

Strains

1. During a foot pursuit which involved jumping over fences, Police Officer received pain in his lower back.
2. While searching for an escaped convict, Police Officer was walking down a trail and stepped on a rock causing injury to his right foot.
3. Police Officer received stone bruises on both feet from wearing boots.
4. While engaged in a foot pursuit, Police Officer twisted his right knee.
5. Police Officer was searching an attic for a suspect and as he pulled himself up, when he strained his shoulder.

Resulting from Vehicle Accidents

1. Police Officer was rear-ended in police cruiser and suffered lower back and neck pain.
2. Police Officer was struck by vehicle while directing traffic, multiple injuries including broken left wrist.
3. Police Officer was in a vehicle pursuit with emergency equipment on and struck other vehicle; received knot on back of head and abrasion to right arm.

Exposures

1. Police Officer reached into cruiser while assisting coworker and was bitten on left elbow by police K-9.
2. During the course of detaining a suspect who was bleeding, Police Officer received scratches to his extremities and was exposed to suspect's blood.
3. While searching a car, Police Officer was stuck by a dirty needle on the left index finger.
4. (6) Police Officers were exposed to a subject who had meningitis while responding to a call.
5. Police Officer was investigating a complaint and was bitten by owner's dog on left thigh.

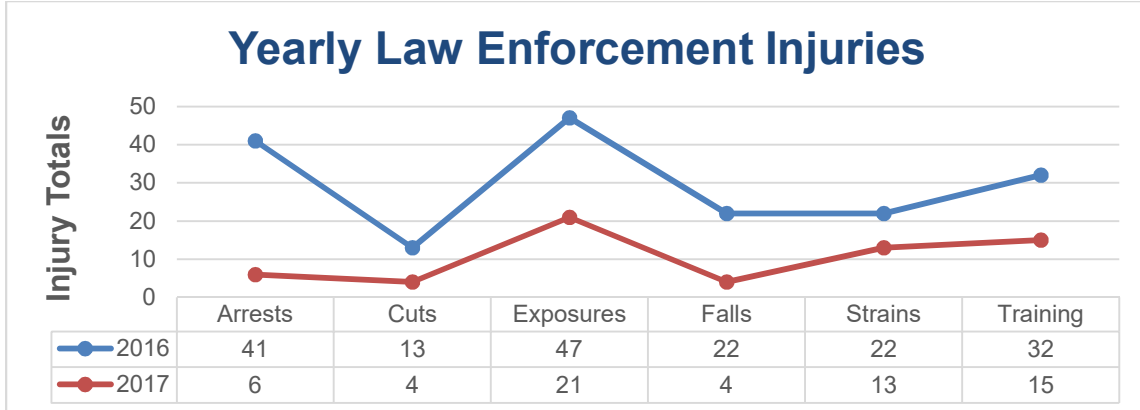
Arrests

1. Police Officer was struggling with a subject with special needs which resulted in a jammed right thumb, bruising to right index finger and received scratches to both forearms.
2. Police Officer was kicked in the right knee while making an arrest.

Training

1. While running at the Training Academy, Police Officer experienced chest pain.
2. Police Officer was engaged in a training exercise at the firing range wearing full gear and injured his right knee.
3. Police Officer was conducting obedience training with his K-9 and was bitten on pinky finger.

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



SAFETY TIP OF THE MONTH



Defusing Difficult Encounters

- In law enforcement, **time and circumstances** are prevailing and ever-present considerations affecting your actions and decisions.
- When time and circumstances permit, a level of **verbal direction** should include defusing or de-escalating tactics.
- Awareness of the **mental and physical condition of a suspect** should be balanced against the totality of circumstances when deciding which tactical options are the most appropriate to bring the situation to a safe resolution.
- Every movement, every action, and **every word either adds to or detracts from** the combative energy during the contact.
- **Indicators of conflict** can be displayed and interpreted by everyone associated with the incident.
- Because everyone on the scene either adds to or detracts from the combative energy, be very aware of how you **communicate to others** so that you do not increase the combative energy and reach the threshold.
- **Trained and practiced defusing tactics**, along with active-listening skills, greatly increase the probability for a successful and nonphysical confrontation resolution.
- Just as it is important to document why force was used and why force was escalated, it is also important to **articulate why force was de-escalated** and what tactic or strategy was implemented to de-escalate the conflict.