

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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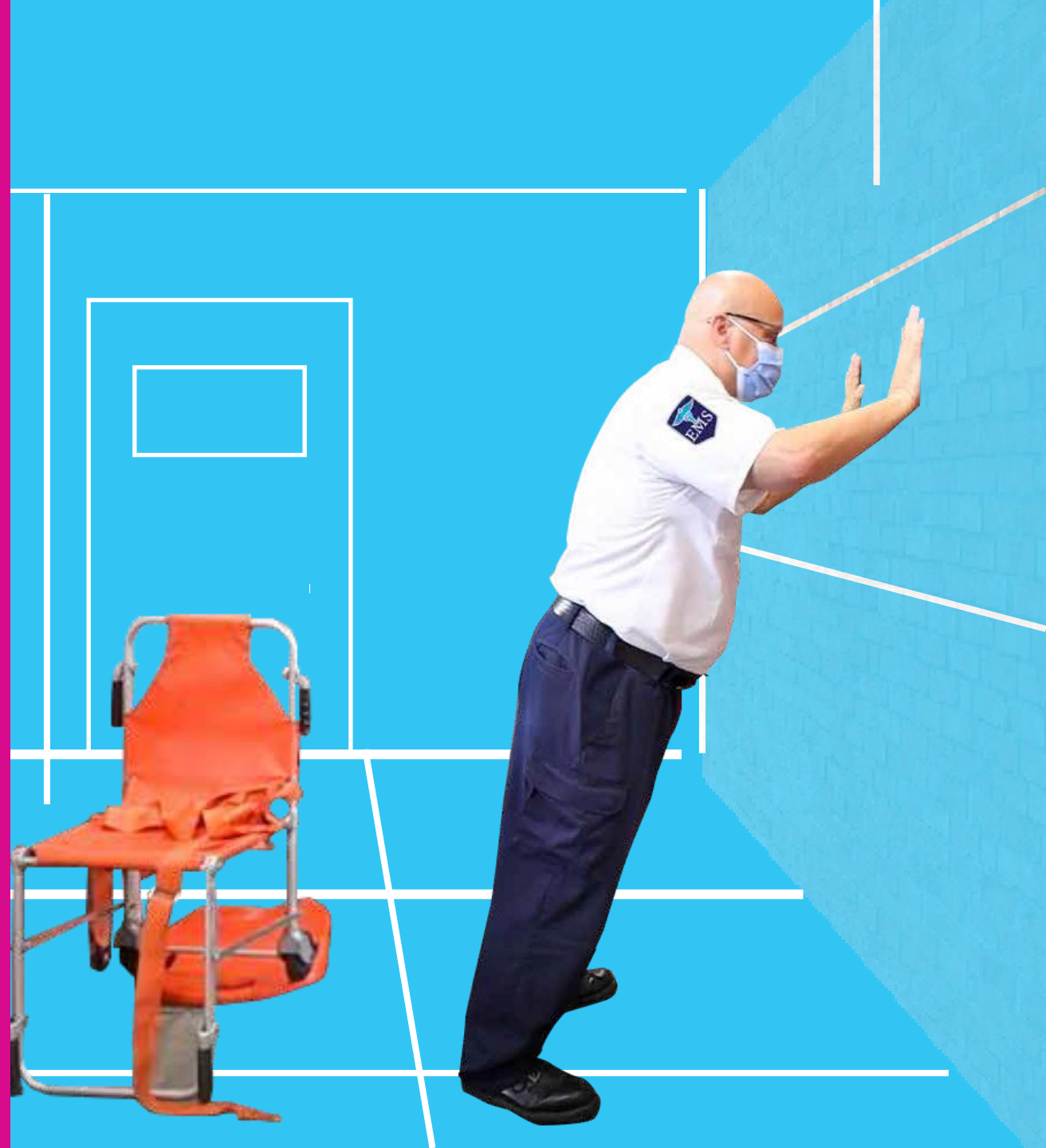
MAINTAIN BODY STRENGTH

Prevent muscle fatigue,
sprains, and tears by
stretching and strengthening.



