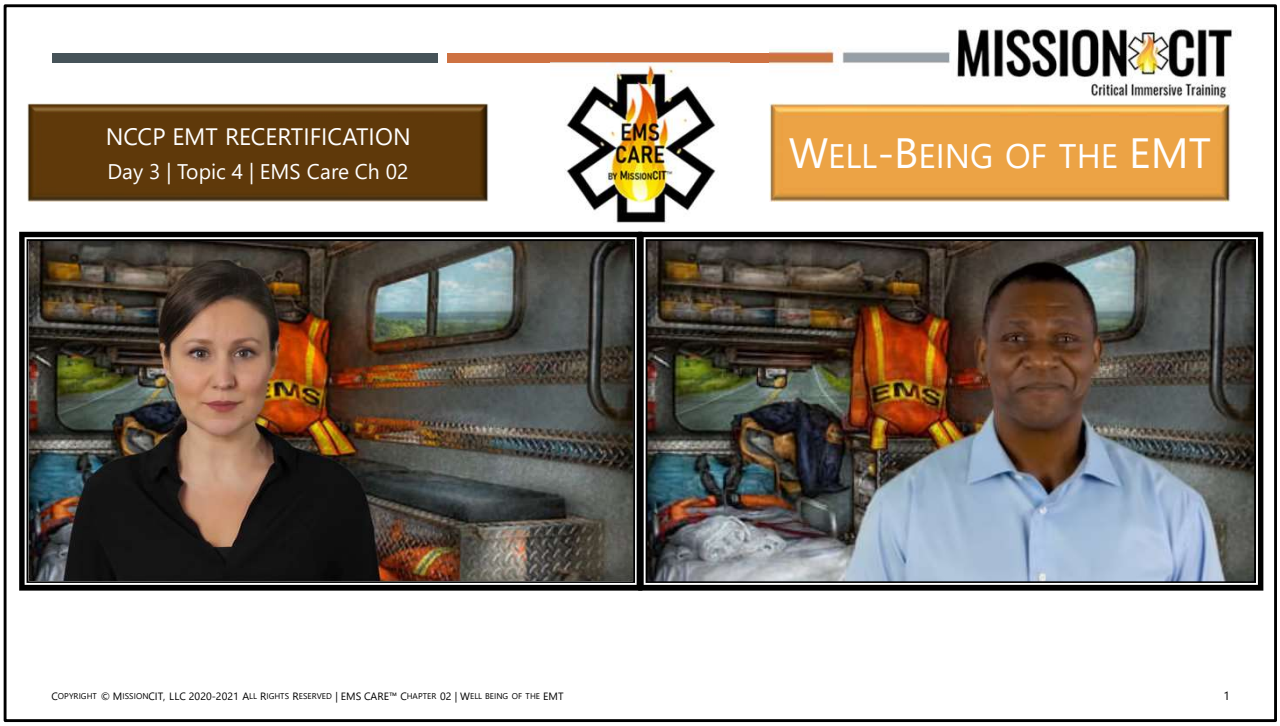


Hello and Welcome, and thank you for selecting MissionCIT's EMS Care courseware. I am Missah, your host for the first part of this Chapter About Well Being of the EMT.

My colleague Justin and I will take turns presenting the material.

As a reminder, or if you are starting in this Chapter, most of the course materials are available via audio. The audio is intended to complement the written materials

and may vary from the slide deck's words. More importantly, we will include some essential additional information. So be sure to listen carefully.

Justin, do you have anything to add?

