

TACTICAL ATHLETES

INJURY AND WELLNESS TRENDS

Police Officers:

- **Non-Fatal Injuries:** Between 2003 and 2014, the injury rate for law enforcement officers was 635 per 10,000 FTE workers, significantly higher than the rate for all U.S. workers (213 per 10,000). Common injuries included sprains, strains, and injuries to hands, fingers, and lower extremities. (Policing Institute)
- **Assaults Leading to Injuries:** In 2021, 43,649 officers were assaulted, with 35.2% (15,369) sustaining injuries. Of these assaults, 44,421 involved personal weapons (e.g., hands, fists, or feet), resulting in injuries to 25.8% of the officers. (FBI Laboratory)

Fire Fighters:

- **Fatal Injuries:** In 2023, 89 firefighters in the United States died from traumatic injuries, heart attacks, strokes, or aneurysms while on duty or within 24 hours of duty. (National Fire Protection Association)
- **Non-Fatal Injuries:** In 2017, firefighters sustained injuries in various scenarios: (U.S. Fire Administration)
 - 42% (24,495) occurred at the fireground.
 - 21% (12,240) at non-fire emergency incidents.
 - 16% (9,165) during other on-duty activities.
 - 14% (8,380) during training activities.
 - 8% (4,555) while responding to or returning from an incident.

Emergency Medical Technicians (EMTs)

- **Injury Rates:** Among career EMS workers, the injury rate was 8.6 per 100 full-time equivalent EMS workers. Over half of all injured workers had less than ten years of service. (PMC)
- **Common Injuries:** Sprains and strains are prevalent among EMTs, often affecting the hand and upper trunk. The primary causes include overexertion, bodily reactions, and violence. (CDC)

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Recent Trends:

- **Increase in Injuries:** In 2024, the New York Police Department reported a significant rise in officer injuries, with 4,600 incidents in the first nine months, marking the highest number since record-keeping began in 2016. This represents a 13% increase compared to 2023 and a 60% increase compared to 2021. (NYP)

Contributing Factors:

- **Physical Demands:** The nature of emergency response work involves strenuous physical activities, increasing the risk of musculoskeletal injuries.
- **Violence Exposure:** First responders often face violent situations, leading to a higher incidence of injuries from assaults.
- **Environmental Hazards:** Exposure to hazardous environments, such as fires and accident scenes, contributes to injury risks.

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