

Strains

1. While guarding a suspect at a local hospital, Police Officer developed an elevated heart rate.

Exposures

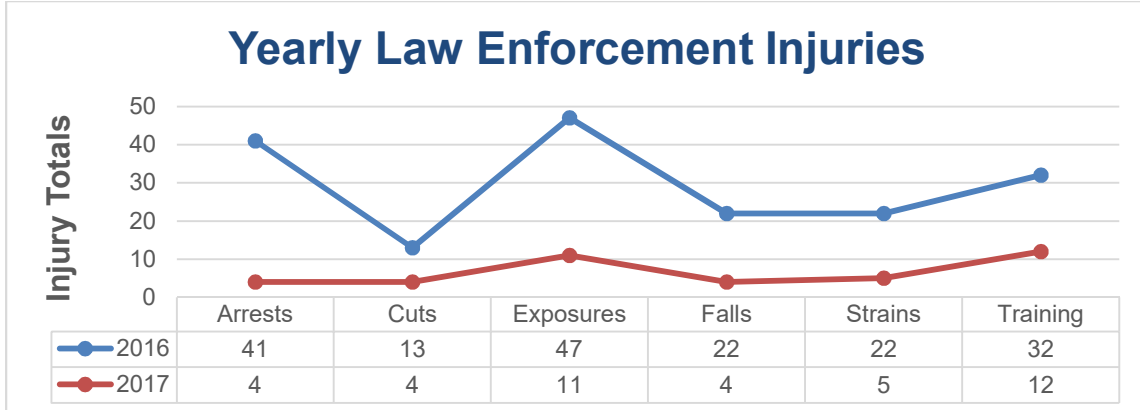
1. Police Officer was interviewing a suspect and was scratched by a vicious feline on right calf.
2. Police Officer was exposed to pink eye causing irritation and redness in left eye.
3. Police Officer received a dog bite to upper left thigh while conducting a theft investigation.
4. Police Officer was exposed to suspect's blood who was Hepatitis C positive.

Arrests

1. Police Officer injured his left wrist while taking down a suspect after a foot pursuit.
2. While Police Officer was restraining a subject his left hand hit the ground, lacerating fingers.

Training

1. While conducting defensive tactics training, officer was injured when partner fell on his rib cage.
2. While participating in defensive tactics training, officer twisted his knee while conducting kicks.
3. Police Officer experienced pain to his shoulder while participating in defensive tactics training.
4. Preparing for qualifications at the Police Academy, officer began sweating profusely and felt ill.
5. While performing kicks to punching bag, officer felt pain in left knee and then another employee rolled on right leg.
6. Police Officer felt pain in left knee radiating down left leg while doing leg extension exercises.



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

SAFETY TIP OF THE MONTH - Law Enforcement Officers need to be physically capable of handling strenuous situations, including safely subduing a subject who is resisting arrest. Increased physical health and wellness = increased officer safety. Four critical areas of success include:

1. **Healthy Diet:** Eat clean by avoiding lots of fried and processed foods, consume sufficient vegetables and protein, and avoid added sugar sodium. Be conscious of how much food you put in your body and aim for staying within recommended daily allowances. Packing healthy snacks for your shifts can help you avoid unhealthy fast food items.
2. **Cardio Exercise:** Cardiovascular exercise ensures that your heart is better prepared to deal with stress. Train regularly so that when a high-stress situation develops, your heart is properly prepared.
3. **Resistance Training:** Lean muscle mass naturally diminishes with age. Strength training can preserve and enhance muscle mass at any age and in any physical condition. Resistance training helps maintain the physical strength needed during physically strenuous situations.
4. **Quality Sleep:** Insufficient sleep can diminish your ability to think clearly, maintain situational awareness, respond quickly, and control panic responses. Lack of proper sleep can negatively impact not only your brain's functions but your metabolic processes as well, leading to added body fat and poor immune system function.