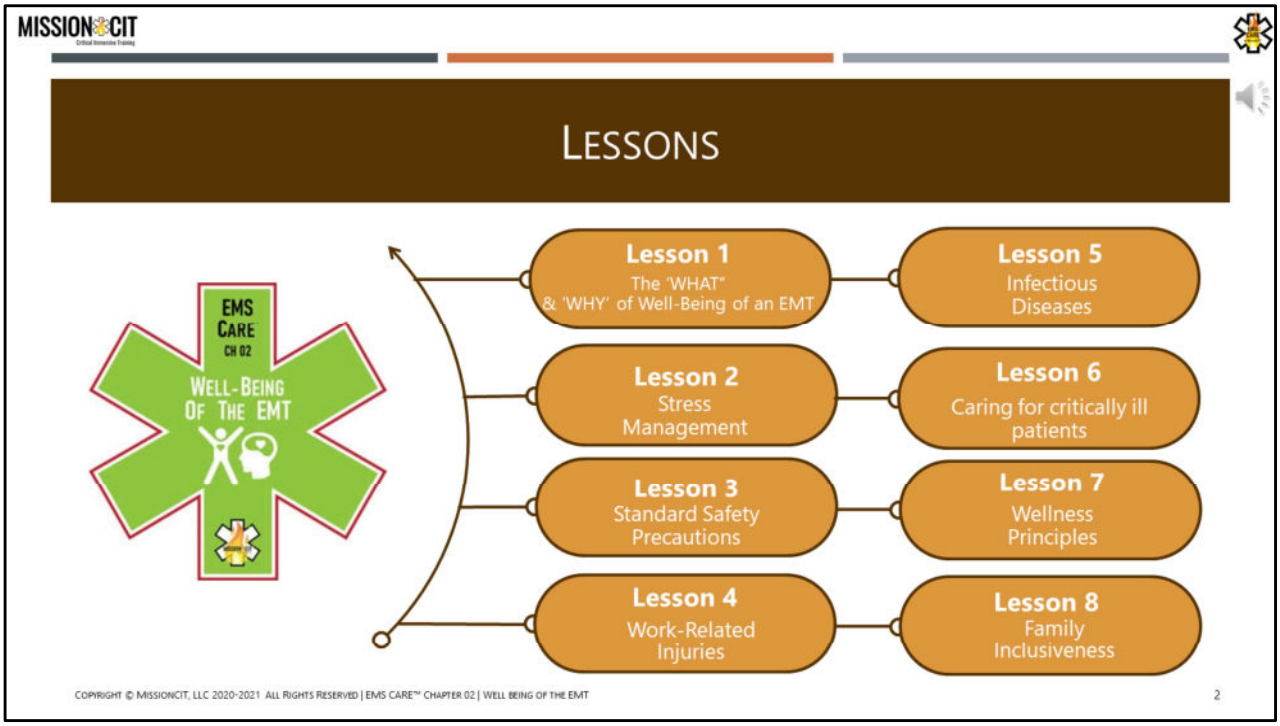
Justin:

Thank you Missah. First, I want to thank the course Instructor Aimee Lynn Roberts for providing the guidance and material to share with you. Aimee is a certified EMS-I, has trained untold thousands of EMS students, and was honored with the Connecticut EMS Instructor of the Year award.

And if you would like to follow our words, please click the link below to see the speech text. Also, please look for embedded 3d models and animations in the pop-up text. We hope you find them helpful. You can rotate the model using the left-click of your mouse, or one-finger on a touch screen device. Also, you can slide the model using the right-click, or two-fingers on a touch screen. And you can make them larger or smaller using the mouse wheel, or finger gestures as you would for a

picture. You can also make the model full page by clicking in the lower right-hand corner of the model image. We have included a 3d model on this page so you can try it out.

Missah, please continue.

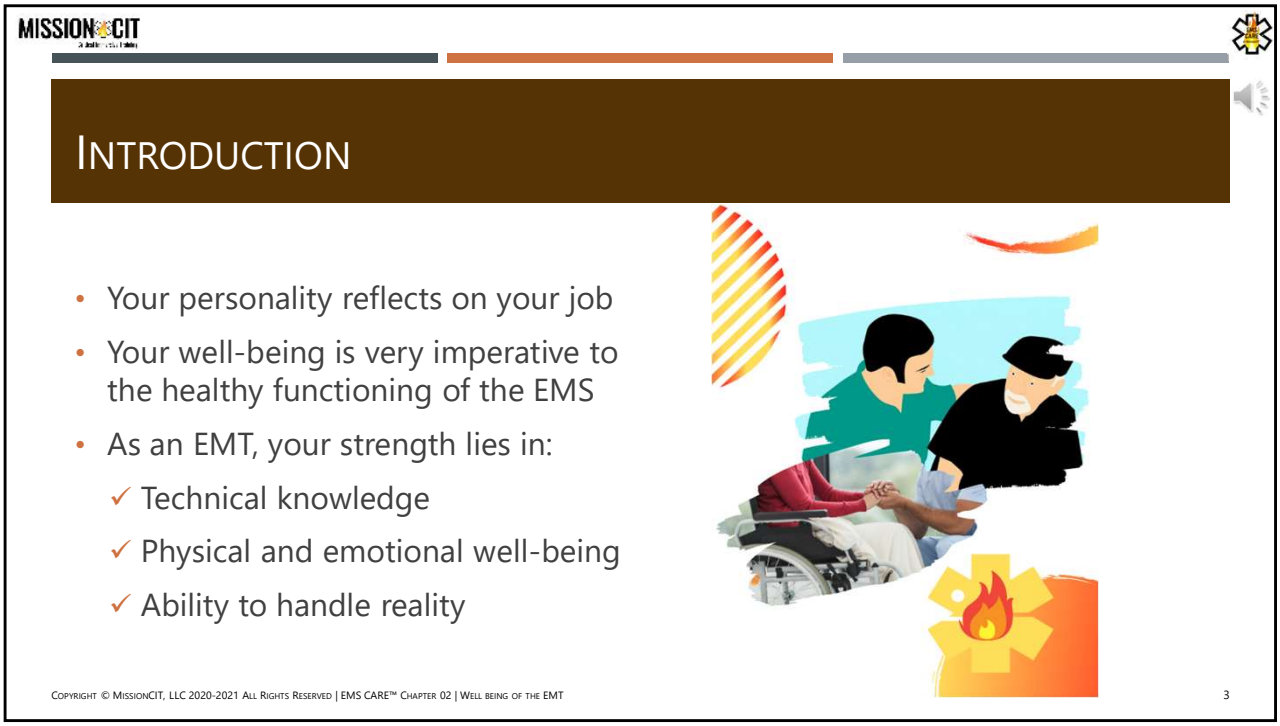


So, we will be exploring the following in-depth:

