

**Texas Commission on Fire Protection
Health and Wellness Committee Meeting Agenda
Thursday, April 24, 2025 – 10:00 a.m.
4800 N. Lamar Boulevard, North Lamar Boulevard Bldg., Room 140, Austin, Texas**

The Health and Wellness meeting will be held in person at the above location.

Agenda:

- 1. Call to order.**
- 2. Roll call and excuse of absences, if any, of Committee members.**
- 3. Adoption of the January 16, 2025, Health and Wellness Committee meeting minutes.**
- 4. Presentation on Committee-related resources.**
- 5. Review and discussion of the Injury Report.**
- 6. Review and discussion of prior Committee work and accomplishments.**
- 7. Status updates and progress reports from assigned Project Workgroups:**
 - a. Sleep**
 - b. Nutrition**
 - c. Injury Report Review**
 - d. Cardiac Health**
 - e. Hormones Report**
 - f. Fitness**
 - g. Mental Health**
 - h. Cancer Report**
- 8. Discussion and possible action regarding the Health and Wellness Officer Program.**
- 9. Subjects for future agenda items.**
- 10. Future meeting dates are scheduled for July 17, 2025 and October 23, 2025 at 10:00a.m.**
- 11. Adjourn meeting.**

AGENDA ITEM NUMBER 1

1. Call to order.

AGENDA ITEM NUMBER 2

2. Roll call and excuse of absences, if any, of Committee members.

AGENDA ITEM NUMBER 3

3. Adoption of the January 16, 2025, Health and Wellness Committee meeting minutes.

**TEXAS COMMISSION ON FIRE PROTECTION
HEALTH AND WELLNESS COMMITTEE MEETING**

At 10:00 a.m., Presiding Officer Doug Boeker called the January 16, 2025 meeting of the Texas Commission on Fire Protection (TCFP) Health and Wellness Committee to order at the North Lamar Boulevard Building, 4800 N. Lamar Boulevard, Room 140, in Austin, Texas.

Member Attendance:

| Steve Green | Ashley Watson | Michael Anderson | Homer Salinas |
| Doug Boeker | Brian O'Neill | Daniel DeYear | Adam Story |
*Absent: (Dale Albright - unexcused, Michael Mire - excused)

Staff present:

Frank King Yazzy Chavez Cliff Grant

1. Call to Order – Presiding Officer Doug Boeker called the meeting to order at 10:00 a.m.

2. Roll Call – Presiding Officer, Doug Boeker called roll, and a quorum was present. A motion to excuse Michael Mire’s absence was made by Ashley Watson and seconded by Michael Anderson. The motion carried.

3. Introduction of Newly Appointed Committee Members – Michael Anderson introduced himself as a new committee member. He is currently serving as Deputy Assistant Chief under administration at Travis County SC2 Foldable Fire Department. There were no other new members to introduce.

4. Committee Member Training – Training was conducted by Cliff Grant. The training included an overview of the TCFP rules and policies related to the Committee.

5. Adoption of October 1, 2024 Meeting Minutes – The minutes for the October 1, 2024 Health and Wellness Committee meeting were presented. A motion to adopt the minutes was made by Steve Green and seconded by Adam Story. The motion carried.

6. Review and Discussion of Prior Committee Work and Accomplishments – The Committee reviewed and discussed prior work, including notable accomplishments such as firefighter cardiac health initiatives and cancer awareness training. No further actions were taken.

7. Discussion and Possible Action on the Review of the Mental Health Program – Adam Story discussed his ongoing efforts to monitor mental health programs for fire service personnel. Updates on this initiative will be provided at the next meeting on April 24, 2025. No further action was taken.

8. Assignment of Project Work and Formation of Workgroups – Chairmen Doug Boeker assigned the following project topics and workgroups:

9. Sleep: Steve Green and Brian O’Neill

10. Nutrition: Ashley Watson

11. Injury Report Review: Adam Story

12. Cardiac Health: Homer Salinas

13. Hormones Report: Ashley Watson

14. Fitness: Chris Kahl

15. Mental Health: Warner Watts

16. Cancer Report: Homer Salinas

Progress reports on these topics will be presented at the next meeting on April 24, 2025.

9. Discussion and Possible Action on Other Health and Wellness Needs – The Committee discussed establishing a Health and Wellness Officer program. Committee Chair Salinas proposed adding this topic to the agenda for the next meeting. No further action was taken.

10. Subjects for Future Meeting Agendas – Committee members were encouraged to submit additional topics for discussion by March 31, 2025, to be included in the next meeting agenda.

11. Future Meeting Dates – The next meeting was scheduled for April 24, 2025, at 10:00 a.m. It was determined that future meetings would follow this schedule: July 17, 2025 and October 23, 2025, at 10:00a.m.

12. Adjourn Meeting – A motion to adjourn the meeting was made by Daniel DeYear and seconded by Adam Story. The motion carried, and the meeting was adjourned.

Doug Boeker, Presiding Officer

AGENDA ITEM NUMBER 4

4. Presentation on Committee-related resources.

AGENDA ITEM NUMBER 5

5. Review and discussion of the Injury Report.

2024 Injury Report

An Annual Summary of Firefighter Injuries, Exposures, and Cancer Diagnoses Reported to the Texas Commission on Fire Protection in Calendar Year 2024

By
Grace Wilson
of the

TEXAS COMMISSION ON FIRE PROTECTION



Texas Commission on Fire Protection
PO Box 2286
Austin, TX 78768
512-936-3838

*This publication can be downloaded free of charge on-line:
<https://www.tcfp.texas.gov/services/injury-reports>*

Table of Contents

Mission	3
Executive Summary	4
Abstract.....	6
State of Texas 2023 vs. NFPA 2023.....	7
Fire Protection Personnel Injuries	9
Injuries/Exposures by Activity	10
Fatalities	12
Emergency vs. Non-Emergency Injuries	13
Types of Injuries	15
Task at Time of Injury.....	16
Injuries by Body Part.....	18
Individuals by Age Group.....	20
Activities Resulting in Lost Time.....	21
Types of Injuries with Lost Time	23
Burn Injuries	24
Exposures	26
Cancer.....	28
SOP Issues; PPE and PASS Failures	30
Recommendations.....	31
Commission-Adopted Standards.....	32

Mission

The commission shall gather and evaluate data on fire protection personnel injuries and develop recommendations for reducing injuries.

Why we are collecting injury data

Under Texas Government Code §419.048, the Texas Legislature charged the commission with gathering and evaluating data on injuries. The rules requiring regulated entities to report injuries to the commission are in Texas Administrative Code §435.23. The commission encourages volunteer entities to report injuries so that it can gain as accurate a picture as possible concerning injury trends in the Texas fire service. The injury reporting program began in March of 2010.

Information the commission collects

- Minor, serious, and fatal injuries,
- Exposures (toxic and pathogenic)
- Cancer diagnoses
- Activities where fire personnel are injured
- Types of injuries (burns, strain-sprains, wounds, etc.)
- Body parts being injured
- Tasks performed at the time of injury
- Missed time
- Work assignment after injury
- Malfunctions/failures of personal protective equipment (PPE), self-contained breathing apparatus (SCBA), personal alert safety systems (PASS devices) and standard operating procedures (SOPs)

How this will help the fire service

- Identify common injuries and exposures
- Identify trends in injuries and exposures
- Identify needed training
- Evaluate and find improvements in procedures

Executive Summary

The information in this report is collected by the Texas Commission on Fire Protection (TCFP) via an on-line injury reporting application.

