



### Strains

1. A police officer who typed on her computer daily suffered pain in her right wrist, pinkie, and index fingers due to the repetitive motion.
2. During transport to the detention center, an individual in the backseat attempted to remove his handcuffs and get out of the vehicle. The officer was forced to stop the vehicle and experienced chest pain and shortness of breath while struggling to get the individual back into custody.
3. An individual fled a vehicle when the police officer stopped. After a 50-foot chase, the officer suffered shortness of breath, fatigue, chest pains, and high blood pressure.
4. An individual kicked a police officer in the groin when the officer opened his vehicle door, causing the officer abdominal pain.

### Strains from Foot Pursuits

1. A police officer strained his elbow during a foot pursuit of an individual who fled from a traffic stop.
2. A police officer strained his lower back while engaged in a foot pursuit.

### Slips / Falls

1. A police officer pushing a vehicle out of a ditch slipped on ice, hyperextending his knee.
2. A police officer slipped on ice, fell backward, and struck his head on the pavement, causing a laceration to his head.

### Slips / Falls from Foot Pursuits

1. A police officer engaged in a foot pursuit of an individual slipped and fell on gravel, injuring his palms and knees.

### Cuts

1. A police officer cut his hand when he moved a piece of metal while investigating a motor vehicle collision where a vehicle had struck the garage door of a house.

### Exposures:

#### Narcotics

1. A police officer began to feel lightheaded and dizzy after responding to a heroin overdose.
2. A police officer was exposed to fentanyl during a traffic stop.
3. A police officer making a traffic stop was exposed to a white powdered residue that tested positive for fentanyl. She experienced numbness to the face and was unable to speak or form sentences. Narcan was given to her at the scene.

#### Animal & Human Bites

1. A family's dog bit a police officer on the hand when the officer walked up the driveway of a home to survey storm damage.
2. Medical personnel had to remove a tick after it bit a police officer on the back of his knee.

#### Bodily Fluids

1. A branch swung back, flinging blood onto an officer's face as he carried a stabbing victim out of a wooded area.

### Arrests

1. A police officer was placing an individual into custody when that person began to resist arrest. The officer placed the individual on the ground, resulting in pain and swelling to the officer's knee.
2. While conducting a search of an individual who began to resist, a police officer struck his knee on the ground, causing injury.
3. A police officer was attempting to take an individual into custody when he began to resist violently. Officers used pepper spray and a Taser during the takedown of the individual, causing an officer to injure his knees.
4. A police officer attempted to take an individual into custody who resisted the officer over a long period. The officer experienced dizziness, became nauseous, and experienced pain in his hands and knees.
5. A female resisted arrest, causing the officer serving the arrest warrant to twist his index finger, resulting in pain and discomfort.

### Training

1. A police officer running in the gym who has some athlete's foot in both of his feet got a sore on his right foot. It broke open and started to bleed.
2. An individual trying to stuff illegal narcotics in his pants struggled with police. He started kicking during the altercation when officers tried to get the man down to the ground. After the individual was placed into custody, one of the officers noticed a pain in his left chest that shot to his left shoulder/bicep.
3. A police officer participating in SWAT training dislocated his knee when running on the gym floor.
4. A police officer conducting defensive tactics vehicle extraction training injured his arm when it hit the vehicle as he was pulled out of it.
5. A police officer injured his ankle and knee when he caught his foot in a pipe while running for physical training.



*Together,  
We Can Get  
Below 100*

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

