



OCCUPATIONAL HEALTH

An informational quarterly newsletter.

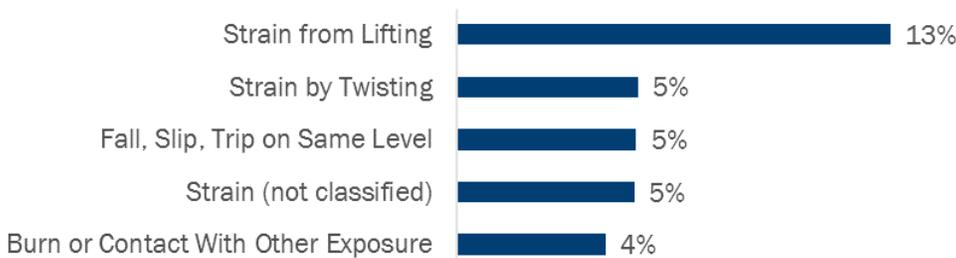
FIREFIGHTER SAFETY IN MONTANA

The job of a firefighter encompasses many duties and presents many challenges. Every fire and emergency call is unique and sometimes unpredictable, presenting numerous opportunities for injury and illness on the job.

Summary: Firefighter Injuries in Montana, 2007-2017

- **Back strains** from lifting were the most common specific injury for all firefighter workers' compensation claims (9%).
 - Over half of back strain injuries from lifting occurred during emergency/EMS/medical services.
- The months of injury with the highest percentage of firefighter workers' compensation claims were **August** (12%), **May** (10%), and **July** (10%).
- There were **5 deaths** among firefighters on the job in Montana from 2007 to 2017
 - The situations leading to these worker deaths included a plane crash, a helicopter crash, a truck collision, and two events of firefighters being struck by falling trees.

Top 5 Causes of Injury (Percent of All Firefighter Claims), Montana 2007-2017



Health and Safety Prevention Tip

According to Paige Tabor, Safety Officer for MT DNRC, **the best way to prevent injuries related to physical exertion is to train for extreme physical exertion.** Being strong and having good cardiovascular fitness *before* stepping onto the fire line gives firefighters the best chance of avoiding an injury that can negatively impact their career. Hitting the weights alone or just doing long runs cannot compete with a **well-rounded exercise program** that includes **stretching, mobility, and agility.** Firefighters must train as if their lives depend on it.

NOTEWORTHY NEWS

Read our full report on firefighter safety in Montana online at our website, <http://mtworkerhealth.mt.gov>

[Sign up](#) for free safety training at SafetyFestMT in Bozeman: November 5-8!

Emily Healy joined the Montana Occupational Health and Safety Surveillance (MOHSS) program as the new epidemiologist in October 2018. Please feel free to contact her to say hello!

If you have questions or comments, please contact:

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