Under Texas Government Code §419.048, the Texas Commission on Fire Protection is charged with developing and establishing criteria to receive and analyze injury information pertaining to Texas firefighters. The commission reviews this information to develop recommendations to help reduce injuries to fire protection personnel. The commission provides this information to the State Fire Marshal's Office (SFMO) by September 1 of each year for inclusion in the SFMO's annual Firefighter Fatality Investigations Report. The commission has enacted rules about reporting injuries in the Texas Administrative Code (TAC) Title 37, Chapter 435, and has established the criteria and policies for reporting and analyzing the information.

This report is a comprehensive analysis of injuries and exposures to Texas firefighters. These injuries and exposures were reported to the TCFP in 2024 by fire departments throughout the state, and this report contains charts and graphs depicting the results of the information that was collected. The report also compares Texas firefighter injury statistics from 2023 with national statistics that were gathered by the National Fire Protection Association (NFPA) in 2023.

40,888 = The number of "associated" individuals in our database, meaning those who are currently employed by a regulated fire department.

1,811 = Total number of departments

847 = Regulated departments

964 = Nonregulated departments (due to being deactivated or not meeting the criteria to be regulated).

485 = Regulated training facilities (fire department-based, online-based, and private)

1,332 = Total number of departments and training facilities that are inspected and regulated by TCFP. *

**Please note: A department may be listed as both a regulated fire department/fire marshal's office (FMO) and as a regulated training facility if the department possesses training facility certification(s). The biennial compliance inspection of a fire department/FMO is separate from the inspection of a department with a training facility designation, and thus would require separate compliance inspections.*

The commission originally built the data systems necessary to gather this information in 2010. In 2017 the data systems were migrated from a Microsoft Access database structure to a new system which was developed in-house and designed specifically to meet the information resource needs of the TCFP. The reporting process is

accomplished online via TCFP's FIDO system. Fire departments regulated by the commission have been notified of the requirement to report. Several volunteer departments, which are not regulated by the commission, are also participating voluntarily.

This report concludes with recommendations from the commission to help reduce the number of fire fighter injuries in Texas and to improve the injury reporting program.

Abstract

This report contains data submitted by regulated and non-regulated entities.

Grand Totals - 2024

Total number of incidents (injury reports) submitted: 4,115

Total number of individuals who sustained an injury or exposure: 4,092* (A)

Total number of injuries reported: 3,550 (B)

Total number of exposures reported: 740 (C)

**Note that an individual could have more than one injury or could have an injury and an exposure. This explains why the total number of individuals who sustained an injury is less than the total number of injuries + total number of exposures. ($A < B + C$)*

It's important to remember that one incident report can have multiple individuals involved, and each of those individuals can have one or more injuries. For example:

James and Cory were burned in a fire while on duty. This resulted in:

- One incident (one injury report), with
- Two individuals who...
- Sustained three injuries
 - James was burned on the hand and arm (two injuries)
 - Cory was burned on the leg (one injury)

State of Texas 2023 vs. NFPA 2023

Comparison between the State of Texas (2023) and National Fire Protection Association (NFPA) U.S. Firefighter Injuries (2023)

For the purposes of comparison, the commission has mapped its categories to the NFPA categories as follows:

- “Fireground” includes the commission’s Fire Suppression and Rescue - Fire Related categories.
- “Non-Fire” includes Rescue Non-Fire, EMS and Hazmat.
- “Other On-Duty” includes Fire Prevention, Station Duties and Wellness/Fitness.

The NFPA’s “Responding and Returning” and “Training” categories appear to correspond closely to the commission’s categories. (The NFPA numbers include Texas statistics, although the reporting populations may not be the same.)

Please keep in mind that the comparisons between Texas and the NFPA are using numbers from 2023, and not 2024 data as in the remainder of this report. NFPA’s 2024 injury data will not be published and available until 2026.

Comparing Texas 2023 and NFPA 2023

Table 1: Comparison of Texas 2023 and NFPA 2023

Category	Texas 2023		NFPA 2023	
	Count	Percent	Count	Percent
Fireground	911	20%	18,875	30%
Non-Fire	1,338	29%	13,275	21%
Other On-Duty	1,638	35%	11,800	19%
Training	571	12%	8,525	13%
Responding and Returning	199	4%	10,700	17%
Total	4,657	100%	63,175	100%

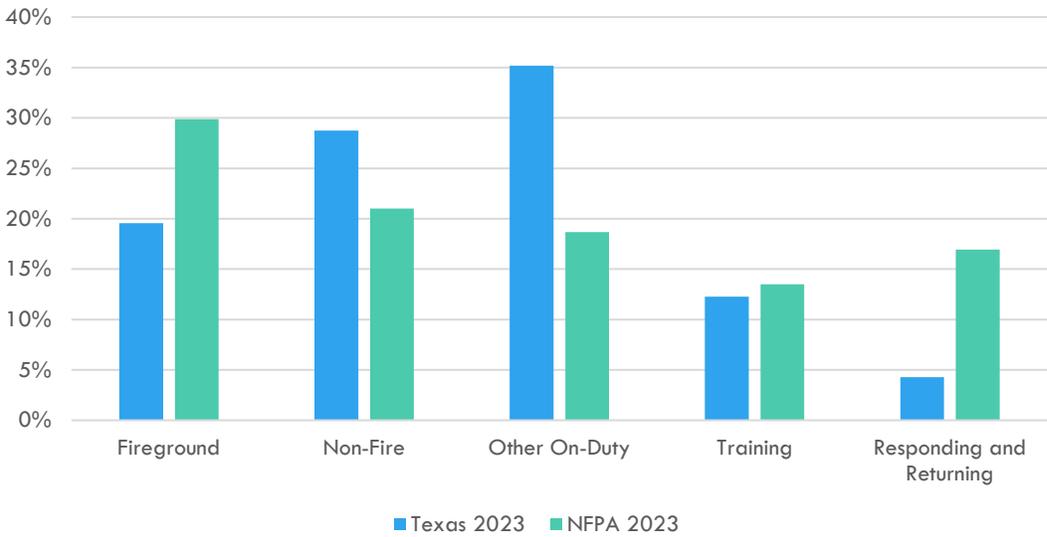
Fatalities in 2023

NFPA: 89 on-duty firefighter fatalities

Texas: 2 reported fatalities (a possible stroke and a suicide)

All NFPA data in this report is from the United States Firefighter Injuries webpage, copyright 2024, National Fire Protection Association, Quincy, MA.

