



Pinnacle Training Systems

THE SCIENTIFIC APPROACH TO YOUR SUCCESS

Annual Health Screening and Fitness Testing

Fresno Fire Department

Who is Pinnacle Training Systems?:

- ▶ Experts in health screening and fitness testing for first responders
- ▶ Reduce workers compensation claims and medical costs of first responders



What we do:

▶ Health Screening

- ▶ EKG monitoring (rest and exercise)
- ▶ Blood pressure measurements (rest and exercise)
- ▶ Body Composition
- ▶ Blood tests

▶ Fitness Testing

- ▶ Bench press
- ▶ Flexibility
- ▶ Sit ups
- ▶ Leg Press
- ▶ Vertical Jump



How it works:

- ▶ No monetary incentives to firefighters
- ▶ Results increase awareness of personal health, fitness strengths and weaknesses
- ▶ One on one wellness and fitness coaching
- ▶ HIPAA compliant website for results



Why Support the Program?

- ▶ Demonstrated to save lives
- ▶ Proactive approach to reducing on-the-job injuries and/or identify health risks before they present
- ▶ Healthier and fitter firefighters are less likely to get hurt and more likely to return to work faster
- ▶ Annual cost of proposed program (~\$135,000) is 6.7% of dollars spent in 2014 for workers compensation claims

Questions?
