

# Lifting and Moving Patients

## Safe Lifting

- Use legs, not back, to lift
- Keep weight as close to body as possible
- Consider weight to be lifted
- Know your physical limitations
- Lift without twisting
- Have feet positioned properly
- Communicate with your partner
- Use at least two people
- Ensure enough "manpower" is available



## Power Lift

- Tighten your back in its normal upright position
- Spread your legs apart about 15"
- Bend at your knees
- Extend arms down the side of the body
- Adjust your orientation and position until the weight is balanced and centered
- Reposition your feet
- Lift with your knees with the arms extended downwards

## Power Grip

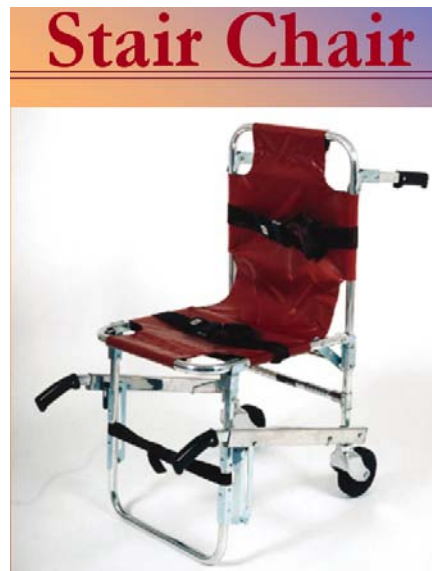
- Lifting grip with the palms under the object with hands 10" apart

## Guidelines for Carrying

- Consider weight to be lifted/carried
- Know crew's limitation
- Keep weight close to body
- Position feet properly
- Keep back locked in
- Refrain from twisting
- Flex at hips, not waist
- Bend at the knees
- Do not hyperextend the back

## Guidelines for Reaching

- Avoid reaching more than 15"-20"
- Avoid twisting the back
- Keep back locked in
- Lean from the hips
- Use shoulder muscles
- Push, rather than pull
- Keep line of pull through center of body
- Avoid pushing or pulling from an overhead position



**Emergency Moves-** patient should be moved immediately only when:

- Immediate danger to the patient if not moved
- Life-saving care cannot be given because of the patients location
  - Fire or danger of fire
  - Exposure to explosives or other hazardous materials
  - Inability to protect patient
  - Inability to gain access to other patients that need life-threatening care

**Firefighter's drag-** tie patients wrist with cravat. Place the patient's arms over your neck and crawl out

**The Cloths drag-** Drag the patient by their cloths

**Blanket drag-** place patient on a blanket and drag them out by the blanket

**Urgent Moves-** a patient should be moved quickly when there is immediate threat to life

- Altered mental status
- Inadequate breathing
- Shock (hypoperfusion)

**Fireman's Carry-** place your shoulder into the patient's mid-section with their arms around your neck, bend with your knees, lift and place the patient on your shoulder

**The Front Cradle-** carry the patient in front of you in outreached arms

**The Back Strap-** Pull the patient's arms over your shoulder and in front of you, lock the arms around your neck, and carry the patient on your back

**Walk and Assist-** place the patient's arms over two rescuer's shoulders and assist in walking

**Rapid Extrication-**the technique of moving a patient from a seated position to a backboard in 1 minute

- Manual in-line cervical traction
- Cervical collar application
- Long spine board under patient
- Slide patient onto the backboard
- Must be done quickly, but without compromising the patients spine

**Non-Urgent Moves-** there is no life threat, the patient should be moved when ready for transportation. Select best equipment and method of moving patient safely.

Move easiest way that will not cause injury or pain and as a unit keeping head and neck in neutral position. One rescuer to give commands.

**Direct ground lift-** lifting the patient using several people along the side of a patient. Everyone lifts at the same time keeping the patient flat.

**Extremity carry-** one person grabs the patients arms from under his armpits (grab the patients left arm with your right hand). The second person grabs the patients knees and they cradle the patient between them

**The seat carry-** both rescuers lock wrist and arms with their arms stretched between them. The patient sits on their arms and places their arms around the rescuer's shoulders.

### **Patient Carrying Equipment**

- Wheeled stretchers
- Scoop stretchers
- Flexible stretchers

- Portable stretchers
- Backboards
- Stair Chair

# Incline Drag

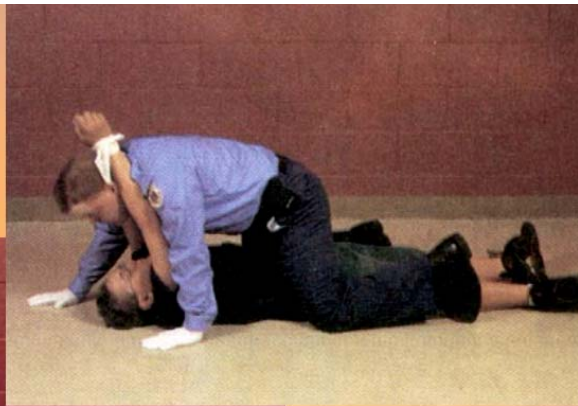


## Clothes Drag



## Fireman's Drag

## Shoulder Drag



*(Continued)*

## One Rescuer Assist

## Blanket Drag

