

**Strains**

1. Police Officer was reporting to duty when he experienced chest pain and had difficulty breathing.

**Strains (Resulting from Vehicle Accidents)**

1. During vehicle pursuit, officer’s vehicle was struck by suspect’s vehicle, causing strain to lower back.
2. During vehicle pursuit, officer lost control and struck a fence and a tree, causing strain and laceration.
3. Police Officer’s vehicle was struck by another vehicle causing pain to his right elbow.
4. A vehicle pulled out in front of Police Officer’s vehicle causing multiple injuries.

**Falls**

1. Police Officer stepped into a hole when getting out of his cruiser, causing him to fall and injuring himself.
2. While running to assist another officer with an arrest Police Officer fell and injured his right ankle.
3. While directing traffic at an accident scene, officer stepped into ditch and injured his right knee and right leg.
4. Police Officer was removing a suspect from his vehicle when he fell and injured his left knee.
5. K-9 Officer along with his companion was in foot pursuit of a suspect and tripped over tree; canine kept going causing injury to officer’s right shoulder.

**Cuts**

1. While officer was extracting suspect from vehicle he suffered multiple lacerations to hand on broken glass.
2. Police Officer while chasing armed robbery suspect and suffered cuts and scratches to right leg and arms.
3. Police Officer slammed his right hand between the door and gun safe.

**Exposures**

1. (3)Police Officers were exposed to blood while making an arrest; suspect positive for Hep C.
2. Police Officer arrested a suspect for a crystal substance and noticed a burning and blister to right wrist.

**Animal Bites**

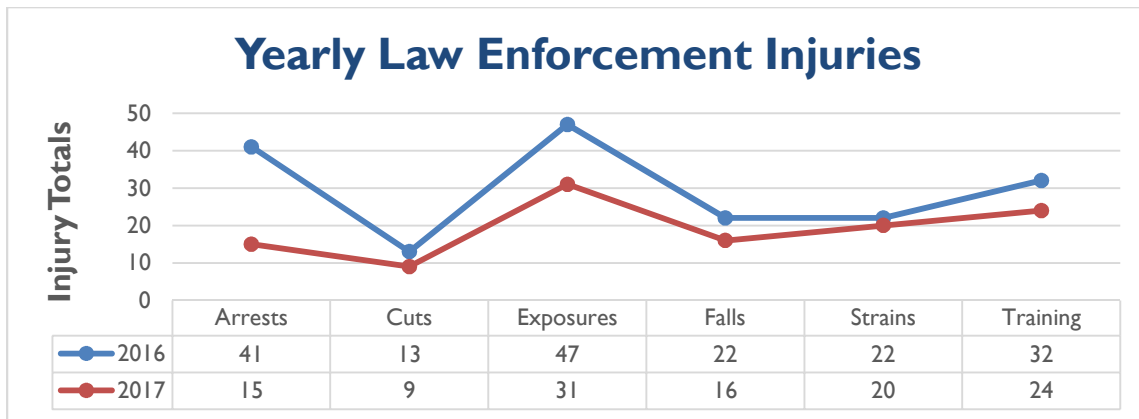
1. Police Officer was bit by a dog on his middle and ring fingers while removing the dog from a hot vehicle.
2. Police Officer suffered dog bite to right shin when responding to a domestic violence call.
3. Police Officer received bug bites on left lower leg after walking in weeds.
4. While setting up obstacles at shooting range, police officer was bitten by insect on neck.

**Arrests**

1. As Police Officer was taking a combative suspect to the ground he injured his right elbow.
2. After vehicle pursuit, Police Officer was taking a combative suspect into custody and felt pain to lower back.
3. Police Officer placed hand between suspect’s head and wall during altercation, causing injury to his hand.
4. As Police Officer was restraining a combative suspect he twisted his ankle.
5. During a foot pursuit, Police Officer injured his right knee during the struggle with the suspect.

**Training**

1. While training with K-9, officer was knocked to the ground and felt a pop in his left foot.
2. While participating in physical training, Police Officer injured his right shoulder and upper back.
3. Police Officer experienced pain to his left knee after kneeling down during shooting maneuvers.
4. Police Officer was running sprints at the Training Academy and experienced pain to back of his leg.
5. While walking on cables as part of a training exercise at the Training Academy, Police Officer injured foot.
6. Police Officer was participating in a training operation and was accidentally kicked by another officer.



**SAFETY TIP OF THE MONTH**

June is National PTSD Awareness Month – PTSD is just as real of a threat to law enforcement officers as it is to military officers. Like any other injury sustained in the line of duty, it is not automatically the end of a career or your life; but to maintain both of these things you must be aware, prepare in advance, and seek immediate care if things are becoming unmanageable.

Please take a few minutes and review these awareness tips:

- 1.) **It’s Normal** – After a traumatic event, the brain will try to protect itself which can have some adverse effects: anger, memory issues, sleep disruption, depression, and other stress responses.
- 2.) **Early Intervention Results in a Better Outcome** – Rapid assistance from a professional counselor or peer support team members is more likely to lead to more rapid recovery.
- 3.) **Knowledge is Power** – Knowing the signs and symptoms can help identify traumatic stress injuries; recognize that something is wrong before it is too late.
- 4.) **We can (and should) Intervene** – Do not let your partner deal with this alone; reach out to them.
- 5.) **There is no Single Answer** – What works for one person may not work for another; the key is to handle the stress and not let it control you.

*(Jeff McGill PoliceOne.Com)*