

## EMT Ride Along Tips

- ✓ Be “Rescue Ready” at all times meaning have your equipment and uniform prepared! Do not wear jewelry or expose tattoos. You will be responding to actual 911 calls and the public won’t know the difference between an EMT and a student, they are expecting a professional to help them:
  - Shine your boots
  - Iron your shirt and pants
  - Keep your shirt tucked in and boots tied
  - Ensure your wrist watch is on and working
  - Show up clean shaven and/or with your hair up
  - Equipment needed: B/P cuff, Notepad, Pen, Penlight, Sharpie, and Stethoscope
- ✓ Show up at least 20-30 minutes early. **“If you are early you are on time, if you are on time you are late, if you are late you are fired!”** Allow time for traffic or accidents, map the station address a few days before your ride along to ensure you know how to get there (including alternate routes).
- ✓ The ambulance crew may bring their own food or buy food along the way. It is advised that you prepare healthy snacks and a sack lunch, including plenty of water.
- ✓ Although not required, bringing a treat for the station makes a great first impression- especially if you intend to apply with the company in the near future...
- ✓ Bring study material, you may have some time when the ambulance you are assigned to is waiting for a call. This is a great opportunity to study for your upcoming module and ask clarifying questions.
- ✓ Be humble, do not sit down at the station and kick your feet up. Instead offer to help with station/ambulance duties such as checking and restocking equipment and washing the ambulance. Be your best self while striving for excellence to show them you want to be a part of the team.
- ✓ Always remember to use BSI on every call, and don’t forget SAFETY FIRST!
- ✓ Always be respectful to the EMS/Fire crews, law enforcement, patients, hospital staff and essentially everyone you encounter while in uniform, or life for that matter. If you do not know their name, then address them as “Sir” or “Ma’am.” Also use the words “Yes”, “No” and “Copy that” when replying.
- ✓ Treat others how you want to be treated. Be polite and respectful of everyone and everything around you at all times. Remember the ICARE Values: Integrity, Compassion, Accountability, Respect, Empathy.
- ✓ Turn your phone off and do not pull it out until you finish your shift. This will keep you from distractions throughout the day and prevent you from potentially violating HIPPA laws.
- ✓ Be ready to receive constructive criticism, it will only make you a better EMT. Good ambulance preceptors will brief and debrief with you as needed throughout the shift and provide active feedback.