Chapter 5
Lifting and Moving Patients
U.S. DOT Objectives Directory

U.S. DOT Objectives are covered and/or supported by the PowerPoint™ Slide Program and Notes for Emergency Care, 11th Ed. Please see the Chapter 5 correlation below.

*KNOWLEDGE AND ATTITUDE

• 1-6.1 Define body mechanics. Slide 5
• 1-6.2 Discuss the guidelines and safety precautions that need to be followed when lifting a patient. Slides 5-7
• 1-6.3 Describe the safe lifting of cots and stretchers. Slides 5-11
• 1-6.4 Describe the guidelines and safety precautions for carrying patients and/or equipment. Slides 40-47
• 1-6.5 Discuss one-handed carrying techniques.
• 1-6.6 Describe correct and safe carrying procedures on stairs.
• 1-6.7 State the guidelines for reaching and their application. Slide 12
• 1-6.8 Describe correct reaching for log rolls. Slides 12, 24
• 1-6.9 State the guidelines for pushing and pulling. Slides 13-14
• 1-6.10 Discuss the general considerations of moving patients. Slides 15-26
• 1-6.11 State three situations that may require the use of an emergency move. Slides 16-22

(cont.)
*KNOWLEDGE AND ATTITUDE*

- **1-6.12** Identify the following patient-carrying devices:
  - wheeled ambulance stretcher (Slide 28)
  - portable ambulance stretcher (Slide 30)
  - stair chair (Slide 31)
  - scoop stretcher (Slide 37)
  - long spine board (Slide 32-33)
  - basket stretcher (Slide 38)
  - flexible stretcher (Slide 39)

- **1-6.13** Explain the rationale for properly lifting and moving patients. Slide 5

*SKILLS*

- **1-6.14** Working with a partner, prepare each of the devices listed above in 1-6.12 for use, transfer a patient to the device, properly position the patient on the device, move the device to the ambulance, and load the patient into the ambulance.

- **1-6.15** Working with a partner, demonstrate techniques for the transfer of a patient from an ambulance stretcher to a hospital stretcher.
Lifting Patients
Lifting Techniques

- Back injuries are a leading cause of long-term disability for EMTs.

- Lift safely with proper body mechanics.
Lifting Considerations

- Consider the weight of object/patient.
- Communicate with partner.
- Identify the need for help before lifting.
- Have a plan.
Guidelines for Lifting

- Use your legs to lift.
- Have feet positioned properly.
- Keep weight close to body.
- Lift without twisting.
Use Legs, Not Back, to Lift
Keep Weight Close to Your Body
Power-Lift Position
Power Grip
Safe Reaching Techniques

- Keep your back locked in.
- Avoid twisting while reaching.
- Avoid reaching more than 15–20 inches in front of your body.
Safe Pushing and Pulling

- Push, rather than pull.
- Keep your back locked in (whenever possible).
- Keep weight close to your body.
Safe Pushing and Pulling

- Keep your knees bent.
- Avoid pushing or pulling overhead.
- Keep elbows bent and arms close to sides.
- If weight is below waist level, push or pull from a kneeling position.
Types of Moves
Emergency Moves

Three situations:

* Scene is hazardous.
* Life-threatening condition requires move.
* Patient must be moved to reach a critical patient.
Emergency Move: Clothes Drag
Emergency Move: Drag (Head-First)
Emergency Move: Firefighter’s Drag
Emergency Move: Firefighter’s Carry
Emergency Move:
One-Rescuer Assist
Emergency Move: Two-Rescuer Assist
Urgent Moves

- Scene factors cause a decline in patient condition.
- Treatment of patient’s condition requires a move.
Urgent Moves with Spinal Precautions
Non-urgent Moves

- Use when there is no threat to life.
- Use when patient’s condition allows for assessment and care.
- Typically utilize a carrying device
Non-urgent Move: Extremity Carry
Patient-Carrying Devices
Automatic Power Stretchers
Portable Stretcher
Stair Chair

© Stryker
Long Spine Board
Patient Immobilized on Long Spine Board
Short Spine Board
Vest-Type Extrication Device
Patient Immobilized in Vest-Type Extrication Device
Scoop (Orthopedic) Stretcher

© Stryker
Basket (Stokes) Stretcher

© Ferno Corporation
Flexible (Reeves) Stretcher
Moving Patients to Carrying Devices
Carrying Device Choice

- What is the patient’s position?
- Is there a suspected spinal cord injury?
Patient Positioning

- Part of patient care plan
- Must not cause harm to patient
- Must be safe
Recovery Position
Position of Comfort
Shock Position
Transferring the Patient to a Hospital Stretcher
Transferring to a Hospital Stretcher
Review Questions

1. Define the term *body mechanics*. Then describe several principles of body mechanics related to safe lifting and moving.

2. List several situations that may require an emergency move of a patient.
Review Questions

3. Describe several lifts and drags.

4. Define a long-axis drag and explain its importance.
What device should be used to remove the patient from the vehicle?

What patient-care issues are important when using an extrication device?

(cont.)
Street Scenes

What is the next thing to consider when actually moving the patient from the vehicle?

What emergency-care equipment was used for this patient? Why?
Street Scenes

- What is the next step before moving this patient again?
- What other safety considerations should be considered when moving the long board to the wheeled stretcher?