



### Strains

1. A police officer strained his back while lifting subject who was under the influence of narcotics.

### Strains from Foot Pursuits

1. A police officer chasing an individual strained his middle finger when he jumped over a fence.
2. A police officer chasing a subject on railroad tracks felt her hip pop out of place when she jumped from the tracks and landed on her feet.
3. A police officer chasing an individual for 50 feet experienced shortness of breath, fatigue, chest pains, and high blood pressure.

### Slips / Falls

1. A police officer walking through a field with his K-9 to search for narcotics stepped in a hole, injuring his ankle.
2. A police officer slipped while walking into a stall, injuring his back and knee.
3. A police officer returning to his vehicle to retrieve his coat slipped on ice.

### Cuts

1. A police officer getting into his patrol vehicle shut the door on his fingers.
2. A police officer using a foldable knife to cut an orange sliced the tip of his ring finger.
3. A police officer removing a zip tie punctured his forearm.
4. A police officer chasing an individual cut his upper leg jumping over a fence.

### Exposures:

#### Chemicals

1. A police officer inhaled chemical fumes while searching for survivors after a chemical explosion.
2. A police officer received chemical burns during a search.

#### Animal & Human Bites

1. A cat bit and scratched a police officer responding to a call for service.

#### Bodily Fluids

1. An individual under the influence of narcotics spat into an officer's mouth as the officer was placing the individual into custody.
2. A police officer's hand was exposed to blood from an individual who was bleeding from her head.
3. A woman fell and scraped her knee when she attempted to flee from an officer placing her into custody. When the officer went to pick the female up from the ground, he noticed he had blood on his hand.
4. A woman two officers were taking into custody spat a mouth full of blood into one officer's eye and the other officer's mouth.

### Arrests

1. A police officer was placing an individual into custody for robbery and was thrown to the ground. During the struggle, the officer was pinned to the ground by the individual and other officers, injuring his shoulder and back.
2. An individual began to assault an officer during an arrest, injuring the officer's hand and shoulder.
3. A police officer was escorting a female out in handcuffs for a mental illness warrant when the female's son attacked the officer. The officer struck the man in the face, breaking his hand.
4. A police officer attempting to take an individual into custody was forced to take the individual to the ground, scraping multiple parts of his body.
5. A police officer experienced a burning sensation to his shoulder while taking an individual into custody.

### Training

1. A police officer conducting physical training experienced pain in his shoulder while performing kettle bell swings.
2. A police officer strained his leg running sprints at the training academy.



*Together,  
We Can Get  
Below 100*

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

