

ORANGE COUNTY FIRE AUTHORITY

Fire Fit Facts

Weight Training ~ Safety



Safety First

In fighting fire or delivering emergency medical services, safety is the most important thing. Although fire fighters often have to take risks in order to save a life, the weight room is not a place to take chances.

Often, teenagers do not believe that the mistakes they make now will come back to haunt them in later years. In the weight room, a silly mistake or taking an unnecessary chance can cause an injury that may change your life. In fact, it may prevent you from becoming a fire fighter or pursuing another career in which you are interested.

Follow these simple guidelines and weight training will have a positive impact on everything you do.

Have fun - but most of all BE SAFE!

Safety Guidelines

- ◆ Have a plan or workout program.
- ◆ Keep the weight room clear of clutter and obstacles.
- ◆ Wear appropriate clothing and shoes.
- ◆ Warm-up properly.
- ◆ Learn the proper technique of an exercise before attempting it.
- ◆ Always lift with a partner.
- ◆ No horseplay.
- ◆ Start with a light weight and progress slowly.
- ◆ Always control the weight.
- ◆ Always use a spotter when lifting over the body, when a loss of balance may occur, or when inexperienced with the exercise.
- ◆ Don't hold your breath while lifting.
- ◆ Bend your knees not your back when picking up weights from the floor or rack.
- ◆ Always keep your spine in a neutral position.
- ◆ Avoid hyperextending any joint.