

Why are Police Officers at risk for RHABDOMYOLYSIS

1.

Engage in intense physical activity during high-stress situations, leading to muscle strain.

2.

Often work long hours with limited rest, increasing fatigue and muscle breakdown.

3.

May face extreme temperatures, which can contribute to dehydration and muscle damage.

4.

Carry heavy equipment and gear, adding to physical stress on muscles.

5.

Experience high levels of stress and adrenaline, which can affect muscle health.

6.

Limited access to hydration during shifts can exacerbate the risk of muscle injury.