Figure 1: Injuries by Activity, percentages
(Comparing Texas 2023 and NFPA 2023)

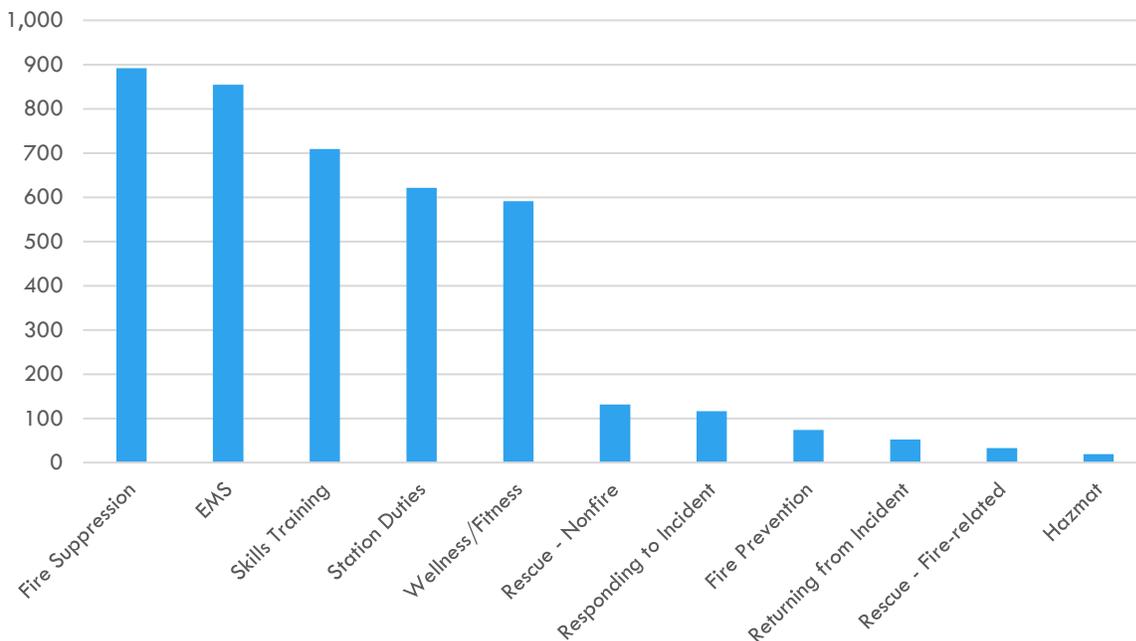


Fire Protection Personnel Injuries

Table 2: Total Injured or Exposed Individuals by Activity and Severity, 2024

Activity	Minor	Serious	Fatal	Total	2023	2022
Fire Suppression	709	181	2	892	867	846
EMS	708	146	0	854	1,193	2,528
Skills Training	508	201	0	709	571	491
Station Duties	472	149	0	621	1,049	2,449
Wellness/Fitness	421	170	0	591	527	422
Rescue - Nonfire	107	24	0	131	105	142
Responding to Incident	80	36	0	116	127	137
Fire Prevention	61	13	0	74	62	100
Returning from Incident	32	20	0	52	72	52
Rescue - Fire-related	32	1	0	33	44	52
Hazmat	16	3	0	19	40	26
Total	3,146	944	2	4,092	4,657	7,245

Figure 2: Total Injured or Exposed Individuals by Activity, 2024



Injuries/Exposures by Activity

Definitions

Minor = An injury/exposure that does not result in the employee missing a full duty period.

Serious = An injury/exposure that results in the employee missing one or more full duty periods.

Fatal = The injured/exposed individual did not survive.

Table 3: Minor Injury/Exposure Activities, 2020 – 2024

Activity	2020		2021		2022		2023		2024	
	Count	%								
Fire Suppression	397	9%	537	12%	653	15%	677	20%	709	23%
EMS	2,529	56%	2,095	47%	1,461	34%	929	27%	708	23%
Skills Training	304	7%	303	7%	362	9%	416	12%	508	16%
Station Duties	722	16%	828	19%	1,132	27%	610	18%	472	15%
Wellness/Fitness	306	7%	311	7%	293	7%	378	11%	421	13%
Rescue - Non-fire	89	2%	94	2%	110	3%	86	3%	107	3%
Responding to Incident	68	1%	123	3%	97	2%	127	4%	80	3%
Fire Prevention	49	1%	40	1%	39	1%	45	1%	61	2%
Rescue - Fire-related	26	1%	41	1%	55	1%	38	1%	32	1%
Returning from Incident	28	1%	41	1%	31	1%	61	2%	32	1%
Hazmat	22	0%	41	1%	22	1%	36	1%	16	1%
Total	4,540	100%	4,454	100%	4,255	100%	3,403	100%	3,146	100%

(Numbers in red above = lowest number of injuries for the five-year period.)

Table 4: Serious Injury/Exposure Activities, 2020 – 2024

Activity	2020		2021		2022		2023		2024	
	Count	%	Count	%	Count	%	Count	%	Count	%
Skills Training	125	7%	120	6%	129	4%	155	12%	201	21%
Fire Suppression	127	7%	153	8%	192	6%	190	15%	181	19%
Wellness/Fitness	116	6%	139	7%	129	4%	149	12%	170	18%
Station Duties	731	39%	766	38%	1,316	44%	437	34%	149	16%
EMS	660	35%	755	37%	1,067	36%	264	21%	146	15%
Responding to Incident	23	1%	35	2%	40	1%	35	3%	36	4%
Rescue - Non-fire	29	2%	22	1%	32	1%	19	1%	24	3%
Returning from Incident	13	1%	24	1%	21	1%	11	1%	20	2%
Fire Prevention	27	1%	11	1%	61	2%	17	1%	13	1%
Hazmat	7	0%	3	0%	4	0%	4	0%	3	0%
Rescue - Fire-related	3	0%	10	0%	5	0%	6	0%	1	0%
Total	1,861	100%	2,038	100%	2,996	100%	1,287	100%	944	100%

(Numbers in red above = lowest number of injuries for the five-year period.)

Fatalities

Table 5: Number of Individuals Who Sustained Fatal Injuries/Exposures, 2024

Activity	Count	Percent
Fire Suppression	2	100%
Total	2	100%

The TCFP's "2024 Injury Report" includes two fatalities, both of which occurred during firefighting operations. The fatalities noted in this report include only those that were reported to the Texas Commission on Fire Protection (TCFP) by the entities it regulates.

According to the Texas State Fire Marshal's Office's "Firefighter Fatality Investigation Annual Report" dated October 2024, they conducted four Texas fire fighter fatality incident investigations during their fiscal year 2024. All four of those deaths were from volunteer fire departments which the TCFP does not regulate.

