TRT Aim #3

Physical Inactivity, Stress, & Injury Among Emergency Responders
TRT Aim 3

• Year 1 – focus groups to determine stressors, activity levels, job psychological effects
• Year 2 – analyzed focus group data
• Year 3 – Implement physical activity intervention
• Year 4 - Implement intervention to reduce workplace psychological effects
Year 2 Focus Groups Results

- Firefighters don’t want to use all of their energy up and not have any stamina left for firefighting.
- Location of the workout room too far from the fire notifications.
- Poor communication received in the workout room.
- No consistency and interruptions in schedule to plan for workout time.
- Too tired from completing all of the required work activities.
- Outside activities frowned on by community members.
- Journal Article in progress
TRT Aim #3, Year 3

- Update IRB protocol
- Revisit four fire stations
- Obtain new consents for physical activity intervention
- Implement activity and collect data
- Evaluate intervention & develop journal article
Year 3

- Pal Activity VT sensors
- $25.00 Gift Cards
- Stretch Bands
- Intervention that improves Cardiovascular and Post-event risk factors