

Abstract: Cardiovascular disease (CVD) is the leading cause of on-duty death among firefighters (18% of on-duty fatalities) and a major cause of morbidity.

CVD in the fire service also has adverse public safety implications as well as significant cost implications for the fire service.

Approximately 10% of CVD among firefighters have been

attributed to occupational stressors. The fire service is a high-stress occupation. Firefighters are exposed to a variety of stressors, including long hours, shift work, and exposure to traumatic events. These stressors can contribute to the development of CVD. The fire service is a high-stress occupation. Firefighters are exposed to a variety of stressors, including long hours, shift work, and exposure to traumatic events. These stressors can contribute to the development of CVD. The fire service is a high-stress occupation. Firefighters are exposed to a variety of stressors, including long hours, shift work, and exposure to traumatic events. These stressors can contribute to the development of CVD.

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