

Kellogg Community College  
Continuing Education Lesson Plan

Topic: Injury Prevention

Presenter: Accreditation Approved Kellogg Community College EMS Instructor

Date: Accreditation 2018 - 2021

Credit Category: Preparatory  
Specific Topic: Injury Prevention  
License Level: MFR, EMT - Basic, EMT – Specialist, Paramedic  
Time: One Hour, Two Hours, Three Hours, Four Hours  
Credits: 1 2 3 4

Format: Lecture  
May use PowerPoint presentation

Objectives: The participants of the CE session will:

1. Review stretching exercises
2. Review lifting techniques
3. Review scene safety
4. Review proper body placement for removing or replacing equipment

Outline for Lecture Presentation:

- I. Introductions, Paperwork, Agenda
- II. May use PowerPoint Presentation
- III. Show or demonstrate proper stretching of muscles
- IV. Show or demonstrate proper lifting techniques
- V. Show or demonstrate proper body position for removing or replacing equipment
- VI. Verbalize or PowerPoint Scenarios of Scenes pointing out safety concerns
- VII. Summary and Questions

Student Evaluation Method:  
No formal evaluation of participants will occur.

Evaluation of Presentation:  
Standard Kellogg Community College Evaluation form will be filled out by participants

Rationale for Presentation:  
To decrease or stop work place injuries through education