Comprehensive information about these fatality investigations may be found on the State Fire Marshal's Office's website at the following address:
<https://www.tdi.texas.gov/fire/fmloddannuals.html>

Emergency vs. Non-Emergency Injuries

Table 6: Number of Injured Individuals by Emergency Activity and Severity, 2024

Activity	Minor	Serious	Fatal	Total
EMS	708	146	0	854
Fire Suppression	709	181	2	892
Rescue - Non-fire related	107	24	0	131
Responding to Incident	80	36	0	116
Returning from Incident	32	20	0	52
Hazmat	16	3	0	19
Rescue - Fire related	32	1	0	33
Total	1,684	411	2	2,097

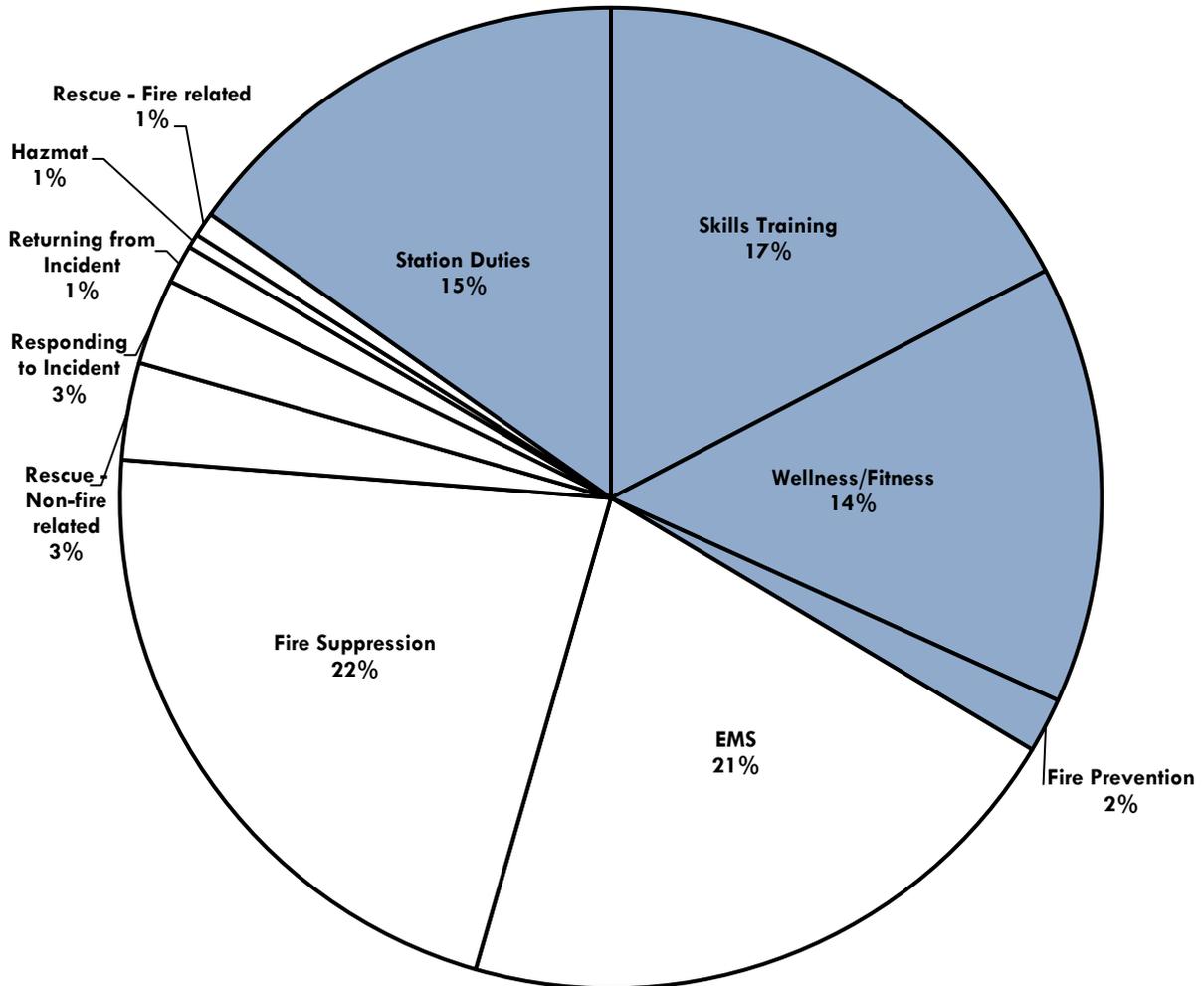
Table 7: Number of Injured Individuals by Non-Emergency Activity and Severity, 2024

Activity	Minor	Serious	Fatal	Total
Station Duties	472	149	0	621
Skills Training	508	201	0	709
Wellness/Fitness	421	170	0	591
Fire Prevention	61	13	0	74
Total	1,462	533	0	1,995

Figure 3: Percentages of Injured Individuals in Emergency and Non-Emergency Activities, 2024

Emergency Activities = 52%

Non-emergency Activities = 48%

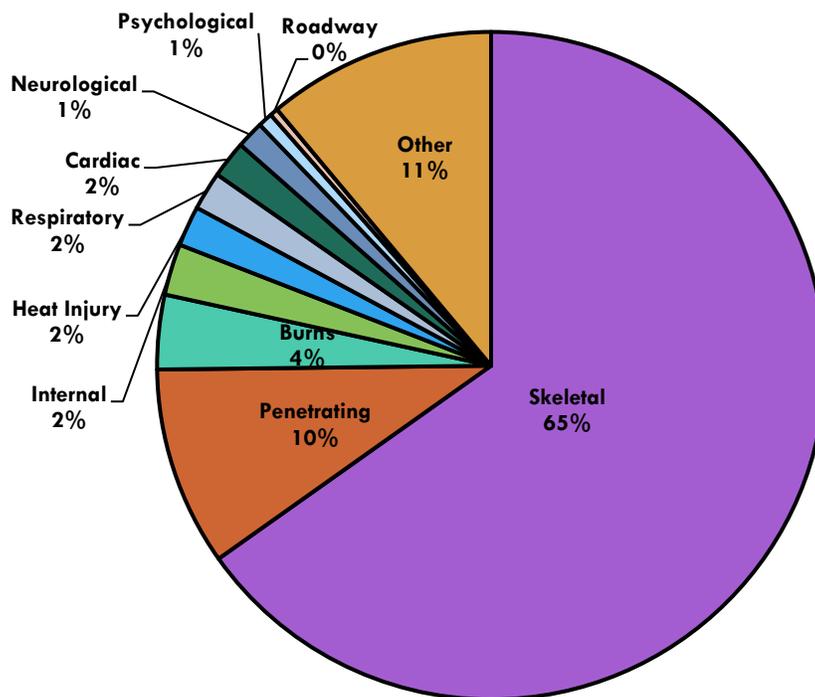


Types of Injuries

Table 8: Types of Injuries, 2024

Type of Injury	2024	
	Count	Percent
Skeletal	2,314	65%
Penetrating	342	10%
Burns	128	4%
Internal	88	2%
Heat Injury	69	2%
Respiratory	66	2%
Cardiac	64	2%
Neurological	47	1%
Psychological	25	1%
Roadway	14	0%
Other	393	11%
Total	3,550	100%

