



HERE'S TO YOUR HEALTH

A PHOENIX FIRE DEPARTMENT HEALTH CENTER PUBLICATION
www.phoenixfirehealth.com
March 2011



According to 2009 NFPA Injury Report
78,150 injuries to firefighters in 2009

- *32,205 (41%) occurred during fire ground operations
- *15,455 occurred during non-fire emergencies
- *17,590 occurred during "on-duty" activities

The most common injuries: Lower Back injury
Knee injuries
Wrist & Shoulder injuries

If experiencing chronic pain and tightness in the low back, knees, wrist or shoulders try taking a few extra minutes after lifting or finishing cardio to stretch. Stretching is a good way to reduce pain for future workouts. Many times muscular tightness is the cause for chronic pain, which if ignored, can result in micro-tears in the muscles and lead to muscle weakness resulting in more serious injuries in the future. *An ounce of prevention is worth a pound of cure ;)*

Overtraining Syndrome

Definition- The presence of multiple symptoms that reflect the body's inability to adapt to the cumulative fatigue (over a period of weeks to months).

This results from daily, intense exercise that is not balanced with appropriate and sufficient rest.

Causes: Excessive exercise with insufficient recovery
Monotony(lack of variety, tedious repetition & routine) of training load/schedule
Sudden increase in training load/schedule
Frequent competition requiring high-intensity performance
Inadequate nutrition, and
Medical illness or psychological stressors not related to training

Current recommendations for preventing overtraining Include: Keep a training diary that monitors:

Heart rate at baseline

Heart rate at peak

The hearts recovery time (from peak back to baseline)

Training load (training load = session duration x perceived difficulty 1-10)

Psychological state (including home life, work/school performance, sleep, etc)

Physical state (illness, injury, muscle aches, irritability, eating, GI s/s)

Maintain proper nutrition and hydration:

Eat 5 meals instead of 3 to help control fluctuations in glucose and cortisol levels

Avoid vegetable oils (Soy, peanut, corn or safflower)

limit caffeine

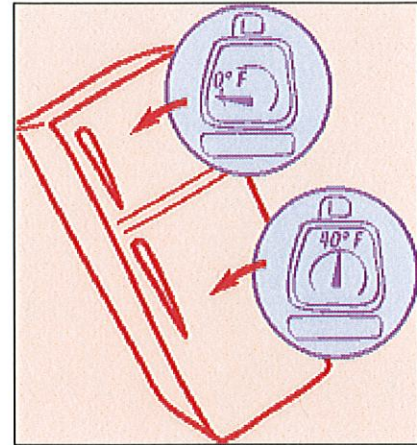
Cooking & Leftover Mythbusters

Can chicken create its own bacteria when it is in the freezer?

Bacteria can be found on raw or undercooked chicken. These bacteria multiply rapidly at temperatures between 40 °F and 140 °F (out of refrigeration and before thorough cooking occurs). Freezing does not kill bacteria but they are destroyed by thorough cooking. It is recommended that chicken reach safe minimum internal temperature of 165 °F as measured using a food thermometer in the innermost part.

Is it safe to put chicken on the grill straight from the freezer?

Food may be thawed as part of your cooking procedure, as long as the product reaches its recommended minimum internal cooking temperature. Cooking times will be longer which may cause the food to taste dry. It is not safe to cook raw frozen chicken in the microwave or in a slow cooker.



What is the best way to defrost frozen food?

The best way to defrost frozen food is in the refrigerator. You can also unthaw food in cold water or in the microwave but you must cook immediately after thawing. Never defrost food on the counter or at room temperature.

Can you put hot/warm food in the fridge?

Yes, if you have leftovers it is best if they are cooled as quickly as possible to keep them out of the temperature range that supports bacteria growth. Even though it is in the fridge it is still important to make sure the food is cooling down fast enough out of the bacteria danger zone (40 °F to 140 °F).

What is the best type of storage container?

For perishable foods, such as meats, tuna salad and eggs, storage in airtight containers is best. Shallow containers are better for larger quantities because they allow food to cool faster.

How long food is good for?

You should always discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F).

How Long Can You Store it?	Refrigerator (40°F)	Freezer (0°F)
Fresh Poultry	1 to 2 days	1 year
Fresh Ground Beef	1 to 2 days	3 to 4 months
Fresh Steaks, Chops, Roasts	3 to 5 days	varies
Opened Lunch Meats	3 to 5 days	1 to 2 months
Opened Hot Dog Package	1 week	1 to 2 months
Eggs Fresh in Shell	3 to 5 weeks	Do not freeze
Hard boiled Eggs	1 week	Does not freeze well
Cooked Leftovers	3 to 4 days	varies
Pizza Leftovers	3 to 4 days	1 to 2 months
Take-Out /Convenience Chicken	3 to 4 days	varies