

Musculoskeletal Health

Looking after your MSK health as a paramedic is essential because the job exposes you to high physical loads, awkward postures and positions, and repetitive lifting, all that are major contributors to work-related MSK disorders. Maintaining MSK health supports career longevity, reduces sickness absence, and improves overall well-being.

What can we do?

- Ask your team for hands on help whenever possible, i.e crewmates, nursing staff, trained carers.
- Position yourself to avoid twisting—move your feet instead of rotating your spine.
- Keep loads close to your body to reduce strain.
- Use the mechanical aids available to you (stryker chair, slide sheets, patients own stairlifts, ambulance winch) consistently.
- Adjust your seat position in the ambulance to support your lower back.
- Avoid sitting for long periods—stand and stretch between calls.
- When kneeling, use knee pads or alternate kneeling sides to reduce joint stress.

If you'd like more information or have unfortunately found yourself in a position where you could benefit from physiotherapy support, [follow this link to our Health & Wellbeing website.](#)

