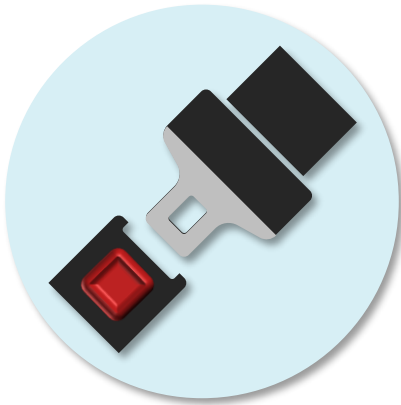


Hold Up & Buckle Up



It only takes a second, but making sure everyone in the ambulance is buckled up and equipment is secured can save lives and prevent serious injury.

Before You Go Checklist



Always communicate with the crew to make sure everyone is seated, buckled and properly restrained before driving. Do not be afraid to speak up!



Ensure both the lap AND shoulder restraints are used to prevent patients from being ejected from the cot in the event of an accident.



Utilize pediatric restraints. DO NOT have the child/infant held in the parent, caregiver or EMT's arms or lap during transport. Need pediatric restraints? Contact David Edwards at david.edwards@vdh.virginia.gov.



Check to see if the equipment is properly stored and secured. Lose equipment can become a dangerous missile in the event of a crash.