



Important Wellness Statistics

West Metro Proves Cost Effectiveness

West Metro Fire believes it is cost effective to maintain a comprehensive wellness program. Without such a program, the consequences to our workforce and community would be immediate. The District would see dramatic increases in workers' compensation premiums, lost work time due to work related injuries, decreased fitness levels and illness, dramatic increases in overtime costs, dramatic increases in third party medical billing and management of injury rehabilitation, and increased exposure to liability and litigation from public on safety and performance related issues. The end result would mean diminished service to the citizens, operational issues for West Metro Fire, and additional financial hardship to the taxpayers.

Standard Bi-Annual Fitness Assessment Summary Table

A recent study published in Firehouse Magazine reported 78% of firefighters "nationally" fell below minimum aerobic capacity standards. West Metro exceeds this national norm and 2013 none of our firefighters fell below the minimum aerobic capacity standard.

15 Year Summary of Treadmill Test Aerobic Capacity Evaluation Results

- In 1999, 72 of the 251 West Metro Firefighters tested fell below the minimum aerobic standard of 12 METS.
- In 1999, only 4 of the 251 firefighters tested were over age 50.
- In 2013, 0 West Metro firefighters have fallen below the minimum aerobic standard of 12 METS.
- In 2013, 118 West Metro Fire employees tested were over the age of 50.

15 Year Summary of PAT Applicant/Line Firefighter Job Essentials Functional Test

- In 1999, 23 of the 251 West Metro firefighters tested failed and did not meet the minimum requirement.
- 35% of West Metro firefighters fell below the hiring standard placed upon applicants in 1999.
- In 1999, only 4 of the 251 firefighters tested were over age 50.
- In 2013, 0 West Metro firefighters failed and did not meet the minimum requirement.
- 1% of West Metro firefighters fell below the hiring standard placed upon applicants.
- In 2013, 118 of the West Metro Fire employees tested were over the age of 50.

Compensable Claims and Loss Ratio Statistics 2003-2013

Workers' compensation program between 2003 and 2013 illustrates reported compensable workers' compensation claims and X-Mod.

YEAR	COMPENSABLE CLAIMS	Experience Modification-X.
2003	166 claims	1.2
2008	48 claims	.63
2013	32 claims	.68

This dramatic reduction in claims and loss ratio resulted in well over a million dollars in hard costs saved to the taxpayers of West Metro Fire Protection District. The savings are a direct result of the implementation of the comprehensive Wellness Program that hit full steam in 2003.