



EMS PROVIDERS

How to stay safe on the job

Why does your safety matter?

As an EMS provider, you are critical to public health and safety. You are also at high risk for injuries and exposures at work. **More than 22,000 EMS providers visited emergency departments each year for all types of work-related injuries from 2010-2014.***



You are most at risk for:



Protect yourself:



Sprains and strains

Practice safe lifting. Use equipment, ask for help, and use good body mechanics.



Exposures to blood and body fluids

Use personal protective equipment (PPE) and follow standard precautions.



Falls

Wear slip-resistant footwear, don't rush, and choose the best walkways.



*Reichard et al. (2017). Occupational injuries and exposures among emergency medical services workers. Prehospital Emergency Care.



Access EMS injury data and prevention resources:
www.cdc.gov/niosh/topics/ems



Learn about Federal initiatives related to EMS: www.ems.gov