with a new focus. That focus was to provide a fire fighter with a comprehensive document focused on maintaining a healthy lifestyle, with a fitness component. The first edition was issued in 2000 as NFPA 1583, *Standard on Health-Related Fitness Programs for Fire Fighters*.

The multiple stress factors and rigors of their profession require fire fighters to be medically and physically fit in order to perform required tasks. The committee considers this standard to be a companion document to NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, and a tool to be used in conjunction with the *Joint Labor Management Wellness-Fitness Initiative*, developed by the International Association of Fire Fighters (IAFF) and the International Association of Fire Chiefs (IAFC).

This edition of the document has been updated to reflect current practices in health-related fitness programs for fire department members and to editorially conform to the *Manual of Style for NFPA Technical Committee Documents*. The title is being changed to *Standard on Health-Related Fitness Programs for Fire Department Members*.

The revisions introduce the concept that, while a health and fitness program should require mandatory participation, it should be nonpunitive. The section on peer fitness trainers has been expanded to include requirements for their qualifications and responsibilities. The relationship between the health and fitness coordinator (HFC) and the fire department physician is clarified.

A requirement has been added that the health and fitness coordinator design an individualized exercise and fitness training program for a member returning to full duty from a debilitating injury, illness, or any other extended leave.

Annex materials are reorganized to focus on the fire department providing an adequate facility rather than a prescriptive list of equipment. Included are a suggestion that the HFC have a background in functional anatomy, exercise physiology, exercise testing and prescription, exercise supervision, and leadership rather than a long list of qualifications, and a self-assessment tool for use by members to monitor their individual fitness levels.



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Committee Scope: This Committee shall have primary responsibility for documents on occupational safety and health in the working environment of the fire service. The Committee shall also have responsibility for documents related to medical requirements for fire fighters.



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NFPA 1583**Standard on****Health-Related Fitness Programs
for Fire Department Members****2008 Edition**

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Information on referenced publications can be found in Chapter 2 and Annex D.

Chapter 1 Administration

1.1* Scope. This standard establishes the minimum requirements for the development, implementation, and management of a health-related fitness program (HRFP) for members of the fire department involved in emergency operations.

1.2 Purpose.

1.2.1 The purpose of this standard is to provide the minimum requirements for a health-related fitness program for fire department members that enhances the members' ability to perform occupational activities efficiently and safely and reduces the risk of injury, disease, and premature death.

1.2.2* This document is intended to help fire departments develop a health-related fitness program for fire department members that requires mandatory participation but is nonpunitive.

1.2.3 This document is not intended to establish physical performance criteria.

1.3 Application.

1.3.1 The requirements of this standard apply to organizations providing rescue, fire suppression, emergency medical services, hazardous materials mitigation, special operations, and other emergency services, including public, military, private, and industrial fire departments.

1.3.2 This standard does not apply to industrial fire brigades that might also be known as emergency brigades, emergency response teams, fire teams, plant emergency organizations, or mine emergency response teams.

Chapter 2 Referenced Publications

2.1 General. The documents or portions thereof listed in this chapter are referenced within this standard and shall be considered part of the requirements of this document.

2.2 NFPA Publications. National Fire Protection Association, 1 Batterymarch Park, Quincy, MA 02169-7471.

NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, 2007 edition.

NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, 2007 edition.

2.3 Other Publications.

Merriam-Webster's Collegiate Dictionary, 11th edition, Merriam-Webster, Inc., Springfield, MA, 2003.

2.4 References for Extracts in Mandatory Sections.

NFPA 600, *Standard on Industrial Fire Brigades*, 2005 edition.

NFPA 1451, *Standard for a Fire Service Vehicle Operations Training Program*, 2007 edition.

NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, 2007 edition.

NFPA 1561, *Standard on Emergency Services Incident Management System*, 2005 edition.

NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, 2007 edition.

NFPA 1710, *Standard for the Organization and Deployment of Fire Suppression Operations, Emergency Medical Operations, and Special Operations to the Public by Career Fire Departments*, 2004 edition.

Chapter 3 Definitions

3.1 General. The definitions contained in this chapter shall apply to the terms used in this standard. Where terms are not defined in this chapter or within another chapter, they shall be defined using their ordinarily accepted meanings within the context in which they are used. *Merriam-Webster's Collegiate Dictionary*, 11th edition, shall be the source for the ordinarily accepted meaning.

