

WHAT IS MERT®-WA?

MERT®-WA, a volunteer program of the Washington Chapter of the **American Massage Therapy Association®**, prepares and manages massage practitioners for deployment to disaster sites to provide massage for rescue and recovery workers.

MERT®-WA offers emergency workers direct access to licensed, highly qualified and professionally trained massage practitioners.

The MERT®-WA Team integrates into the existing incident command structure and works with the commanding agency such as the Red Cross, National Guard or Forest Service.

WHY HAVE MERT®-WA?

MERT offers massage therapists a way to give back to those brave men and women who risk their lives for us everyday. It is our way to say thank you in a meaningful way.

WHERE MIGHT YOU SEE MERT®-WA?

Emergency Deployment:

Forest Fires Earthquakes
Windstorms Avalanches
Hurricanes Tornados Floods
Multiple loss residential fire
(5+ homes/buildings)
School shootings Bombings
Terrorists attacks
Mass casualty incidents
Line of duty deaths:
Firefighters
Law enforcement officers
Emergency medical team members

Community Outreach:

This is the non-emergent aspect of MERT. Throughout the year the MERT Team goes to local departments on prescheduled days to give free 15 minute massages to local crews. Call us if you would like us to come to your local EMS agency, fire or police station.

WHY USE MERT®-WA?

Massage will help emergency workers cope with the extreme physical and emotional demands of responding to a crisis.

Massage relaxes fatigued muscles and energizes the body.



Benefits of Massage:

Reduces muscle cramps.
Decreases blood pressure.
Reduces stiffness & soreness.
Calms the nervous system.
Increases relaxation.
Increases circulation.
Assists removing metabolic waste.
Increases mental clarity.
Reduces anxiety.
Increases sense of well being.

How to CONTACT MERT®-WA?

Call or email the MERT®-WA Team Coordinator for more information or to schedule a deployment or non-emergent community outreach:

AMTA – WA Chapter
MERT®-WA
PO Box 2242
Bothell, WA 98041-2242

425/487-1031 or 888/302-3555
Email: MERT@amta-wa.org
www.amta-wa.org



Washington Chapter

Edit 10-20-05

AMERICAN MASSAGE THERAPY ASSOCIATION®

MERT®-WA

MASSAGE EMERGENCY RESPONSE TEAM

Helping those who help us in times of need