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DFES PUSH-UP CHALLENGE 2024 – RESULTS ARE IN



In 2024 DFES took part once again in The Push Up Challenge to raise awareness for mental health and suicide prevention. Over 24 days, **Staff and Emergency Services Volunteers** chose to compete in either the full, 3,249 or half, 1,625 repetitions in recognition of the 3,249 people who died by suicide in 2022.

DFES had **13 teams** participating, comprised of **90 members**, who pushed their way for better mental health. Collectively, DFES teams completed a massive **202,277 repetitions** over the 24 days. That's an average of 2,248 push-ups per person or 94 repetitions per day.

Once again, DFES finished **first in Western Australia** for the most money donated by first responders and **third nationally**. DFES Push-Up Challenge teams and individuals generously raised an incredible **\$9,767.00** for the Push for Better Foundation, Headspace and Lifeline.

Funds raised for Headspace who are a National Youth Mental Health Foundation help provide early intervention mental health services to 12-25 year olds. Funds donated to Lifeline help ensure critical support services are accessible to anyone who needs them – anywhere, anytime.



DFES Push-Up Challenge Results – Achievements of Top Five Teams:

Most Money Raised

1.	The BCoE Inferno Pumperinos (16)	\$3,888
2.	Swan SES (19)	\$2,867
3.	DFES UGS Push up Champs (11)	\$740
4.	Busselton VFRS 2024 (6)	\$613
5.	WAFESA (9)	\$515

Most Push Ups

1.	The BCoE Inferno Pumperinos (16)	37,222
2.	Bunbury Fire Station (9)	26,118
3.	WA Fire (8)	24,569
4.	WAFESA (9)	23,159
5.	DFES UGS Push up Champs (11)	19,231

An amazing result by everyone who participated in this year's Push-Up Challenge and made it our best year yet! We helped to raise vital funds, encouraged healthy conversations, promoted physical activity, and increased both awareness and help-seeking behaviours for better mental health.

For more information, please contact Scott Goodin, Physical Wellness Coordinator on thriving@dfes.wa.gov.au.

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