3.2 NFPA Official Definitions.

3.2.1* Approved. Acceptable to the authority having jurisdiction.

3.2.2* Authority Having Jurisdiction (AHJ). An organization, office, or individual responsible for enforcing the requirements of a code or standard, or for approving equipment, materials, an installation, or a procedure.

3.2.3 Shall. Indicates a mandatory requirement.

3.2.4 Should. Indicates a recommendation or that which is advised but not required.

3.3 General Definitions.

3.3.1 Debilitating Illness or Injury. A condition that temporarily or permanently prevents a member of the fire department from engaging in normal duties and activities as a result of illness or injury. [1500, 2007]

3.3.2 Emergency Operations. Activities of the fire department relating to rescue, fire suppression, emergency medical care, and special operations, including response to the scene of the incident and all functions performed at the scene. [1500, 2007]

3.3.3 Fire Chief. The highest ranking officer in charge of a fire department. [1710, 2004]

3.3.4* Fire Department. An organization providing rescue, fire suppression, emergency medical care, special operations, and related services.

3.3.5 Fire Department Member. See 3.3.17, Member.

3.3.6 Fire Department Physician. The licensed doctor of medicine or osteopathy who has been designated by the fire department to provide professional expertise in the areas of occupational safety and health as they relate to emergency services. [1582, 2007]

3.3.7* Fire Suppression. The activities involved in controlling and extinguishing fires. [1500, 2007]

3.3.8* Hazard. A condition that presents the potential for harm or damage to people, property, or the environment.

3.3.9 Health and Fitness Coordinator. The person who, under the supervision of the fire department physician, has been designated by the department to coordinate and be responsible for the health and fitness programs of the department. [1500, 2007]

3.3.10* Health and Safety Officer. The member of the fire department assigned and authorized by the fire chief as the manager of the safety and health program. [1500, 2007]

3.3.11 Health Promotion. Preventive activities that identify real and potential health risks in the work environment and that inform, motivate, and otherwise help people to adopt and maintain healthy practices and lifestyles.

3.3.12* Health-Related Fitness Program (HRFP). A comprehensive program designed to promote the member's ability to perform occupational activities and to reduce or eliminate injuries and premature death.

3.3.13 Industrial Fire Brigade. An organized group of employees within an industrial occupancy who are knowledgeable, trained, and skilled in at least basic fire fighting operations, and whose full-time occupation might or might not be the provision of fire suppression and related activities for their employer. [600, 2005]

3.3.14 Infectious Disease. An illness or disease resulting from invasion of a host by disease-producing organisms such as bacteria, viruses, fungi, or parasites. [1500, 2007]

3.3.15 Medical Evaluation. The analysis of information for the purpose of making a determination of medical certification. Medical evaluation includes a medical examination. [1582, 2007]

3.3.16 Medical Examination. An examination performed or directed by the fire department physician. [1582, 2007]

3.3.17* Member. A person involved in performing the duties and responsibilities of a fire department under the auspices of the organization. [1500, 2007]

3.3.18 Member Assistance Program (MAP). A generic term used to describe the various methods used in the fire department for the control of alcohol and other substance abuse, stress, and personal problems that adversely affect member performance. [1500, 2007]

3.3.19* Morbidity. The state of being diseased.

3.3.20 Occupational Injury. An injury sustained during the performance of the duties, responsibilities, and functions of a fire department member. [1500, 2007]

3.3.21 Procedure. An organizational directive issued by the authority having jurisdiction or by the department that establishes a specific policy that must be followed. [1561, 2005]

3.3.22 Punitive. Inflicting or aiming to inflict punishment or sanctions.

3.3.23 Qualified Person. A person who, by possession of a recognized degree, certificate, professional standing, or skill, and who, by knowledge, training, and experience, has demonstrated the ability to deal with problems related to the subject matter, the work, or the project. [1451, 2007]

3.3.24 Risk. A measure of the probability and severity of adverse effects that result from exposure to a hazard. [1451, 2007]

3.3.25* Standard Operating Procedure. A written organizational directive that establishes or prescribes specific operational or administrative methods to be followed routinely for the performance of designated operations or actions.

Chapter 4 Organization

4.1 Program Overview.

4.1.1* The fire department shall establish and provide a health-related fitness program (HRFP) that enables members to develop and maintain a level of health and fitness to safely perform their assigned functions.

