

NFPA® 1583

Standard on Health-Related Fitness Programs for Fire Department Members

2022 Edition



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Standard on

Health-Related Fitness Programs for Fire Department Members

2022 Edition

This edition of NFPA 1583, *Standard on Health-Related Fitness Programs for Fire Department Members*, was prepared by the Technical Committee on Fire Service Occupational Safety. It was issued by the Standards Council on March 18, 2021, with an effective date of April 8, 2021, and supersedes all previous editions.

This edition of NFPA 1583 was approved as an American National Standard on April 8, 2021.

Origin and Development of NFPA 1583

The initial edition of NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, contained language requiring that the fire department develop a physical fitness program for its members. In the early 1990s, the technical committee responsible for NFPA 1500 began the development of a specific document to support that requirement. A recommended practice was prepared by the committee and processed through the standards system but never issued.

In June 1997, a new Technical Committee on Fire Service Occupational Medical and Health revived the project, but with a new focus. That focus was to provide a fire fighter with a comprehensive document focused on maintaining a healthy lifestyle, with a fitness component. The first edition was issued in 2000 as NFPA 1583, *Standard on Health-Related Fitness Programs for Fire Fighters*.

The multiple stress factors and rigors of their profession require fire fighters to be medically and physically fit in order to perform required tasks. The committee considers this standard to be a companion document to NFPA 1582, *Standard on Comprehensive Occupational Medical Program for Fire Departments*, and a tool to be used in conjunction with the Joint Labor Management Wellness-Fitness Initiative, developed by the International Association of Fire Fighters (IAFF) and the International Association of Fire Chiefs (IAFC).

The 2008 edition of the document was updated to reflect current practices in health-related fitness programs for fire department members and to editorially conform to the *Manual of Style for NFPA Technical Committee Documents*. The title was being changed to *Standard on Health-Related Fitness Programs for Fire Department Members*.

The revisions introduced the concept that, while a health and fitness program should require mandatory participation, it should be nonpunitive. The section on peer fitness trainers was expanded to include requirements for their qualifications and responsibilities. The relationship between the health and fitness coordinator (HFC) and the fire department physician was clarified.

A requirement was added that the health and fitness coordinator design an individualized exercise and fitness training program for a member returning to full duty from a debilitating injury, illness, or any other extended leave.

Annex materials were reorganized to focus on the fire department providing an adequate facility rather than a prescriptive list of equipment. Included were a suggestion that the HFC have a background in functional anatomy, exercise physiology, exercise testing and prescription, exercise supervision, and leadership rather than a long list of qualifications, and a self-assessment tool for use by members to monitor their individual fitness levels.

For the 2015 edition, the committee updated several requirements to reflect changes in accepted practices in the health-related fitness programs currently being used. Some changes involved cardiovascular risk reduction, nutritional requirements, and inclusion of the fire department physician as part of the health and fitness consultation. The committee also added the reference to the IAFF/IAFC/ACE Peer Fitness Trainer certification in order to provide the end users of this

document with a nationally established certification that can be used by fire departments to establish a minimum certification for fitness trainers.

The 2022 edition features improved alignment with the *Fire Service Joint Labor Management Wellness-Fitness Initiative (WFI)*. In addition, it includes updated and expanded responsibilities for both peer fitness trainers and health and fitness coordinators. To better evaluate the effectiveness of the health-related fitness program, the program data collection requirements have been expanded.