EMS INJURY PREVENTION AND SAFETY TIPS

BUILD A BRIDGE

When reaching, lean on a stable surface to protect your back and maintain balance.
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ENGAGE CORE MUSCLES

When lifting, use your abdominal and buttocks muscles to protect your back.
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LIFT WITHIN YOUR LIMITS

Assess patient mobility and know when to ask for assistance.
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MAINTAIN BODY STRENGTH

Prevent muscle fatigue, sprains, and tears by stretching and strengthening.
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MOVE TO KEEP JOINTS AND MUSCLES LOOSE

When waiting for a call, get up and stretch, march in place, or pace.
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PREVENT DROPS, TRIPS & FALLS

Check for uneven surfaces, curbs and cracks while in motion.