Did you know your odds of sudden cardiac death (SCD) increase with each of these activities?

- **SCD is 53 to 64.1 X More Likely during Fire Suppression**
- **SCD is 5.6 to 7.4 X More Likely while Responding to an Alarm**
- **SCD is 3.4 to 5.8 X More Likely while Returning from an Alarm**
- **SCD is 5.2 to 7.6 X More Likely during Physical Training**
- **SCD is 1.3 to 1.7 X More Likely while Responding to EMS/Other Emergencies**

The odds addressed here are compared with firehouse and non-emergency duties.