Figure 4: Types of Injuries, 2024

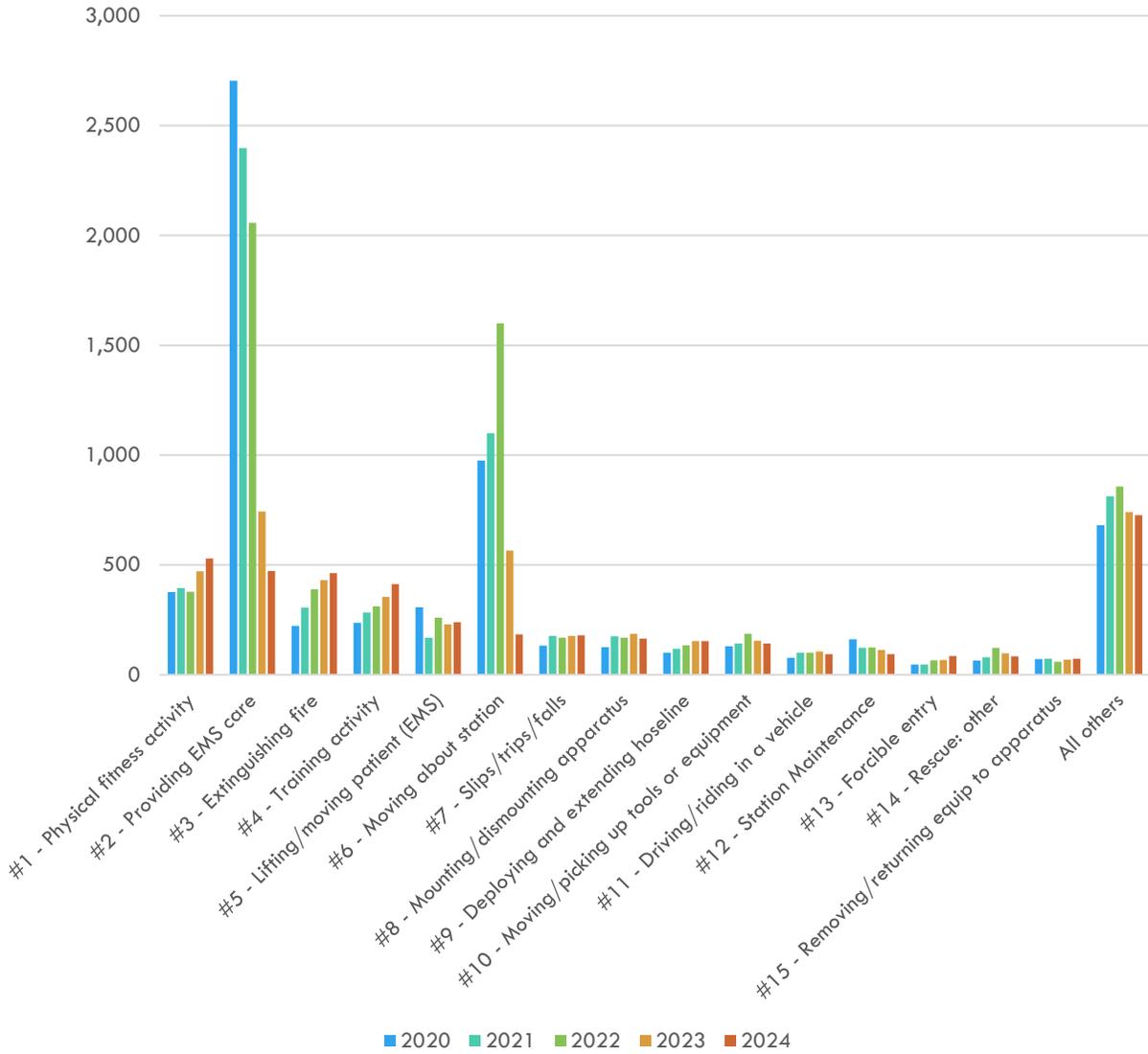


Task at Time of Injury

Table 9: Top 15 Tasks at Time of Injury, 2020 – 2024 (ordered by 2024, descending)

Task	2020	2021	2022	2023	2024
#1 - Physical fitness activity	376	394	378	471	529
#2 - Providing EMS care	2,704	2,398	2,057	743	473
#3 - Extinguishing fire	222	306	389	430	462
#4 - Training activity	236	284	312	355	413
#5 - Lifting/moving patient (EMS)	307	168	260	229	239
#6 - Moving about station	975	1,100	1,599	565	184
#7 - Slips/trips/falls	132	177	168	177	179
#8 - Mounting/dismounting apparatus	125	175	168	187	164
#9 - Deploying and extending hoseline	100	119	133	153	153
#10 - Moving/picking up tools or equipment	130	142	187	155	142
#11 - Driving/riding in a vehicle	77	100	101	106	94
#12 - Station Maintenance	161	123	124	113	93
#13 - Forcible entry	46	46	65	67	85
#14 - Rescue: other	64	79	123	97	84
#15 - Removing/returning equip to apparatus	71	72	59	69	72
All others	680	812	857	740	726
Total	6,406	6,495	6,980	4,657	4,092

Figure 5: Top 15 Tasks at Time of Injury, 2020 – 2024



Injuries by Body Part

Table 10: Injuries by Body Part Type, 2020 – 2024

Injured Body Part	2020	2021	2022	2023	2024
Upper Extremities	700	812	859	975	984
Lower Extremities	616	724	787	882	890
Back	445	492	511	547	580
Head	197	248	323	315	326
Multiple Parts	281	284	389	327	316
Internal	144	402	337	158	162
Chest	107	124	146	109	143
Neck	33	38	50	77	90
Hip	29	35	24	31	59
Total	2,552	3,159	3,426	3,421	3,550

Table 11: Injuries by Body Part Sub-Type, 2020 – 2024

Body Part by Sub-Type	2020	2021	2022	2023	2024
Back: Back	191	191	214	283	280
Back: Buttocks	2	2	1	3	2
Back: Lower Back	248	287	284	247	288
Back: Neck	1	8	5	4	4
Back: Spine	3	4	7	10	6
Chest: Abdomen	2	3	3	1	5
Chest: Abdominal Area	9	5	9	5	13
Chest: Chest	96	116	134	103	125
Head: Brain	n/a	7	24	20	43
Head: Cheek	4	7	7	4	2
Head: Chin	4	2	3	5	1
Head: Ear	50	52	50	71	80
Head: Eye	44	50	58	50	80
Head: Face	78	57	32	34	30
Head: Forehead	n/a	3	31	40	34