- Lesson 1: The 'WHAT' and 'WHY' regarding the well-being of an EMT
- Lesson 2: Stress Management
- Lesson 3: Standard safety precautions and protective equipment
- Lesson 4: Work-related injuries and their prevention
- Lesson 5: Infectious diseases

- Lesson 6: Caring for critically ill patients
- Lesson 7: Wellness principles
- Lesson 8: Family Inclusiveness

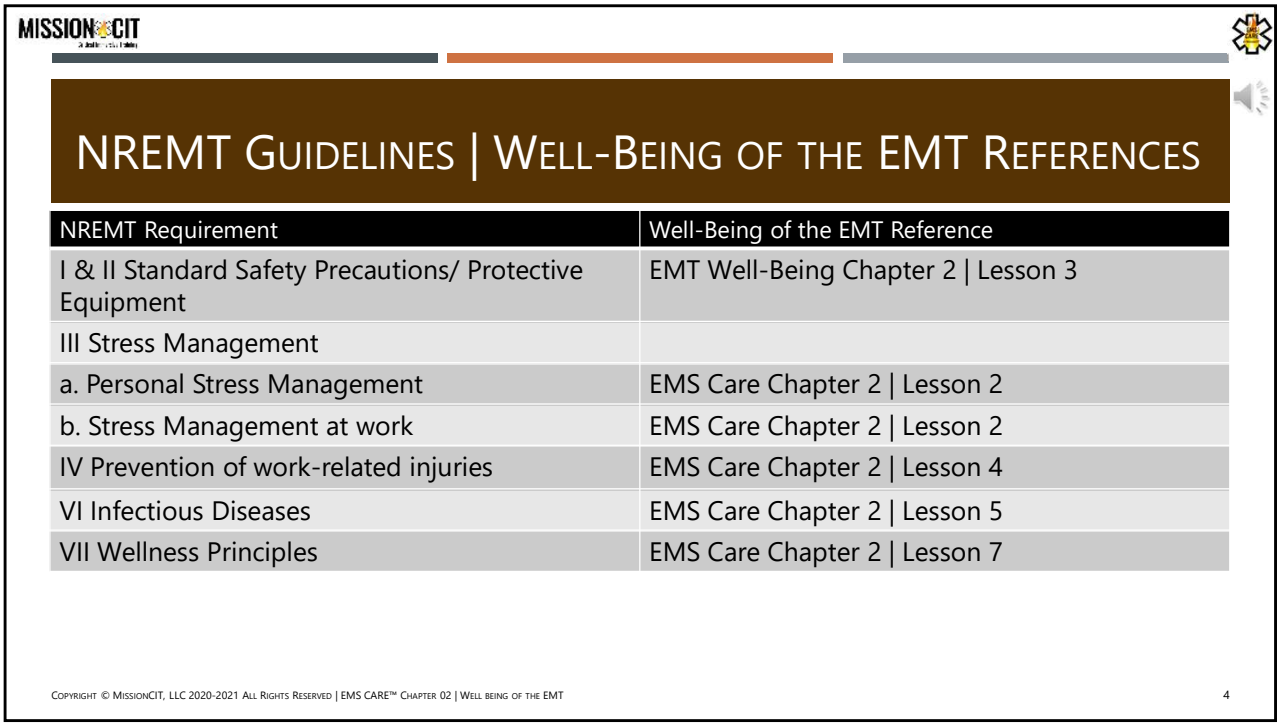
We complete our studies with a Chapter Review followed by a quiz. You will need to watch all the lessons, answer the interactive questions; and finally score a 75% grade or higher on the quiz, to get credit for this chapter.



For every human being, their personality reflects on their job. As EMTs, we play a crucial role in society, and our well-being is vital to the healthy functioning of the EMS.

Apart from our technical knowledge, our strength lies in our physical and emotional well-being and our ability to handle our daily realities. Reacting to situations is inherent to human nature, and we can always learn to manage and understand ourselves and the circumstances we encounter.

This internal management allows us to handle our job better.



The NREMT educational guidelines are listed in the table on this slide. You can reference the associated EMS Care lesson where the material is found. This chapter's subject matter fully covers the NREMT educational guidelines and supplemental knowledge relevant to the content.

The primary requirements are to understand and know how to manage

- Stress Management

- Safety Standards and protection equipment
- Infectious diseases
- Communication when caring for the injured

Now, let's jump into the course.

Good Studying!