TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Strains and Sprains: Winter Creates Issues

Date:_____

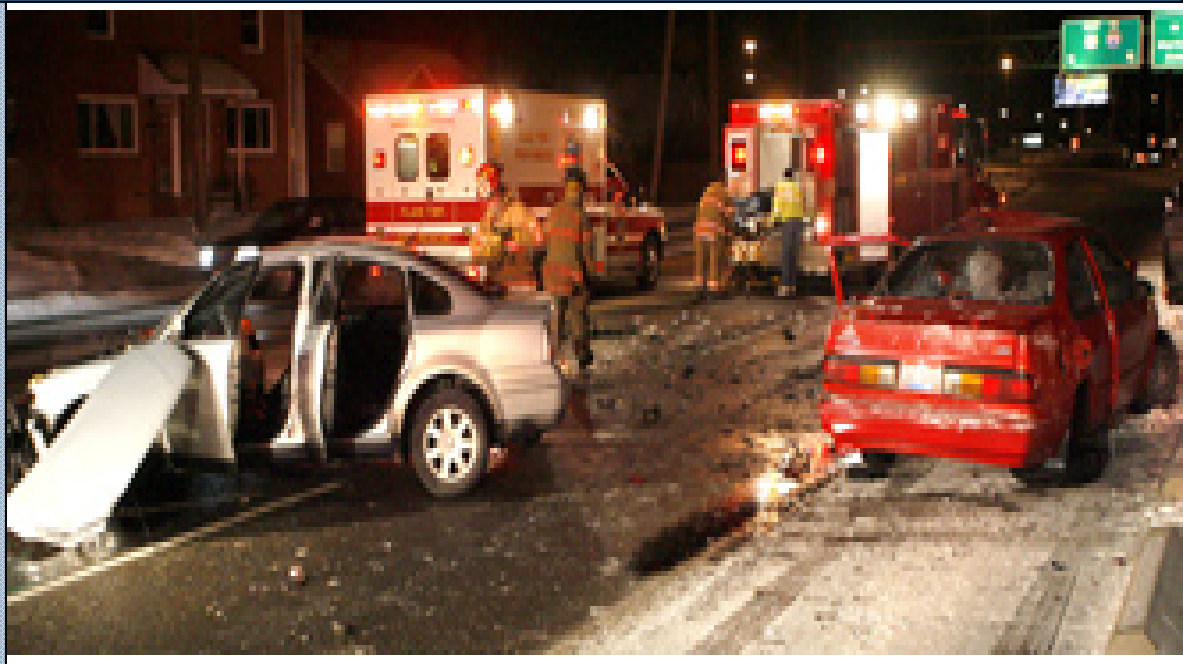
Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:



CHALLENGE

Strains and sprains continue to represent the third largest category of injury to emergency personnel. Statistics indicate that patient transfers are a major source of injuries that result in strains and sprains.

Winter weather conditions provide additional challenges to the safe transport of patients. The lower temperatures contribute to problems such as stiffness which can make you more susceptible to strains and sprains. It's important to continue to stretch to keep the body as limber as possible when working in this situation.

Your team needs you healthy!

DISCUSSION

- Have you had an accident or near miss involving patient transfer issues?
- What problems have you encountered during the transport of a patient?
- How would you rate our current equipment used for transporting patients?
- What can improve teamwork during transport?

The greatest asset of the fire service is our people; protect them!

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