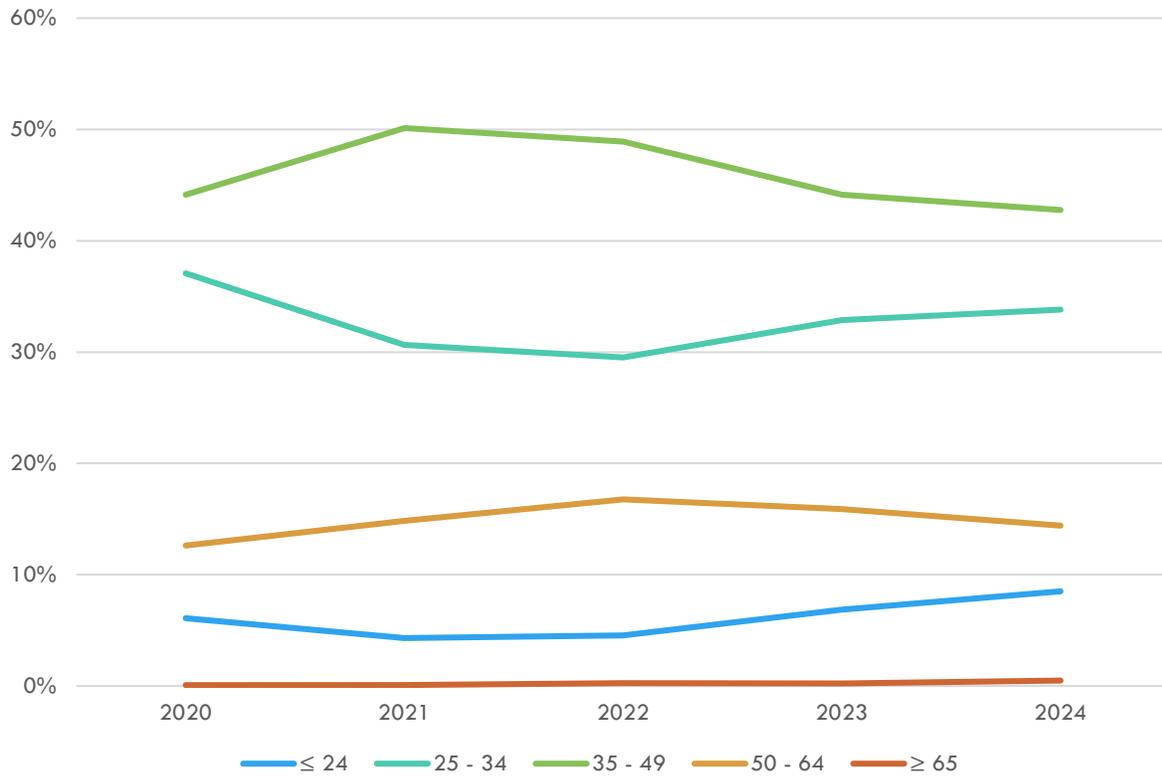
Head: Jaw	2	2	0	0	1
Head: Mouth	10	8	7	14	11
Head: Nose	3	9	60	45	8
Head: Skull	2	51	51	32	36
Hip: Groin	9	12	6	8	22
Hip: Hip	18	23	16	18	33
Hip: Pelvis	2	0	2	5	4
Internal: Genito-urinary	4	1	2	7	7
Internal: Heart	4	6	16	10	15
Internal: Internal	74	264	156	64	68
Internal: Intestinal tract	3	2	1	4	8
Internal: Lungs	51	114	150	47	41
Internal: Stomach	8	14	12	26	23
Internal: Trachea	0	1	0	0	0
Lower Extremities: Ankle	135	171	162	201	208
Lower Extremities: Foot	78	78	95	100	109
Lower Extremities: Knee	252	316	357	372	364
Lower Extremities: Lower leg	95	104	59	133	142
Lower Extremities: Toes	13	14	17	18	22
Lower Extremities: Upper Leg	43	41	67	58	45
Multiple Parts: Lower Body	20	15	16	33	25
Multiple Parts: Unknown	27	22	39	31	39
Multiple Parts: Upper Body	65	74	65	82	102
Multiple Parts: Whole Body	169	173	269	181	150
Neck: Neck	30	37	49	73	83
Neck: Throat	3	1	1	4	7
Upper Extremities: Elbow	34	44	63	69	73
Upper Extremities: Hands	319	315	356	356	361
Upper Extremities: Lower Arm	55	55	49	84	70
Upper Extremities: Shoulder	170	270	245	311	327
Upper Extremities: Upper Arm	45	68	94	88	107
Upper Extremities: Wrist	77	60	52	67	46
Total	2,552	3,159	3,396	3,421	3,550

Individuals by Age Group

Table 12: Individuals by Age Group, 2020 – 2024

Age Group	2020		2021		2022		2023		2024	
	Count	Percent								
≤ 24	389	6.10%	279	4.31%	329	4.54%	317	6.86%	348	8.50%
25 - 34	2,365	37.07%	1,986	30.65%	2,141	29.52%	1,519	32.87%	1,384	33.82%
35 - 49	2,815	44.13%	3,248	50.12%	3,548	48.92%	2,039	44.12%	1,750	42.77%
50 - 64	805	12.62%	961	14.83%	1,216	16.77%	735	15.91%	590	14.42%
≥ 65	5	0.08%	6	0.09%	19	0.26%	11	0.24%	20	0.49%
Totals	6,379	100.00%	6,480	100.00%	7,253	100.00%	4,621	100.00%	4,092	100.00%

Figure 6: Individuals by Age Group, percentages, 2020 – 2024



Activities Resulting in Lost Time

Table 13: Activities Individuals Were Doing That Resulted in Lost Time, 2024

Totals

Activity	Count	Days Missed	
		Average	Sum
Skills Training	125	34	4,351
Fire Suppression	98	31	3,071
Wellness/Fitness	98	34	3,419
Station Duties	88	33	2,939
EMS	82	29	2,459
Responding to Incident	19	30	575
Returning from Incident	14	46	649
Rescue - Nonfire related	11	28	312
Fire Prevention	10	8	88
Hazmat	1	3	3
Total	546	28	17,866

Table 14: Activities Individuals Were Doing That Resulted in Lost Time, 2024

Between 1 and 30 Days

Activity	Count	Days Missed	
		Average	Sum
Skills Training	87	12	1,080
Fire Suppression	71	11	836
Station Duties	69	11	810
Wellness/Fitness	67	11	795
EMS	61	12	757
Responding to incident	15	11	168
Fire Prevention	10	8	88
Rescue - nonfire related	9	13	117
Returning from incident	9	13	123
Hazmat	1	3	3
Total	399	11	4,777

**Table 15: Activities Individuals Were Doing That Resulted in Lost Time, 2024
Between 31 and 90 Days**

Activity	Count	Days Missed	
		Average	Sum
Skills Training	25	45	1,141
Wellness/Fitness	21	51	1,079
Fire Suppression	18	47	860
EMS	14	52	740
Station Duties	12	53	644
Responding to incident	3	66	198
Returning from incident	2	52	105
Total	95	52	4,767

**Table 16: Activities Individuals Were Doing That Resulted in Lost Time, 2024
91+ Days**

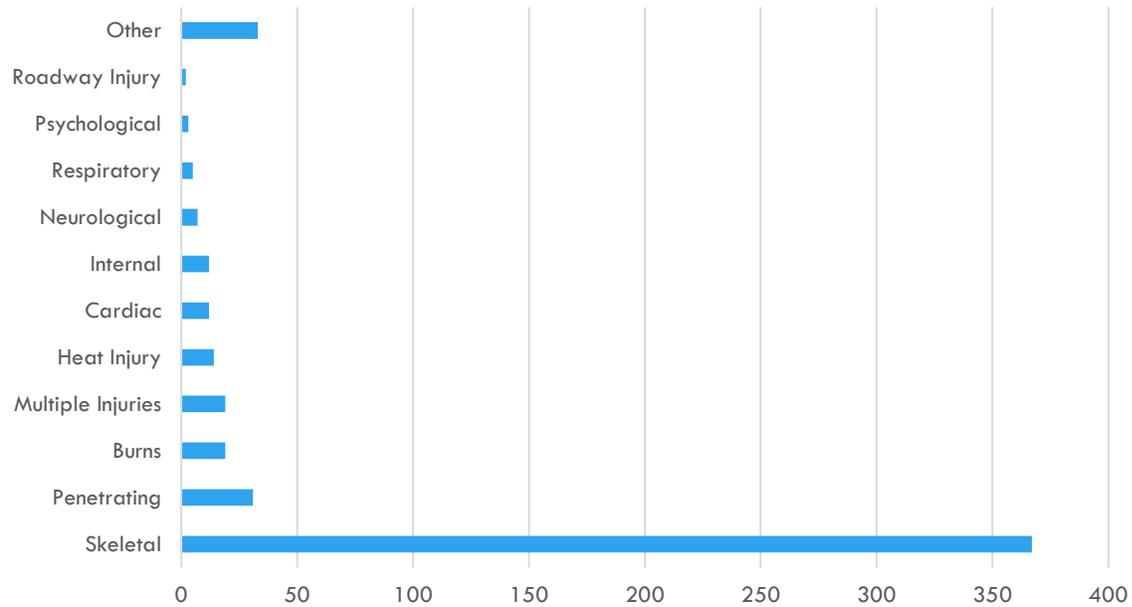
Activity	Count	Days Missed	
		Average	Sum
Skills Training	13	163	2,130
Wellness/Fitness	10	154	1,545
Fire Suppression	9	152	1,375
EMS	7	137	962
Station Duties	7	212	1,485
Returning from incident	3	140	421
Rescue - nonfire related	2	97	195
Responding to incident	1	209	209
Total	52	158	8,322

