



## **Emergency Medical Training Services**

**Emergency Medical Technician – Basic Program Outlines**

**Outline Topic: WELL BEING OF THE EMT**

**Revised: 11/2013**

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### DEFINITIONS

- Body Substance Isolation (BSI) - all people are diseased meat. Including the EMT.
- Personal Protection Equipment (PPE) - Gloves, glasses/goggles, etc..

### SAFETY

- Number one role.
- If the scene is not safe and cannot be made safe do not enter.
- If you have the right training and right equipment you can enter an unsafe scene.

### HAZMAT SCENE

- Use Emergency Response Handbook to look up material.
- Use binoculars to look for placards.
- Stay up hill and up wind.

### VIOLENT SCENE

- Gets cops.

- Get good shoes to run.

#### CRIME SCENE

- Get cops.
- Preserve the chain of evidence if possible. Do not move things unless absolutely necessary.

#### DEATH AND DYING FEELINGS

- 5 emotions when someone is dying or the family watches someone dying.
- Denial - not me, no way.
- Anger - I knew I should not have done that. You suck. Most common emotion directed to EMT's.
- Bargaining - how can I get out of this?
- Depression - they are not cutting any slack.
- Acceptance - Oh well, don't let it happen again or deal with it.

#### DEATH AND FAMILY MEMBERS

- They can tell an EMT who doesn't really care and is fake.

- Say helpful things. Keep requests simple.
- Try to involve the family. Do not push away.
- ALWAYS TELL THE TRUTH AND do not give false hope.
- Dignity and respect.
- Don't talk down. The family knows more about the loved one because they are living this.

#### CISD (Critical Incident Stress Debriefing)

- Critical Incident Stress Debriefing.
- Occurs 24 to 72 hours after incident.
- This is for the responders.
- CISD is to prevent EMS workers that have experienced an incident, from blowing their head's off  
nine months later.
- Examples - senseless crimes (rape, spousal abuse), Death/abuse to child or elderly, Death of a  
co-worker, MCI (Oklahoma bombing, World Trade Center).

- Meeting not for blame but to let feelings out. It is not to make the system better but just to express feelings and frustrations.
- The professionals who conduct meeting are from all around the county and are other EMT's, Doctors, Firefighters that have special training.
- To activate, contact medical director.

#### HOW TO AVOID STRESS

- Trade shifts. Change up the routine.
- Eat healthy. Alcohol helps short term.
- Exercise.
- Go on vacation and don't let co-workers go because they talk shop.
- Don't smoke.
- Get help early.
- Get sleep. You don't go to a fire station to sleep.