

# Sleep, Stress, and Shift Work: An Occupational Therapist's Investigation into Firefighter Wellbeing and Culture



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## Background

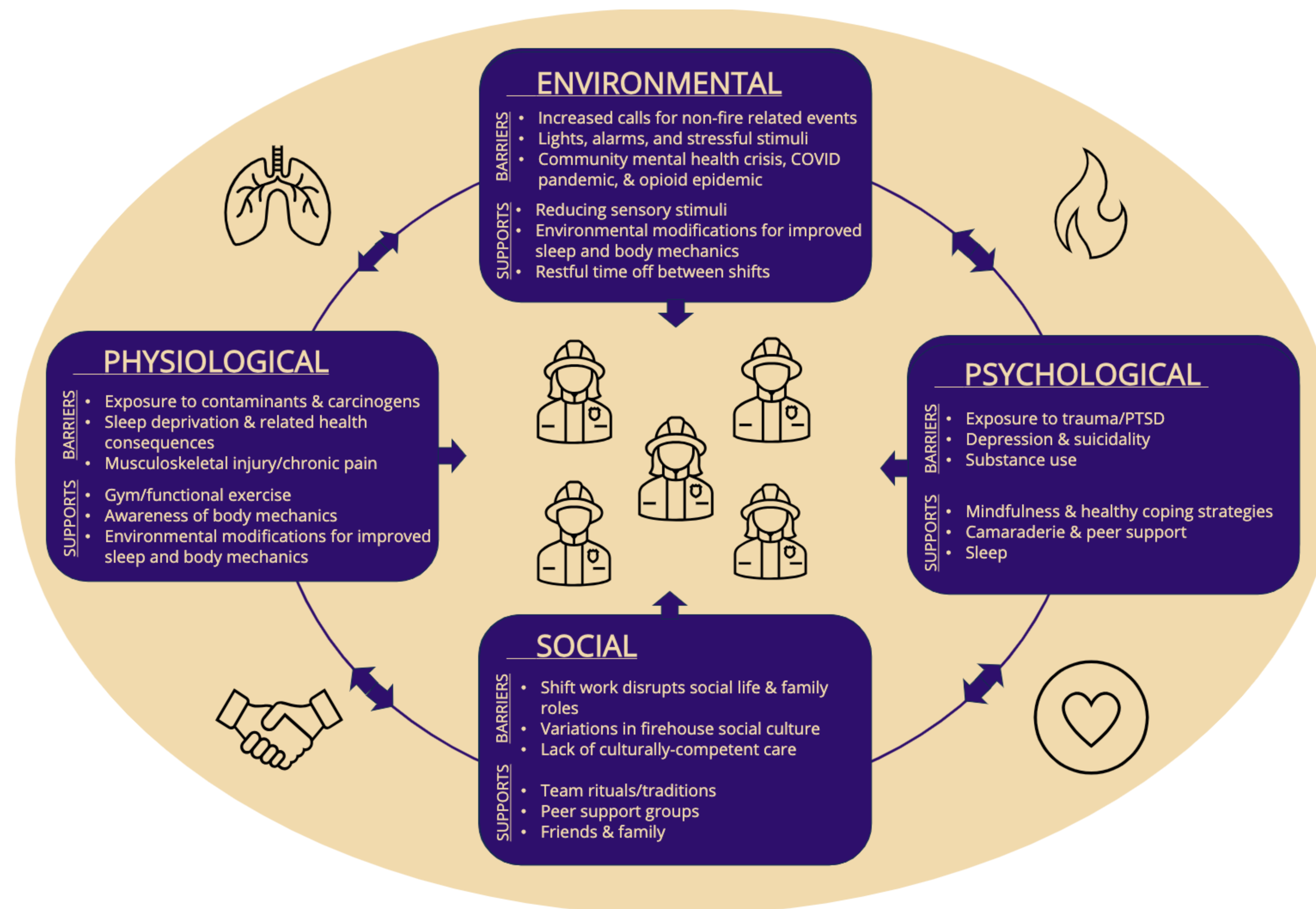
An unprecedented number of firefighters are leaving the field due to multiple factors culminating in increased burnout, injury, depression, and suicidality.

Firefighters are integral to the safety and functioning of the community, therefore their wellbeing must be a priority.

## Purpose

- Determine the occupational barriers and supports to municipal firefighter wellbeing
- Deliver this information to OTs so that they can provide culturally informed care to firefighters

## What factors affect firefighter occupational wellbeing?



## Discussion

- Factors affecting wellbeing are highly interconnected
- Interventions can be enacted on the individual, meso, or systemic level
- OT is poised as a holistic discipline to serve the firefighter population

## Conclusion

Firefighters face a set of unique and complex challenges in their profession. It is critical for OTs to educate themselves on factors influencing firefighter wellbeing to provide them with client-centered and culturally informed care.

## Acknowledgements

We would like to thank all our interviewees, key informants, and fire stations for sharing their time, expertise, and experiences with us.



- Scan code for:
- website (including resources, glossary, works cited, and more)
  - audio description of poster

## Information Gathering Process

- Literature review
- Reviewed population-specific media
- 2 interviews with key informants
- 6 in-depth interviews with firefighters
- 2 fire station visits

This graphic presents the interplay between factors that influence firefighters' occupational lives. Each of the spheres explored – environmental, social, personal, and physical – include potential strengths and challenges that OTs should consider when designing interventions for firefighters.

## Website

We created a website for OTs who aim to support the wellbeing of municipal firefighters. The website offers insights and information to:

- enhance cultural competency
- address profession-specific factors
- evidence-based interventions