



HEALTH & SAFETY BINGO

Mark each space with X when you've completed the task.

Clean/wash flashhood weekly	Perform/schedule annual wellness check	Prepare & cook a healthy meal	Wear seatbelt while in fire apparatus	Wash hands after call and before eating
Properly wear SCBA	Review/create fire incident rehab policy	Create and/or participate in a workout program	Use a spotter when backing	Take proper BSI precautions
Inspect/clean turnout gear	Don't use tobacco products/enroll in cessation program	FREE Upload a pic/video on social media of you completing a bingo card task & tag @scfirefighters	Review your department's Safety Policy	Wear gloves, eye & ear protection while using hose/equipment
Review 11 Best Practices to Reduce FF Cancer-IAFC	Read/review NIOSH report	Properly hydrate (8 glasses of water per day)	Conduct/participate in company fire-ground training	Wear high-visibility traffic vest while working in roadway
Perform self-check exam: testicular/breast	Review CDC's Heart Health Risk for Firefighters	Limit caffeine/energy drink intake	Perform apparatus/equipment checks to ensure safe working order	Watch SC FAST "About Us" Video

Name: _____

Department: _____

Rank: _____

Date completed: _____

Submit your completed bingo card to healthsafety@scfirefighters.org by January 1, 2024 to be entered into a prize drawing (limit 1 per person).