

## Chapter 5

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Moving and lifting a victim

## General Principles

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- Do no further harm to the patient.
- Move patient only when necessary.
- Move patient as little as possible.
- Move patient's body as a unit.

## Recommendations

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- Delay movement.
- Treat patient before starting the move.
- Try not to step over patient.
- Move patient as few times as possible.

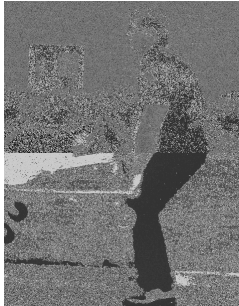
## Body Mechanics

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- Ensure your own safety.
- Exercise good body mechanics.
- Use leg muscles when lifting.
- Get close to patient and keep your back straight.

(1 of 3)

## Body Mechanics



(2 of 3)

## Body Mechanics

- Know your limitations. Call for additional help if needed.
- Communicate with all those lifting.
- Practice lifts and moves.

(3 of 3)

## Emergency Movement

- Move patients immediately when:
  - Danger of fire, explosion, or structural collapse exists.
  - Hazardous materials are present.
  - Accident scene cannot be protected.
  - Access to other seriously injured patients is needed.

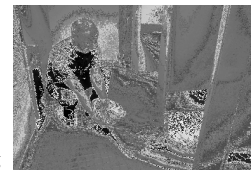
## Emergency Drags

Blanket drag

- Arm-to-arm drag
- Fire fighter drag
- Emergency drag from a vehicle



Clothes drag



## Carries for Nonambulatory Patients

Cradle in arm carry

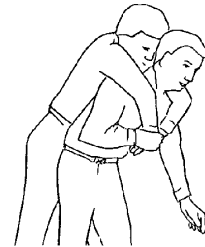


- Two-person chair carry
- Direct ground lift
- Draw-sheet method

2 person seated carry



2 person extremity carry



Pack strap carry

## Walking Assists for Ambulatory Patients



- One-person walking assist
- Two-person walking assist



Figure 39-18. Assisting a patient to ambulate. (A) Two techniques for one rescuer to safely assist a patient to ambulate. (B) The same using a walking belt to support a patient while walking.

## Equipment

- EMS services commonly use various types of patient-moving equipment.
- Be familiar with the equipment used by your service.

## Stretchers



Wheeled ambulance  
stretcher

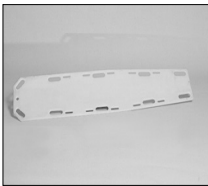


Portable  
stretcher

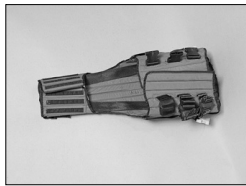
## Stair Chair



## Backboards

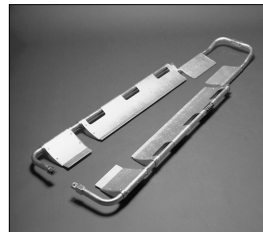


Long backboard



Short backboard  
device

## Scoop Stretcher

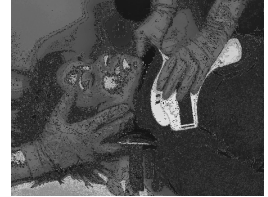


## Suspected Head or Spine Injury

- ❑ Move patient as a unit.
- ❑ Transport patient face up.
- ❑ Keep patient's head and neck in a neutral position.

## Application of Cervical Collars

- ❑ Stabilize head and neck.
- ❑ Insert back part of collar.
- ❑ Apply front part of collar.



## Log Rolling

- ❑ Primary technique to move patient onto a long backboard
- ❑ Move patient as a unit.

## Alternatives to Log Roll

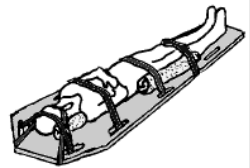
- ❑ Straddle lift
  - Can be used to place a patient on a backboard if there is not enough room to log roll
- ❑ Straddle slide
  - The patient, rather than the backboard, is moved.

## Straddle Slide



## Strapping Techniques

- There are many ways to strap a patient.
- Always immobilize the body before the head.
- Learn the method used by your EMS system.



## Head Immobilization

- Blanket roll
- Commercial devices
- Head stabilization must be maintained throughout entire procedure.