4.1.2 The fire chief shall have the ultimate responsibility for the fire department's health-related fitness program as required by NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*.

4.1.3 When this standard is adopted by a jurisdiction, the authority having jurisdiction shall set a date or dates for achieving compliance with the requirements of this standard and shall be permitted to establish a phase-in schedule for compliance with specific requirements of this standard.

4.1.4 Nothing in this standard shall restrict any jurisdiction from exceeding the requirements set forth herein.

4.1.5 The fire department shall incorporate the requirements of this standard in its risk management plan.

4.2 Program Components. The health-related fitness program shall include the following components:

- (1) Assignment of a qualified health and fitness coordinator
- (2) Periodic fitness assessment for all members
- (3) Exercise training program that is available to all members
- (4) Education and counseling regarding health promotion for all members
- (5) Process for collecting and maintaining health-related fitness program data

4.3 Roles and Responsibilities.

4.3.1 Each member of the fire department shall cooperate with, participate in, and comply with the provisions of the health-related fitness program.

4.3.2 The fire department shall require the structured participation of all members in the health-related fitness program.

4.4 Logistics.

4.4.1 The fire department shall be responsible for providing the opportunity and means for implementation of the health-related fitness program.

4.4.2* The fire department shall provide the opportunity and means for regular exercise training.

4.4.2.1* Fire departments with assigned work shifts shall allow members to participate during scheduled work times.

4.4.2.2 Fire departments without assigned work shifts shall provide members with the opportunity to participate at times that do not conflict with other commitments.

4.5 Program Referrals.

4.5.1 The fire department shall be responsible for providing educational resources and professional referrals as needed.

4.5.2 The fire department shall be financially responsible for fees associated with referrals only to the extent departmental policy, procedures, standard guidelines, or statutory obligations dictate.

Chapter 5 Health and Fitness Coordinator and Peer Fitness Trainers

5.1 Assignment.

5.1.1 The fire chief shall appoint a health and fitness coordinator (HFC).

5.1.2* The health and fitness coordinator shall be either a member of the fire department or a qualified outside agent.

5.1.3 The health and fitness coordinator shall have access to the fire department physician or other subject matter expert for consultation.

5.1.4 The health and fitness coordinator shall be the administrator of all components of the health-related fitness program.

5.1.5* The health and fitness coordinator shall act as a direct liaison between the fire department physician or other subject matter expert and the fire department.

5.1.6* The health and fitness coordinator shall act as a direct liaison to the fire department's health and safety officer.

5.2* Qualifications for Health and Fitness Coordinator.

5.2.1* The health and fitness coordinator shall have access to appropriate educational materials and formal certification from a professional organization, relevant educational experience, appropriate academic degrees, completion of course work relevant to the program components, or attendance at workshops related to health and fitness.

5.2.2 The health and fitness coordinator shall maintain the continuing education requirements dictated by the coordinator's certifying body or as described in the fire department's job description, whichever sets forth the higher standard.

5.3 Peer Fitness Trainers.

5.3.1 Peer fitness trainers shall work under the direction of the health and fitness coordinator to oversee safe participation in health-related fitness programs.

5.3.2 Peer fitness trainers shall implement and oversee fitness programs for academy recruits as directed by the department health and fitness coordinator.

5.3.3* Peer fitness trainers shall have the level of training and certification required by the fire department and shall maintain their recertification requirements as prescribed by the certifying organization.

Chapter 6 Fitness Assessment

6.1 General.

6.1.1 All members shall participate in a periodic fitness assessment under supervision of the fire department health and fitness coordinator.

6.1.1.1 Members shall discuss any physical limitations or concerns with the health and fitness coordinator in order to assist with the development of an individual exercise prescription.

6.1.1.2 Any medical condition or disease process that can limit a member's ability to safely participate in the annual fitness assessment should be addressed by the fire department physician or the member's treating physician, as appropriate.

6.1.1.3 The member's medical confidentiality shall be respected by the health and fitness coordinator.

6.1.2 The fitness assessment shall be conducted at least annually.

6.2 Fitness Assessment.

6.2.1 All members shall be cleared annually for participation in the fitness assessment by the fire department physician as directed by NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*.

6.2.2* If a member has an acute medical problem or a newly acquired chronic medical condition, the fitness assessment shall be postponed until that person has recovered from this condition and is cleared as required by 6.2.1.