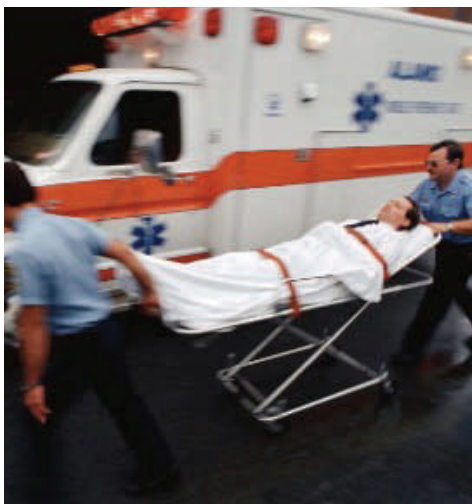


Ambulance Services - Fall Injuries



40 Ambulance Services workers were seriously injured in falls in the years 2000-2004, resulting in over 5,100 days off work.



The injuries from these accidents were so serious, the workers had to take time off from work or in some cases were permanently disabled. These serious injuries are costly and affect your industrial insurance premiums. They contribute to the reason for the base rate of \$1.05 per hour per employee paid by ambulance services employers in 2006. If your company has a higher than average number of injuries (claims), your “experience rating” could increase by as much as 25% in one year to \$1.29 per hour per employee.

Stated in another way, if you had 10 full-time ambulance services employees and had an average number of injuries (claims), you would pay about \$20,912 in premiums in 2006. If your experience rating increased by 25% because you had higher than average injuries, you would pay about \$4,916 more or about \$25,828 in premiums in 2006.

Causes of fall injuries

Most of the injuries to workers result from falls on stairs and at the same level (to the work surface). These falls occur when workers lose their footing from a slip, trip, or misstep, or otherwise lose their balance. Slips due to water, ice, snow, grease, or other liquids on the ground, steps, or surface account for many of the injuries.

Other hazards resulting in falls include tripping over tree roots and vegetation, equipment, and objects on the ground, and tripping or misstepping on steps/stairs, curbs, and uneven ground.

Falls also occur when workers transporting patients on gurneys slip or lose their balance when entering or exiting the back of the vehicle.



Ways to prevent falls

- Make sure areas on the ground and on the vehicle where you are stepping are clear of potential tripping hazards, such as drip lines and coolers.
- When entering or exiting the vehicle, use the three-point rule which requires either two hands and one foot, or two feet and one hand, to be in contact with the vehicle at all times.
- Keep shoes and vehicle’s running boards and stepping surfaces dry and clean of water, mud, ice, and grease. Wear non-slip shoes to help with traction on wet or icy surfaces.
- Make sure your foot is firmly planted on the ground or surface before moving.
- Do not carry items that may block your view of the ground in front of you or where you are walking.
- When working close to the edge of the back of the vehicle, always face toward the edge to keep from falling backwards.
- Make sure you are not working in an awkward position that would cause you to lose your balance easily.