Types of Injuries with Lost Time

Table 17: Types of Injuries Resulting in Lost Time, 2024

Type of Injury	Count
Skeletal	367
Penetrating	31
Burns	19
Multiple Injuries	19
Heat Injury	14
Cardiac	12
Internal	12
Neurological	7
Respiratory	5
Psychological	3
Roadway Injury	2
Other	33
Total	524

Figure 7: Types of Injuries Resulting in Lost Time, 2024



Burn Injuries

Table 18: All Burns, 2020 – 2024

All Burns - Types	2020	2021	2022	2023	2024
Heat/Fire (thermal)	80	66	83	120	95
Scald or Steam	11	12	19	18	0
Chemical	2	3	6	6	6
Electrical	3	4	4	0	6
Totals	96	85	112	144	107

Table 19: Burns by Body Part Sub-Type, 2020 – 2024

Body Part Sub-Type	2020	2021	2022	2023	2024
Back: Back	0	2	2	2	2
Back: Buttocks	0	0	n/a	1	0
Back: Lower Back	0	0	0	0	1
Back: Neck	0	0	0	0	0
Back: Spine	0	0	0	0	0
Chest: Abdomen	0	0	0	0	1
Chest: Abdominal Area	0	0	0	0	0
Chest: Chest	0	0	3	0	0
Head: Brain	n/a	0	0	0	0
Head: Cheek	1	1	4	2	2
Head: Chin	3	0	1	2	0
Head: Ear	12	13	9	23	23
Head: Eye	3	2	0	2	8
Head: Face	8	2	6	4	2
Head: Forehead	n/a	1	2	2	1
Head: Mouth	0	0	0	1	0
Head: Nose	0	1	0	1	1
Head: Skull	0	0	1	1	0
Hip: Groin	0	0	0	0	0
Hip: Hip	0	1	0	0	1
Hip: Pelvis	0	n/a	0	0	0
Internal: Genito-urinary	0	0	0	0	1
Internal: Heart	0	0	0	0	0
Internal: Internal	0	0	0	0	0

Internal: Intestinal tract	0	0	0	0	0
Internal: Lungs	0	0	0	1	0
Internal: Stomach	0	0	0	0	0
Lower Extremities: Ankle	1	1	1	0	0
Lower Extremities: Foot	4	3	4	2	1
Lower Extremities: Knee	1	0	0	2	1
Lower Extremities: Lower Leg	1	3	5	4	2
Lower Extremities: Toes	0	0	0	0	0
Lower Extremities: Upper Leg	1	0	1	3	1
Multiple Parts: Lower Body	0	0	1	2	0
Multiple Parts: Unknown	0	0	1	1	0
Multiple Parts: Upper Body	11	7	7	11	15
Multiple Parts: Whole Body	0	3	4	4	4
Neck: Neck	2	2	5	6	3
Neck: Throat	0	0	0	0	0
Upper Extremities: Elbow	1	2	2	1	0
Upper Extremities: Hands	20	24	21	22	24
Upper Extremities: Lower Arm	14	8	10	22	14
Upper Extremities: Shoulder	4	3	12	7	8
Upper Extremities: Upper Arm	0	3	8	8	10
Upper Extremities: Wrist	9	3	2	7	2
Totals	96	85	112	144	128

Exposures

Table 20: Exposures by Sub-Type, 2020 – 2024

Exposure + Sub-Type	2020	2021	2022	2023	2024
Chemical: Ammonia	0	6	0	1	0
Chemical: Battery Acid	0	2	1	0	4
Chemical: Benzene	1	1	0	1	0
Chemical: Bleach	0	2	0	0	0
Chemical: Not listed	70	40	25	72	67
Chemical: Unidentified	27	34	42	42	40
Physical: Animal venom	5	7	3	8	11
Physical: Meningitis	33	3	3	41	38
Physical: Not listed	42	27	35	27	45
Physical: Plant toxin	12	24	22	17	35
Physical: Radiation	1	0	0	5	0
Physical: Unidentified	13	17	24	28	24
Physical: UV Light	1	0	1	0	17
Respiratory: Blood	78	54	48	94	73
Respiratory: COVID 19	1,715	2,878	3,466	630	35
Respiratory: Influenza	7	2	2	1	0
Respiratory: Not listed	56	8	9	7	32
Respiratory: Saliva	28	15	23	22	14
Respiratory: Tuberculosis	31	16	29	55	61
Respiratory: Unidentified	6	19	13	62	25
Respiratory: Vomit	13	4	4	9	9
Other: Asbestos	1	109	30	31	63
Other: Carbon Monoxide	6	2	11	15	6
Other: Carcinogenic Substances	13	15	21	75	19
Other: Contaminated Water/Sewage	11	8	21	4	14
Other: Chlorine	n/a	6	3	1	7
Other: Heavy Metals	1	0	1	3	9
Other: Mold	9	4	29	42	16
Other: Smoke/Products of Combustion	19	37	81	46	48
Other: Virus	1,878	266	203	61	28
Total	4,077	3,606	4,150	1,400	740

Table 21: Exposure by Route, 2024

Route	Count
Inhalation	398
Absorption	243
Injection/Puncture	66
Ingestion	33
Total	740

Figure 8: Exposure by Route, 2024, percentages

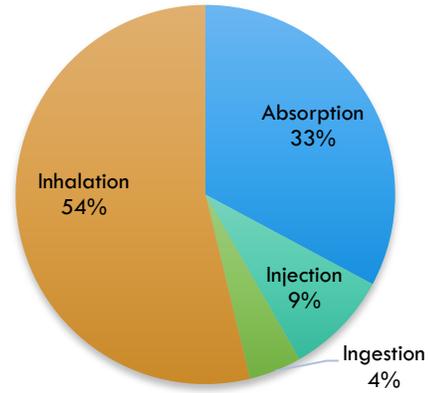
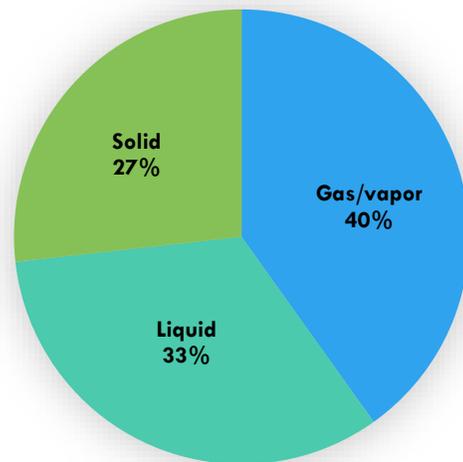


