



The Westchester County
Department of Emergency Services

TRAINING BULLETIN

Issued: September 28, 2012

Bulletin: 12-114E

EMS Operational Spotlight: Low-Back Injury Prevention

Course Description:

As any EMT knows, the physical aspects of EMS operations can really take a toll on the body after awhile. Sometimes you can feel more like a logistician than a medical provider given the efforts needed to access and transport your patient. Tasks such as carrying equipment, moving patients, even rearranging furniture to gain access in homes, can make any call your last one if you don't watch what and how you do in your job.

Join Dr. Elias Arnitsis, DC, of Elmsford Chiropractic Health and Wellness Center, in reviewing how you can prevent the type of low-back injuries that can lay you low. This program will focus on discussing basic approaches to body mechanics and keeping mindful of your spine not only when you are carrying out your emergency service duties, but in your everyday activities.

This course may be applied toward Preparatory, Operations or Elective CME hours under the NY State DOH EMS Continuing Education Recertification Program.

Date(s) / Time(s): Thursday, November 8, 2012, 1800 – 2000 (EVE)

Targeted Audience: NY State Certified Emergency Medical Services Personnel

Program Location: Westchester County Department of Emergency Services Training Center
4 Dana Road, Valhalla, NY 10595

Program Cost: None

Registration: *Pre-registration is mandatory. **Walk-ins are not permitted. Class size is limited.***

Visit <http://emergencyservices.westchestergov.com/training-classes> to register.

If you are having difficulty with this page, please send an email directly to emsedu@westchestergov.com or call (914) 231-1616.

You MUST provide: name, agency, cert level, contact phone number and email address.

All students are to park in the lot adjacent to the Support Services Building at 35 Walker Rd.
(There is a stairway linking the parking lot directly to the training campus.)

Please refer all related questions to Katherine O'Connor, EMS Division
Westchester County Department of Emergency Services
(914) 231-1685 or email koc1@westchestergov.com

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