

To Save Others, Save Yourself!

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We EMS folks spend a lot of time helping other people, sometimes to the degree that we neglect or ignore our own safety, health, and general well-being. We are constantly “switched on”, connected, and alert. “Down time” is often a foreign concept. Add to that the misconceptions, dogma, and outright falsehoods about who we are supposed to be that create an EMS culture that is unrealistic and, at times, downright harmful.

In this presentation, we’ll explore provider safety, health, and wellness with a different slant, focusing on US and what WE can do to make positive changes in our own professional lives while still maintaining our proud heritage of serving and caring for others.

Part 1: *It’s an Ambulance, not an Airplane*

Frank Mineo

- The myths of red lights and sirens
- What to do with the partner who thinks he’s a pilot
- Driver training? We don’t need no stinkin’ driver training!
- Benefits of safe driving to your patients
- Ambulance redesign based on safety and convenience
- What kills us most? Ambulance crashes!

Part 2: *It’s EMS, not the Police Department*

Linda Reissman

- “Scene Safety” Isn’t So Safe
- Responding to 10-13’s
- Assaults by patient’s, bystanders, and each other
- Two, four, six, eight, the best defense: de-escalate!

Part 3: *Health and Wellness, It’s not just for patients*

Gene Iannuzzi

- On duty, 24/7/365! (great on t-shirts, not in life!)
- Turn those electronics off!
- This is not my beautiful house! This is not my beautiful wife! (Yes it is....)
- Try something new: take YOURSELF to the doctor
- “Suck it up” v. the “damaged hero”: why self image defines wellness

At the end of this presentation, the attendee will

1. Clearly understand the importance of paying half as much attention to their own health as they do others
2. Identify three lifestyle changes that will promote provider well-being over the long term
3. Verbalize the pitfalls and mythology that compromise provider wellness