

## Accreditations

All NAEMT continuing education courses are accredited by the Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS).

They also are recognized for recertification requirements by the National Registry of Emergency Medical Technicians (NREMT).

## Find or conduct a course

EMS Safety courses are conducted nationwide.

If you are a student interested in taking this course, please visit the Education section of [www.naemt.org](http://www.naemt.org) to use our course locator to find a course in your area.

If you are a course site, to learn more about conducting an EMS Safety course, please call 1-800-346-2368.



NAEMT is the nation's only professional association representing all EMS practitioners, including paramedics, emergency medical technicians, first responders and other professionals working in prehospital emergency medicine.

Through its industry-leading EMS continuing education courses, NAEMT annually helps more than 46,000 EMS practitioners provide better care and save more lives.

**Helping save lives one course at a time**

[www.naemt.org](http://www.naemt.org)  
1-800-346-2368



## EMS Safety

Taking safety to the streets



## Keeping you safe

Emergency medical services is a dangerous job. Safety issues can occur while lifting a patient, driving an ambulance, providing treatment on the roadside or in the back of an ambulance, dealing with agitated patients or bystanders – or even as EMS practitioners try to properly care for themselves while experiencing regular on-the-job stress and disruptive schedules.

As a workforce that suffers from high injury and disability rates, EMS practitioners experience a continuous and real challenge: keeping themselves, their colleagues, patients and bystanders safe.

To help promote a culture of EMS safety and to help reduce the number and intensity of injuries incurred by EMS practitioners in carrying out their work, the National Association of Emergency Medical Technicians (NAEMT) has introduced the EMS Safety course. EMS Safety aims to increase students' awareness and understanding of EMS safety standards and practices and develop their ability to effectively implement them.

EMS Safety is the first national and most comprehensive education program of its kind that teaches techniques on how to best achieve safety on the job.



## The EMS Safety course

EMS Safety covers safety in emergency vehicles, at the operational scene and while handling patients, as well as patient, practitioner and bystander safety and personal health.

The course offers an overview of current issues surrounding safety in EMS, presents and discusses case studies, builds risk assessment and decision-making skills and provides an opportunity for participants to relate their own experiences with EMS safety issues.

EMS Safety is for all EMS practitioners, other medical professionals providing prehospital patient care, EMS supervisors and administrators concerned with safety.

Students who take EMS Safety will learn to:

- Identify key elements in the safe operation of an ambulance.
- Describe techniques for moving and securing patients safely.
- Recognize situations where the EMS practitioner may be at risk of violence, and how such situations may be either avoided or addressed.
- Appreciate the importance of maintaining good personal health, and the impact of EMS service on practitioners' personal health.
- Address safety elements in a variety of operational situations.

## The EMS Safety curriculum

The course charges students to become leaders in creating a culture of safety within EMS and identifies steps they can take to be a part of the process. The curriculum covers the following:

- **Crew resource management** – Adapts airline industry concept of a “sterile cockpit” to ambulance cab and patient compartments, stressing clear communications and situational awareness.
- **Emergency vehicle safety** – Reviews principles of defensive driving, ambulance design dangers, use of warning lights and sirens, common driving distractions, risk mitigation techniques, and the importance of securing patients, equipment and personnel.
- **Responsibilities in scene operations** – Addresses roadside safety, warning device use, apparatus, lighting, and high-visibility clothing, and interagency planning and cooperation, giving students the opportunity to describe how they would protect the scene in a series of simulated incidents.
- **Patient handling** – Covers body mechanics and safe moving of patients using proper lifting techniques and mechanical and other transfer aids, strategies to avoid common back injuries, the “EGGS” methodology, proper evaluation, planning and preparation for patients and the environment, and equipment selection and use.
- **Patient, practitioner and bystander safety** – Discusses crime scenes and dangerous facilities, commonly improvised weapons, handling of weapons found at the scene, techniques of verbal de-escalation and self defense, chemical and physical restraints, and incidents of violence.
- **Personal health** – Outlines the importance of personal health in preventing accidents and injuries, stresses unique to EMS, caring for mental health, techniques to ensure sleep despite demanding or erratic schedules, and the importance of fitness, exercise, and proper nutrition and hydration.