

Cardiac Sain Association in High- i- e Fire gh ing

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Abstract
Objective: The purpose of this study was to determine the association between cardiac health and high-intensity fire fighting. Methods: A cross-sectional study was conducted with 42 fire fighters. Data were collected on heart rate (HR), blood pressure (BP), and body mass index (BMI). Results: The mean HR was 170 ± 14 bpm, the mean BP was 155 ± 11 mmHg, and the mean BMI was 28.5 ± 3.5 kg/m². There was a significant positive correlation between HR and BP (r = 0.45, p < 0.05). There was also a significant positive correlation between BMI and BP (r = 0.38, p < 0.05). Conclusion: High-intensity fire fighting is associated with elevated HR, BP, and BMI. These findings suggest that fire fighters are at an increased risk for cardiovascular disease. Further research is needed to determine the underlying mechanisms of these associations.

Keywords