

NFPA® 1583

Standard on Health-Related Fitness Programs for Fire Department Members

2015 Edition



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NFPA® 1583

Standard on

Health-Related Fitness Programs for Fire Department Members

2015 Edition

This edition of NFPA 1583, *Standard on Technical Committee 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 November 11, 2014, with an effective date of December 1, 2014, and supersedes all previous editions.

This edition of NFPA 1583 was approved as an American National Standard on December 1, 2014.

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).

The 2008 edition of the document was 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 was being changed to *Standard on Health-Related Fitness Programs for Fire Department Members*.

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

A requirement was 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 were reorganized to focus on the fire department providing an adequate facility rather than a prescriptive list of equipment. Included were 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.

For the 2015 edition, the committee has updated several requirements to reflect changes in accepted practices in the health-related fitness programs currently being used. Some changes involve cardiovascular risk reduction, nutritional requirements, and inclusion of the fire department physician as part of the health and fitness consultation. The committee also added the reference to the IAFF/IAFC/ACE Peer Fitness Trainer certification in order to provide the end users of this document with a nationally established certification that can be used by fire departments to establish a minimum certification for fitness trainers.

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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, and the professional qualifications for Fire Department Safety Officer.

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NFPA 1583**Standard on****Health-Related Fitness Programs for Fire Department Members****2015 Edition**

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A reference in brackets [] following a section or paragraph indicates material that has been extracted from another NFPA document. As an aid to the user, the complete title and edition of the source documents for extracts in mandatory sections of the document are given in Chapter 2 and those for extracts in informational sections are given in Annex D. Extracted text may be edited for consistency and style and may include the revision of internal paragraph references and other references as appropriate. Requests for interpretations or revisions of extracted text shall be sent to the technical committee responsible for the source document.

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*, 2013 edition.

NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, 2013 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 Facility Fire Brigades*, 2015 edition.

NFPA 1451, *Standard for a Fire and Emergency Service Vehicle Operations Training Program*, 2013 edition.

NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, 2013 edition.

NFPA 1561, *Standard on Emergency Services Incident Management System and Command Safety*, 2014 edition.

NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, 2013 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*, 2010 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, 2013]

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, 2013]

3.3.3 Facility Fire Brigade. An organized group of employees at a facility 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, 2015]

3.3.4 Fire Chief. The highest ranking officer in charge of a fire department. [1710, 2010]

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

3.3.6 Fire Department Member. See 3.3.17, Member.

3.3.7 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, 2013]

3.3.8* Fire Suppression. The activities involved in controlling and extinguishing fires. [1500, 2013]

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

3.3.10 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, 2013]

3.3.11* 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, 2013]

3.3.12 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.

3.3.13* 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.

3.3.14 Infectious Disease. An illness or disease resulting from invasion of a host by disease-producing organisms such as bacteria, viruses, fungi, or parasites. [1500, 2013]

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, 2013]

3.3.16 Medical Examination. An examination performed or directed by the fire department physician. [1582, 2013]

3.3.17* Member. A person involved in performing the duties and responsibilities of a fire department under the auspices of the organization. [1500, 2013]

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, 2013]

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, 2013]

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, 2014]

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, 2013]

3.3.24 Risk. A measure of the probability and severity of adverse effects that result from exposure to a hazard. [1451, 2013]

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 departments health-related fitness program as required by NFPA 1500.

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.