Table 22: Exposure by Substance, 2024

Substance	Count
Gas/vapor	297
Liquid	245
Solid	198
Total	740

Figure 9: Exposure by Substance, 2024, percentages



Cancer

In June of 2019, the Governor of Texas signed Senate Bill 2551 (SB 2551) which expanded the scope of the law in which firefighters and EMTs who suffer from cancer are presumed to have developed the condition during the course and scope of their employment. The types of cancer this law addresses include:

- cancers that originate at the stomach, colon, rectum, skin, prostate, testis or brain
- non-Hodgkin's lymphoma
- multiple myeloma
- malignant melanoma
- renal cell carcinoma

Reports of cancer diagnoses:

2020	2021	2022	2023	2024
47	41	70	91	98

The TCFP received **98** reports of cancer diagnoses from fire departments in 2024:

Skin - 49 reports

(Males: aged N/A, 25, 36, 37, 38, 39, 39, 39, 40, 40, 40, 41, 41, 42, 43, 43, 43, 43, 44, 44, 45, 45, 45, 46, 46, 47, 49, 50, 51, 51, 53, 53, 53, 53, 54, 54, 54, 54, 55, 55, 56, 57, 58, 58, 61, 63)

(Females: aged 36, 49, 51, 51)

Prostate - 11 reports

(Males: 41, 45, 48, 51, 54, 57, 57, 58, 58, 58, 63)

Testicular - 7 reports

(Males: 18, 27, 29, 46, 47, 48, 54)

Blood/lymphatic - 6 reports

(Males: 37, 46, 48, 52, 53, 60)

Thyroid - 5 reports

(Males: 30, 38, 42, 47, 52)

Colon/rectum - 3 reports
(Males: 33, 46, 46)

Kidney - 3 reports
(Males: 40, 53)
(Female: 39)

Brain - 2 reports
(Male: 35)
(Female: 55)

Stomach - 2 reports
(Males: 47, 54)

Lung - 1 report
(Male: 53)

Pancreatic - 1 report
(Male: 75)

Type not reported/other - 8 reports
(Males: 30, 37, 49, 50, 53, 59, 60, 65)

A Reminder for Fire Departments

Any injuries to fire protection personnel that are reported to the Texas Worker's Compensation Commission must be reported to the Texas Commission on Fire Protection. This includes cancer diagnoses.

The commission strongly encourages fire departments to report cancer diagnoses; the commission recognizes that the number of job-related cancers reported during this time-period represents only a fraction of the cases that Texas fire departments are currently managing. There is a growing awareness of the impact that cancer is having on fire protection personnel nationwide, and the commission urges departments to use this reporting tool to help contribute to the education and awareness of the issue in Texas.

SOP Issues; PPE and PASS Failures

Table 23: Injuries Attributed to SOP Issues, 2024

Activity	Minor	Serious	Total	Previous years' totals			
				2023	2022	2021	2020
Fire Suppression	6	6	12	2	7	8	10
EMS	5	0	5	0	1	1	18
Station Duties	1	2	3	0	4	1	2
Skills Training	1	0	1	2	3	2	5
Wellness/Fitness	0	1	1	0	0	1	1
Totals	13	9	22	4	15	13	36

Table 24: Injuries Attributed to PPE and PASS Failures, 2024

Activity	Minor	Serious	Total	Previous years' totals			
				2023	2022	2021	2020
Fire Suppression	16	5	21	18	7	4	7
Skills Training	5	1	6	3	1	1	1
EMS	2	0	2	1	0	1	4
Station Duties	2	0	2	1	0	1	0
Totals	25	6	31	23	8	7	12

Recommendations

The commission would like to thank Texas fire departments for their ongoing participation in reporting fire protection personnel injuries. This report would not be possible without their efforts.

Based on their review of the data contained within this report, the commission offers the following recommendations and reminders for the Texas Fire Service:

#1 - #5 below are the recommendations from 2023. The commission must make new recommendations for 2024.

1. Follow *NFPA 1851: Standard on Selection, Care, and Maintenance of Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting* as required by state law.
2. Continue to review and practice roadway safety and traffic incident management practices.
3. Review all of your department's SOPs with a focus on injury prevention, emphasizing skills training and wellness/fitness in the SOPs.
4. Annual cancer screenings for all Texas firefighters.
5. Report all cancer diagnoses through the injury reporting application in FIDO, as well as all suicides that the fire department is aware of.

Commission-Adopted Standards

The commission has adopted NFPA and other nationally recognized standards to help keep Texas fire protection personnel safe. This list summarizes the relationships between some of the Texas laws and national standards and is not intended to be all-inclusive:

Texas Government Code

[§419.040, Protective Clothing](#)

[§419.041, Self-Contained Breathing Apparatus](#)

[§419.042, Personal Alert Safety Systems](#)

[§419.043, Applicable National Fire Protection Association Standard](#)

[§419.044, Incident Management System](#)

[§419.045, Personnel Accountability System](#)

[§419.046, Fire Protection Personnel Operating at Emergency Incidents](#)

[§419.047, Commission Enforcement](#)

Texas Administrative Code

[CHAPTER 425 FIRE SERVICE INSTRUCTORS](#)

[§443.9 National Fire Protection Association Standard](#)

[CHAPTER 435 FIRE FIGHTER SAFETY](#)

[§435.21 Fire Service Joint Labor Management Wellness-Fitness Initiative](#)

[§435.23 Fire Fighter Injuries](#)

[§435.25 Courage to be Safe So Everyone Goes Home Program](#)

[§435.27 Live Fire Training Structure Evolutions](#)

[CHAPTER 451 FIRE OFFICER](#)

[CHAPTER 457 INCIDENT SAFETY OFFICER CERTIFICATION](#)

Commission's web page

[NFPA Standards adopted by the commission](#)

AGENDA ITEM NUMBER 6

6. Review and discussion of prior Committee work and accomplishments.

AGENDA ITEM NUMBER 7

7. Status updates and progress reports from assigned Project Workgroups:

- a. Sleep
- b. Nutrition
- c. Injury Report Review
- d. Cardiac Health
- e. Hormones Report
- f. Fitness
- g. Mental Health
- h. Cancer Report

AGENDA ITEM NUMBER 8

8. Discussion and possible action regarding the Health and Wellness Officer Program.

AGENDA ITEM NUMBER 9

9. Subjects for future agenda items.

AGENDA ITEM NUMBER 10

10. Future meeting dates are scheduled for July 17, 2025 and October 23, 2025 at 10:00a.m.

AGENDA ITEM NUMBER 11

11. Adjourn meeting.