

Strains

1. Police Officer was getting out of his cruiser when his Taser got stuck on the seatbelt, twisting his lower back.
2. Police Officer stepped in a hole while searching for suspect and twisted his left ankle.

Strains (Resulting from Vehicle Accidents)

1. While driving to work, police vehicle's tires went off the roadway, causing him to lose control of the vehicle striking a tree, causing pain to lower back and a scrape on his nose.
2. While responding to a call, police vehicle was struck by another vehicle causing a head injury.

Falls

1. Police Officer slipped on wet grass while chasing suspect; fell on concrete injuring right hip, palm and knee.

Cuts

1. Police Officer cut his middle finger during an altercation with a suspect.

Exposures

1. While searching a suspect, officer was stuck in left palm with a needle.
2. While processing a drug arrest, officer was exposed to meth and started to experience signs of dizziness.
3. While conducting an arrest, officer received scratches to hand and was exposed to suspect's sweat and saliva.
4. Police Officer was clearing residents from a burning apartment building and received smoke inhalation.
5. Police Officer was exposed to heroin when suspect threw packets at him causing nauseous.
6. While searching a vehicle officer received a needle stuck which broke off in his left ring finger.
7. While assisting a subject into an ambulance, officer was exposed to blood on his head and arm.
8. While searching a vehicle officer opened a wallet and unknown white powder fell out on his right hand.

Animal Bites

1. While in pursuit of a suspect, Police Officer was bitten by pit bull on his leg.
2. Police Officer was attempting to pull a dog out of a house and was bitten on right hand.



CLAIMS AWARENESS

Kentucky League of Cities
800.876.4552 klc.org

Insurance Services LAW ENFORCEMENT MONTHLY INJURIES

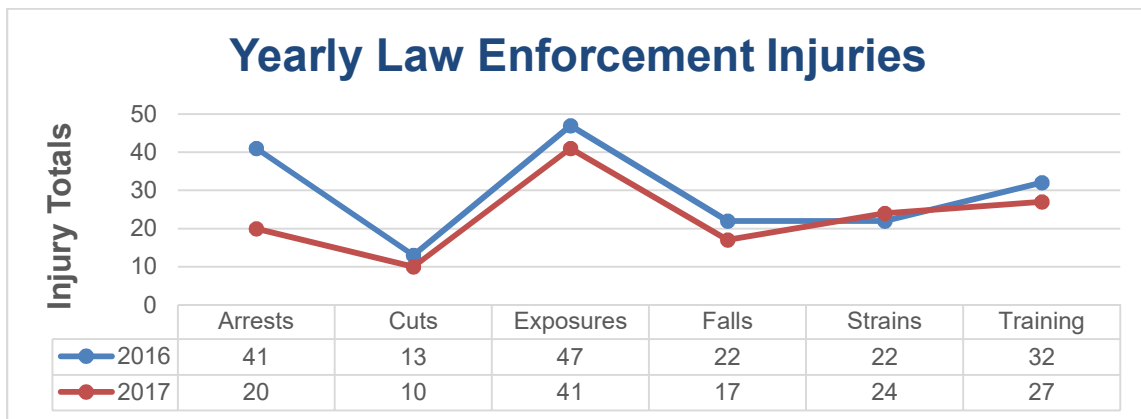


Arrests

1. As Police Officer was taking a suspect to the ground he injured his right shoulder.
2. While controlling an aggressive suspect, Police Officer struck him causing injury to his hand.
3. While apprehending a suspect in the attic, officer lacerated his head on door frame and injured his hand.
4. Police Officer was struggling with a suspect and injured his left shoulder.
5. Police Officer was affecting an arrest and was head butted on left side of forehead by suspect.

Training

1. While training a K-9, handler was bitten on his left knee.
2. Police Officer was qualifying with rifle and a spent cartridge ejected and struck his right eye.
3. Police Officer strained his right shoulder while lifting weights at the Police Academy.



SAFETY TIP OF THE MONTH

Police Officers are faced with several demanding challenges each and every day; some which can be controlled while others can't be. Regardless of the outcome, STRESS remains constant and we must deal it with accordingly to preserve our sanity. Lessons learned are outlined below:

- 1.) **Eat Right** – Avoid a daily intake of fast food saturated with grease and fat as this will cause you to feel miserable adding more stress. Maintain a well-balanced diet and remember to pack healthy snacks with you in your patrol vehicle.
- 2.) **After Your Shift, Go Home** – Don't get caught up waiting for the "big call" to be dispatched over the radio. When your shift is up, it is time to go home and decompress from the 8-10 hours of stress; no need to add more.
- 3.) **On Your Days Off, Forget Police Work** – Recommend not sitting at home watching police reality shows, spend your time enjoying your family and friends.
- 4.) **Have Some Hobbies** – Hobbies are a great way to reduce stress while keeping your mind off of police work.
- 5.) **Make Friends with Non-Police Officers** – This will allow you to talk about other things besides policing.