Lifting & Moving Patients

Lesson Goal
- Learn the correct techniques, equipment, & positioning for moving patients safely and effectively in a variety of situations & locations

Lesson Objectives
- Define body mechanics
- Discuss importance of safety in lifting or moving patients
- Identify situations in which an emergency move is indicated
- Identify situations in which a nonemergency move is indicated
Lesson Objectives

- Understand importance of patient positioning, various types of patient positioning, and indications for each type
- Discuss importance of patient safety restraints

Lesson Objectives

- Discuss various types of transportation devices used in moving patients in prehospital environment

Introduction

- EMTs have unique job in health care
  - Must go to patient and bring patient to hospital rather than having patient come to them
- EMTs must have knowledge & skill in lifting & moving patients without causing injury or undue discomfort
Overview

- Lifting & moving patients safely
- Techniques of lifting & moving patients
- Transporting patients

Lifting & Moving Patients Safely

- Lifting is a routine part of job
- Improper lifting can lead to injury
- Body mechanics
  - Proper posture & movements of body to prevent injury

Lifting & Moving Patients Safely

- Assess need for additional lifting help
  - Is patient accessible?
  - Can my partner & I lift weight of patient?
  - Can my partner & I safely overcome obstacles & terrain?
Lifting & Moving Patients Safely

- **Principles**
  - Don’t reach over 20”
  - Don’t reach for prolonged periods
  - Push, don’t pull
  - Use legs, not back
  - Keep weight close to body
  - Move as single unit
  - Carry patients upstairs, head first & downstairs, feet first
  - Have backup available

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Lifts, Drags, Takedowns & Carries

- **Wheeled stretcher**
  - Most common means of transport

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Lifting & Moving Techniques

- **Power grip**
  - Allows maximum control while raising or lowering stretcher
  - Hands ~10” apart
  - Fingers completely wrapped around lift the bar
Lifting & Moving Techniques

- Power lift
  - Maximizes use of stronger leg muscles
  - Back straight & locked
  - Tighten abdominal muscles
  - Feet shoulder width apart
  - Keep lift vertical

Skill 6-1: Power Lift—Head & Foot

1. Hoist stretcher using proper body mechanics and power grip; remember, lift with your legs, not back.

2. Simultaneously lift stretcher until you hear it lock into place.

3. One EMT pushes stretcher into ambulance while 2nd EMT guides it to locking mechanism.
Skill 6-2: Power Lift—Side-to-Side

1. Lift with legs, not back

2. While loading stretcher into ambulance, use “shuffle step;” do not cross 1 leg over other; this will cause twisting of the back.

Power Lift

Video Clip coming soon

Lifting & Moving Techniques

- Types of moves
  - Patient’s circumstances dictate appropriate type of move
    - Emergency
    - Nonemergency
Lifting & Moving Techniques

- Emergency
  - Fire
  - Threat of violence
  - Danger of explosion
  - Danger of collapse
  - Traffic
  - Electricity
  - Hazardous materials
  - Critical patient in confined space
  - Noncritical patient preventing access to critical patient

- Types of emergency moves
  - Drags
  - Carries
  - Standing backboard
  - Rapid extrication

Lifting & Moving Techniques

- Nonemergency
  - No immediate threat to patient or rescuers
  - Lifts
  - Transfer
  - Log roll

Skill 6-3: Emergency Drags

- 1-person clothing drag
Skill 6-3: Emergency Drags

- 2-person clothing drag

Skill 6-3: Emergency Drags

- 1-person blanket drag

Skill 6-3: Emergency Drags

- 2-person blanket drag
Skill 6-3: Emergency Drags

- 1-person upper extremity drag

- 1-person modified upper extremity drag

- Incline drag
Skill 6-3: Emergency Drags

- Firefighter's drag

Skill 6-4: Carries

- Pack strap carry

- Cradle carry
Skill 6-4: Carries

- Piggyback carry

Skill 6-4: Carries

- Firefighter carry

Skill 6-4: Carries

- 1-person assist
  - Support & steady patient by grasping patient’s hand and supporting patient with your other arm
Skill 6-4: Carries

- 2-person cradle carry
- Can be used to move patient to safety or to move patient from sitting position

Skill 6-4: Carries

- 2-person assist
- Keep firm grasp of patient’s wrist

Skill 6-4: Carries

- 2-person extremity carry
- In emergency situation, patient can be carried down flight of stairs or incline
- Remember, carry patient feet first
Skill 6-5: Direct Ground Lift

1. 2 or 3 providers line up on 1 side of patient; providers kneel on 1 knee (preferably same knee for all)

2. EMT at head places arm under patient’s neck & shoulder and cradles patient’s head while other arm is placed under patient’s lower back. 2nd EMT places arm under patient’s knees & other arm under patient’s lower legs; 3rd EMT places arms above & below patient’s waist

3. On signal, lift patient to your knees & roll patient in toward your chests
Skill 6-5: Direct Ground Lift

4. On signal, stand & move patient
5. Reverse steps to lower patient

Direct ground lift should be used only on lighter patients who have no suspected spinal injury. Requires ≥3 providers.

Skill 6-5: Direct Ground Lift

Video Clip coming soon

Skill 6-6: Extremity Lift

1. 1st EMT kneels at patient’s head; 2nd EMT kneels at patient’s side by knees. 1st EMT places hands under each of patient’s shoulders & grasps patient’s wrists
Skill 6-6: Extremity Lift

2. 2nd EMT slips hands under patient’s knees; move up to crouching position, then stand up simultaneously & move patient.

Skill 6-7: Drawsheet Transfer

1. 2 EMTs positioned on each side of patient roll edges of sheet.

2. Lifting together on 3 count, lift & move patient to adjacent bed or stretcher.
Skill 6-7: Drawsheet Transfer

3. Gently lower patient onto adjacent stretcher or bed

Skill 6-8: Log Roll—No Spine Injury

1. 3 EMTs line up on same side of patient and kneel on 1 or both knees; EMT at head grasps patient’s arms & shoulders; middle EMT grasps torso & upper leg, while EMT at feet grasps feet & hips
Skill 6-8: Log Roll—No Spine Injury

2. On EMT at head's count, roll patient as single unit toward yourselves; from this position patient's anterior can be assessed or patient can be rolled completely over to supine position.

Skill 6-8: Log Roll—No Spine Injury

Video Clip coming soon

Patient Positioning

- Depends on:
  - Patient's LOC
  - MOI/NOI
  - Patient comfort
Recovery Position

Video Clip coming soon

Patient Positioning

- Fowler’s
  - 45-60°

- Semi-Fowler’s
  - 30°
Patient Positioning
- Laterally recumbent

Transporting Patients
- Patient safety restraints

Transportation Devices
- Scoop stretcher
- Portable stretcher
Transportation Devices

- Basket stretcher

Transportation Devices

- Stair chair

Transportation Devices

- Long backboard and straps
- Short backboard & straps and vest-type extrication devices
Summary

- Lifting & moving patients—routine part of job
- Using proper techniques of lifting & moving helps prevent injury