

## Leadership Notes

Monthly Protocol Quiz Link

<http://ozarksems.com/education-quizzes.php>

Have you completed your May protocol quiz?

We will be offering a second Peer Counselor training that will take place in June. See attached link for additional information and to register for this training. Contact Emma with any questions.

<https://ozarksems.com/academy/2022-06-06-peercounsel.pdf>

Please complete your Employee Engagement Survey if you haven't already. These are located in your email.

Remember that we are always using a two-person lift for replacing oxygen cylinders.

Be sure that we are plugging the trucks in when they are parked at the station.

We are offering a grant opportunity for an online Community Paramedic Program. Contact Theron if you are interested.

## Shout Outs

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Thank you to Allen, Eric Ryan and Bob for picking up shifts in Osceola. –Morgan

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Thank you Ryan for switching shifts. Thank you to Ray for helping cover El Dorado. Thank you to Emma and Bob for helping cover overnights. Thank you to Cheryl for moving to Bolivar to help cover overnights. –Alice

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Thank you to all the crews that have helped with calls to ensure that Chloe got all of her ALS team leads. –Amanda

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Thank you to everyone that has helped pitch in and cover shifts in Polk. –Alice

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Congrats to Chloe for passing her National Registry tests! –Morgan


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Thank you to Kenny and Madeline for picking up P shift at the last minute the last two nights!!!-Amanda

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May 2022



Body motion is the most common injury among EMS workers. Factors contributing to body motion injuries include heavy lifting, awkward postures, fatigue, spinal tissue loading, psychological factors, failure to prepare for lifting, and lack of self-care (for example, rest, diet, and exercise).

A key activity that leads to many body motion injuries among EMS workers is patient handling. Studies have shown that the most hazardous body motion tasks for EMS workers involved pulling a patient from a bed to a stretcher, initializing stair descent when using a stretcher, and lifting a patient on a backboard from floor level.

Unfortunately, injury prevention measures related to patient handling that are commonly used in other healthcare environments—such as, mechanical lifts, zero lift policies, and lift teams—are not realistic in the EMS environment.

Despite this, however, various EMS tools and techniques have been successfully used while handling patients, either while transporting them down a flight of stairs, during lateral transfers, or when transferring them from a bed to a chair.

Powered cots have also helped reduce these types of body motion injuries. Powered cots that can lift and lower their front wheels have been proven to lessen muscle activity and the necessary force required by EMTs and paramedics when transporting their patients. Just a reminder to get the extra lifting help when you can! An extra moment to take the safest route in transferring your patient may make all the difference in your health!



<https://memsa.org/>

<https://www.ems1.com/>

<https://nemsis.org/>

<https://www.ems.gov/>

<https://www.emsstrong.org/>

<https://www.medscape.com/>

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FTOs get with Brice or Theron about helping streamline the onboarding process.

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Be sure to check out the education calendar for events and training that are coming up in May!

[https://www.ozarksems.com/calendar\\_training.php](https://www.ozarksems.com/calendar_training.php)

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If you have any additions or ideas for the newsletter throughout the month, please send it to me on Slack or email! We will also be including photos, so feel free to send those throughout the month also! -Emma

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