

New Jersey Emergency Medical Services Physical Fitness Guidelines:

Applicability:

All New Jersey Emergency Medical Services (EMS) and patient transport providers, including but not limited to, licensed, non-licensed, non-affiliated, volunteer, municipal, fire, first aid, ambulance corps, first responder, rescue, dispatch, hospital, corporate and private ambulance, and coach providers.

Background:

EMS and patient transport personnel are confronted daily with a diverse, difficult, dynamic, and physically demanding work environment. Obesity among our general population has been well documented as a significant health problem for our nation and contributes to increasing levels of lifting-related injuries among EMS and patient transport personnel. These problems impact the ability of agencies and their personnel to effectively serve the needs of patients.

Current research conducted by the National Association of Emergency Medical Technicians (NAEMT) identified a lack of physical fitness among responders and has noted the following:

- EMS personnel are seven times more likely than the average worker to miss work as result of injury;
- Half of all EMS personnel suffer back pain annually;
- One in four EMS personnel will suffer a career ending injury within the first four years of service;
- Back injuries are often the result of cumulative wear and tear;
- Back injury is the number one reason for leaving EMS.

The concern for physical fitness extends to all EMS responders and patient transport personnel.

Statement:

The Department recognizes that all these agencies need personnel who can meet and maintain the physical fitness requirements for the job. The Department has determined that a focused effort establishing physical fitness guidelines within these agencies will be beneficial to their personnel. Such guidelines are necessary to educate all personnel to understand the physical fitness levels required for their jobs and how to maintain those fitness levels. Agency supported fitness programs will combat the risks of injury or death and ultimately contribute to the retention of experienced personnel.

Adopted by the New Jersey EMS Council on June 14, 2017



Scott Kasper, Chair

Resources:

NAEMT: Recommended EMS Fitness Guidelines:

www.naemt.-source/ems-health-and-safety-documents/Recommended EMS Fitness Guidelines.pdf?sfvrsn=6

JEMS: Tips and Exercises to Improve your Fitness for EMS Challenges

<http://www.jems.com/articles/print/volume-41/issue-1/features/tips-and-exercises-to-improve-your-fitness-for-ems-challenges.html>

EMSWorld.com: Are You Fit for Duty?

<http://www.emsworld.com/article/11143454/ems-physical-fitness-standards>