

Protect your injury hot spots

Ambulance/Paramedic Occupations



photo: Jennifer Regular,
Ambulance Attendant/Paramedic

SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

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COMMON INJURIES

FACTS

Injury Hotspots Ambulance/paramedic occupations



Prevention Tips

ERGONOMICS

- Learn and practice safe lifting and moving techniques.
- Ensure workers are trained in the proper use of equipment required for safe lifting.
- Ensure workers are trained in transferring patients in difficult environments and emergency situations.
- Ensure that equipment is maintained in accordance with manufacturer's specifications.
- Adjust the height of patient beds or stretchers to reduce unnecessary bending and reaching when assisting patients.
- Don't twist your body - move your feet and legs to turn.
- When carrying on stairs, the tallest and/or strongest person should be at the bottom.
- Keep your back straight.
- Ensure written Safe Work Practices and Procedures (SWPPs) are developed for the equipment and tasks and ensure that employees are trained in the SWPPs.
- Exercise regularly to keep fit and reduce the risk of injury.
- Avoid or take frequent breaks from work that involves awkward physical positions.

SLIPS, TRIPS AND FALLS

- Be aware of your surroundings to avoid trips and falls.
- Eliminate slipping/tripping hazards whenever possible. If it is not possible to eliminate the hazards, be aware of the hazards and plan your move prior to lifting the patient.
- Ensure to wear footwear of a design, construction, and material appropriate to the protection required. For example, footwear with effective grip and ankle support.

INFECTION CONTROL

- Follow safe work practices and procedures for handling biological fluids.
- Wear personal protective equipment including appropriate gloves, respirators, aprons, etc.
- Dispose of contaminated waste appropriately – use sharps containers when required.
- Follow Safe Work Practices and Procedures for cleaning and disinfecting equipment.
- Wash hands frequently.

CHEMICAL EXPOSURE

- Conduct procedures and operations consistent with Workplace Hazardous Materials Information System (WHMIS) and hazardous materials management requirements.

FATIGUE

- Know the signs and symptoms of fatigue.
- Fatigue can't be measured - know the effects of fatigue and how they may impact your work.
- Know work-related factors that can cause fatigue. For example, long work hours, long hours of physical or mental activity, insufficient break time between shifts, inadequate rest, excessive stress or a combination of these factors.
- Sometimes, a sleep disorder may cause fatigue. See a medical doctor or health professional.
- Know the fatigue management plan in place at your workplace and adhere to it.
- Be aware of the strategies to manage fatigue.

SHIFT WORK

- Maintain a healthy lifestyle – increase exercise, choose a healthy diet and don't smoke.
- Learn how to make healthy eating choices while working night shift.
- Get an adequate amount of sleep (7 - 8 hours daily is recommended for adults - Center of Disease Control & Prevention).

For additional information please contact:

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