



### Strains

1. A police officer tackled a person of interest and strained his knee.
2. A police officer conducting a forced entry of a residence and received bruising and pain to his hand.

### Strains from Foot Pursuits

1. A police officer in a foot pursuit scaled a fence causing his knee to buckle.

### Slips/Falls

1. An officer climbing a fence fell from the top and landed on his side.
2. An officer exiting his cruiser lost his balance and injured his calf.

### Slips/Falls from Foot Pursuits

1. An officer slipped and dislocated his shoulder while chasing an individual down a hill.
2. A police officer engaged in a foot pursuit down a steep ravine tripped, striking his knee on a rock. The officer reengaged the pursuit and tripped over a dog cage.
3. An officer responding to an out-of-control teenager who fled on foot lost his footing and slipped during the foot pursuit. The officer scraped his hands and elbows and received some bruising to his pelvic area when he landed on his duty belt.
4. A police officer in a foot pursuit failed to recognize the terrain changed from sidewalk to grass. The officer fell and hurt his ankle.

### Cuts

1. A police officer providing life-saving measures broke a window of a house on fire and cut his hand on the broken glass.
2. An individual fled from a police officer responding to a domestic violence call. The officer gave chase and jumped over a fence, cutting both elbows and his hand.
3. A police officer punctured his hand while attempting to scale a chain-link fence.

### Exposures:

#### From Bodily Fluids:

1. A police officer detaining an individual was exposed to saliva and blood on his arms and both eyes.
2. An officer controlling an individual on the ground with additional officers was forced to strike the individual in the head, causing a laceration to the officer's hand. The officer was exposed to the individual's blood.
3. An officer's face was exposed to an individual's blood while extracting the individual from a motor vehicle accident.

#### From Needle Sticks:

1. A police officer was placing a used syringe into a sharps container when the needle stuck her middle finger.

#### From Animal Bites

1. A dog bit a police officer on his lower leg when the officer entered a building.

#### From Other:

1. A police officer at a motor vehicle accident was exposed to an individual who had TB.

### Arrests

1. A police officer was restraining an individual when they both fell to the ground. During the fall, the officer's hand was caught behind the individual's back and smashed upon impact with the ground.
2. A police officer arresting an individual was struck several times in the face, causing swelling and bruising.
3. A police officer was attempting to arrest an individual who had positioned himself against a vehicle. The officer's hand was caught between the car hood and the individual's back, causing pain and swelling.
4. After arresting an individual, a police officer was placing the subject in the back of a police vehicle when the subject began to resist. The officer injured his wrist.
5. A police officer responded to two individuals involved in an altercation. The officer strained his lower back when he attempted to detain one of the individuals.
6. A police officer was bitten on the arm while arresting an individual.

### Training

1. A police officer engaged in movement drills at the firing range strained his calf while moving forward.
2. A police officer working out with weights felt a strain to his lower back.
3. A police officer overheated during defensive tactics training.
4. A police officer scraped his knee during a PT test.



*Together,  
We Can Get  
Below 100*

**Remember Wear Your Vest, Wear Your Seatbelt, and Slow Down!!**