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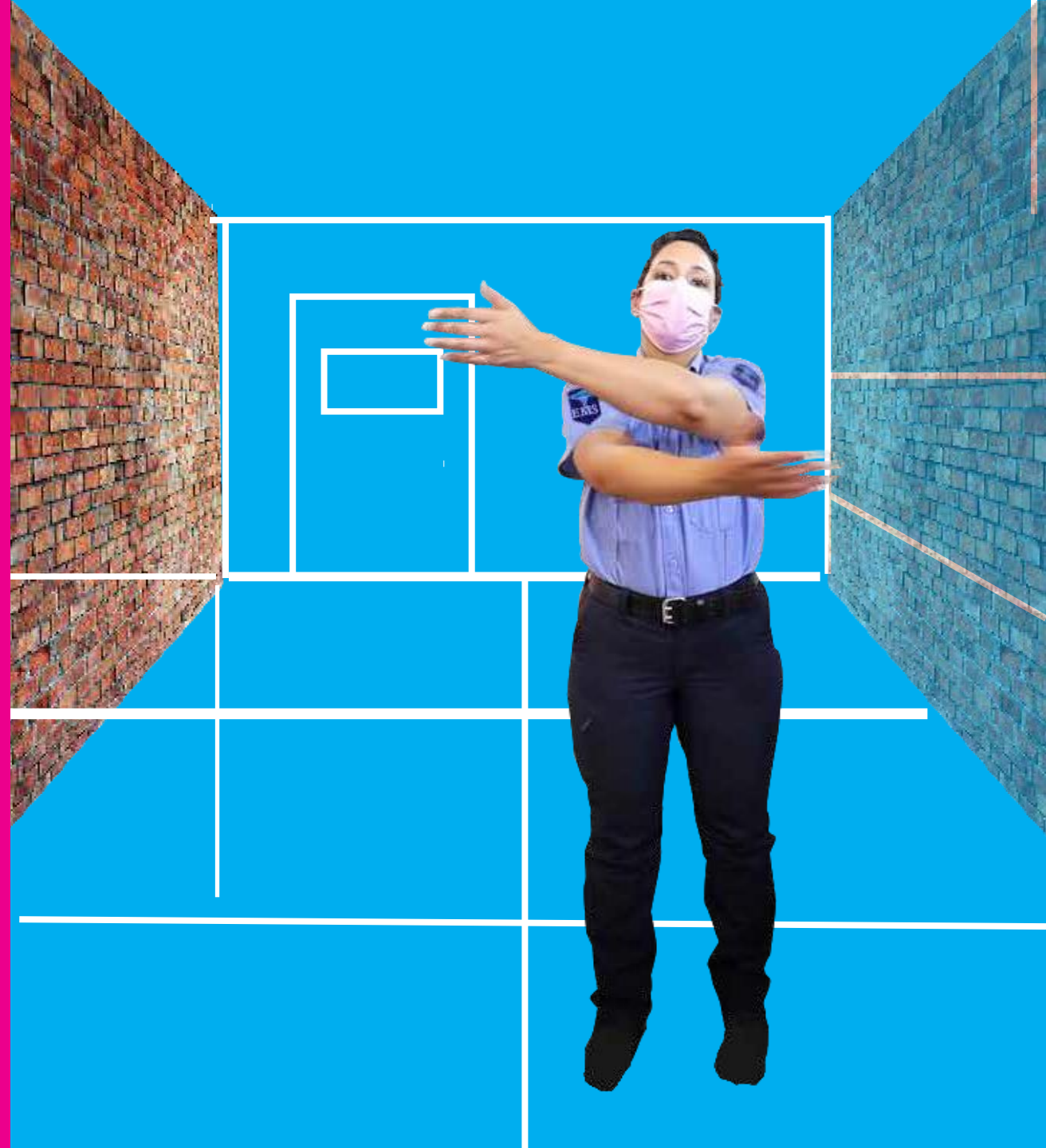
MOVE TO KEEP JOINTS AND MUSCLES LOOSE

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.



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