

# EMS STAFF SAFETY NEWSLETTER

MAAS Fund Newsletter for Field Staff

JANUARY 2015

## Environmental Conditions & The Responder

Rain, snow, ice, sunlight, extreme temperatures, humidity-each has an impact on an outdoor prehospital scene.

Prehospital personnel are continuously thrust into the elements, yet they are no more immune to the elements than other humans.

The environment is a meaningful physical stressor. Extremes and seasonal changes can diminish resistance to disease, and they can decrease emotional tolerance for the needs of others, sometimes with dangerous results.

Those awaiting care may also be affected by the elements so they may more irritable than they might normally be.

Be aware how the environment might be affecting people and their moods.



Driving on snowy roads is always dangerous. Even more so for EMS Responders.

## Extreme Weather Driving

There are several general rules for driving safely in extreme weather.

1. Start out earlier and allow extra time when weather conditions are difficult.
2. Turn on your headlights lights so you can see better and so that other drivers can see you better.
3. Slow down and match your speed to the weather conditions rather than the posted speed.
4. Stay alert and watch out for other drivers and dangerous road conditions.
5. Increase following distance from 2 seconds to at least 4 seconds.
6. Prepare for stops so you can bring your vehicle to a halt quickly but safely.
7. Get off the road to a safe place like a rest stop or turnout if weather conditions get so bad that it is unsafe to continue your journey.

# WORKING IN COLD CONDITIONS

*Remember these tips to stay warm:*

- ◆ *Several layers of clothing*
- ◆ *Synthetic fibers next to skin to wick away sweat*
- ◆ *Water-repellent, wind-resistant outer clothing*
- ◆ *Hats, hoods, or face covers*
- ◆ *Insulated, waterproof footwear*
- ◆ *Insulated, waterproof gloves*
- ◆ *Change of clothing available*

## Contact Us

Give us a call for more information about our "Self Insured Worker's Compensation Fund", Safety and other support services

**MAAS Fund**  
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Visit us on the web at  
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MAAS FUND. Making a Difference in 2015

Michigan Association Of Ambulance Services  
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