

## **NAEMT ANNOUNCES EMS FITNESS GUIDELINES**

Lack of physical fitness within EMS agencies contributes to injuries and an increase in chronic diseases. EMS practitioners are seven times more likely than the average worker to miss work as a result of injury, and one in four EMS practitioners will suffer a career-ending injury within the first four years of service. Back injury alone is the primary reason practitioners leave EMS. In an effort to reduce injuries from patient movement, improve practitioner health and create a safer EMS work environment, NAEMT established a formal relationship with the American Council on Exercise (ACE) to create the *Task Performance and Health Improvement Recommendations for Emergency Medical Service Providers*. ACE exercise physiologists observed EMS practitioners bending, twisting, reaching, pushing, pulling and maneuvering while providing patient care. These repetitive motions were often done in tight spaces. ACE personnel also observed the external loads imposed by carrying or moving patients and equipment. The team used the site visits, ride-along encounters and staff interviews to generate initial observations and a practitioner task analysis. The results of the efforts were found to be consistent from site to site. The recommendations are designed to achieve the following primary outcomes: improve job-related physical capacity, improve overall wellness; and create self-reliance. View the full EMS Fitness Guidelines at <http://www.naemt.org/Libraries/Health%20and%20Safety%20Documents/Task%20Performance%20and%20Health%20Improvement%20Recommendations.sflb>