

# BENEFITTING RURAL AREA VOLUNTEER EMERGENCY FIREFIGHTERS



**GATEWAY**  
Centre of Excellence  
in Rural Health

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## BRAVE-F Project Overview:

Volunteer firefighters play a crucial role in ensuring the safety and well-being of our communities. In Canada, 71% of firefighters are volunteers, many serving in rural and remote areas with limited resources. Firefighters put their lives at risk to help others by responding to emergencies and other life-threatening situations. They often face significant health challenges unique to their occupation, particularly concerning cardiovascular health and the lack of access to the same health initiatives available to their urban counterparts.



## Project Background:

The BRAVE-F Project is dedicated to enhancing both the physical and mental well-being of volunteer firefighters in Huron County. The program's key objectives include improving cardiovascular health awareness by increasing knowledge among rural volunteer firefighters about cardiovascular health risks and preventative measures. This is achieved through targeted educational programs and resources. The project offers comprehensive and confidential medical screenings that focus on cardiovascular health, physical health assessments, and mental well-being evaluations. These screenings are designed to detect early signs of potential health issues, enabling timely intervention and providing vital resources for our volunteer firefighters.

## Health Indicators

- Blood Pressure
- Pulse
- Blood Oxygen
- Blood Glucose
- Height
- Weight
- Waist Circumference
- Background Survey
- Post-traumatic Stress Disorder Survey CL-5

## Project Goals:

- 01** Improve Cardiovascular Health Awareness
- 02** Offer Comprehensive Medical Screenings
- 03** Provide Resources for Overall Health Risks
- 04** Strengthen Collaboration with Local Stakeholders

## BRAVE-F Current Stage

Preliminary screenings for the BRAVE-F Project are currently underway, with four fire departments actively participating in pilot screenings. Ongoing adjustments are being made in response to feedback from participants and emerging research findings. As we progress, we plan to utilize the results from these initial pilot screenings to refine and finalize the project, paving the way for its full implementation. Additionally, we are actively seeking funding to ensure the ongoing success and expansion of the project. This three-year initiative aims to return annually to each participating fire department to collect data and assess the health and well-being of the volunteer firefighter participants in each region, ultimately enabling us to draw meaningful conclusions based on these findings.

## Project Timeline: 3-Year Timeline

- 01** Literature Review & Secondary Data Collection
- 02** Pilot Screening & Primary Data Collection
- 03** Expand Screening & Primary Data Collection to Entire Region
- 04** Data Input & Analyzing
- 05** Develop Final Report



Life-saving



Proactive



Empowering



Community-Driven