

HEALTH AND PHYSICAL FITNESS INTRODUCTION

1801

(No. 2 April 1992)

Health and physical fitness guidelines are based on job-related demands and they are necessary to develop, protect, and maintain a work force capable of performing the fire protection, resource management, and support missions of CAL FIRE. To reach this objective, employees must do the following:

- Maintain the health and physical fitness levels they need to perform their duties without injuring themselves or their coworkers;
- Avoid health hazards;
- Adopt appropriate health practices; and
- Receive good, expedient treatment when injured.

[Next Section](#)

[Handbook Table of Contents](#)

[Forms or Forms Samples](#)