
Lesson 6: Lifting and Moving Patients

Lifting and Moving Patients



Emergency Medical Response

You Are the Emergency Medical Responder

Your fire rescue unit is summoned to a recently remodeled building in response to a 9-1-1 call for a reported fire. You arrive to find smoke filling the area. Two people carry a man through a doorway. Three others stagger through and collapse to the ground. Smoke is blowing over them. Flames flicker inside the structure. You quickly size-up the scene and determine that the structure should be secure for the next few minutes. There is a large grassy area that extends at least 200 feet in front of the building.

Should you move victims away from the vicinity of the burning building?

Factors Affecting Moving a Patient

Always size-up the scene before acting--

- Dangerous conditions at the scene
- Distance the patient must be moved
- Patient's size
- The EMR's physical ability
- Availability of assistance from others
- Mechanism of injury (MOI)/patient's condition
- Aids or equipment available

Principles of Body Mechanics

- Maintain a straight back
- Use leg, hip and buttock muscles
- Have a firm grip on the stretcher or patient
- Keep the patient's weight close to your body
- Maintain a low center of gravity
- Do not twist with lifting
- Move forward rather than backward, if possible
- Use good posture

Activity

An EMR is the first to arrive at the scene of a motor-vehicle crash involving two cars and a utility pole. The EMR moves one of the patients because of his proximity to several downed electrical lines. Upon moving the patient, the EMR experiences some pain in his back. Over the course of the next several days, the EMR's pain increases and he decides to see his family health care provider.

What are possible factors that may have contributed to the EMR's back injury?

Techniques for Moving Patients Safely

- Keep the back in locked-in position
- Use a power grip – palm and fingers in contact
- Use a power lift or squat lift
- Reach no more than 20 inches from front of body
- Use log rolling – spinal injuries
- Push rather than pull, if possible

Indications for Emergency Moves

Treat patients at scene rather than moving—

Except in the case of:

- Immediate danger
 - To you or patient from all sorts of hazards
- Access to other patients needed
 - Minor injuries to allow for life-threatening cond
- Provision of proper care
 - CPR

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- Emergency Moves (pg. 88)
 1. Clothes Drag
 2. Blanket Drag
 3. Shoulder Drag
 4. Ankle Drag
 5. Firefighter's Drag
 6. Firefighter's Carry
 7. Pack-Strap Carry
 - Non-Emergency Moves (pg. 90)
 8. Walking Assist
 9. Two-Person Seat Carry
 10. Direct Ground Lift
 11. Extremity Lift

Emergency Moves

In any emergency move, take care to protect the patient's head, neck and spine.

- Clothes drag
- Blanket drag



Emergency Moves

➤ Shoulder drag



▪ Ankle drag



Emergency Moves

- Firefighter's drag



- Firefighter's carry



Emergency Moves

➤ Pack-strap carry



Non-Emergency Moves

- Walking assist



- Two-person seat carry



Non-Emergency Moves

- Direct ground lift

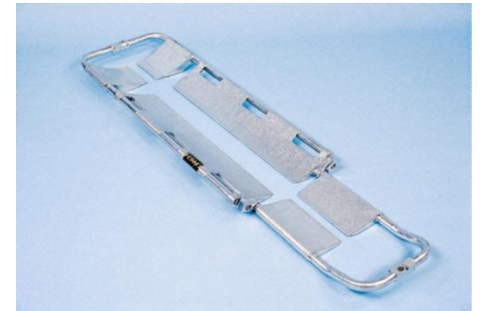
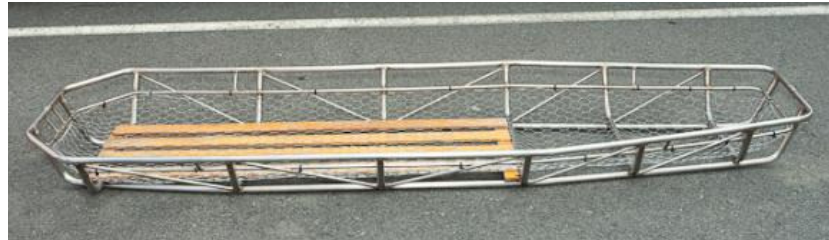


- Extremity lift



Equipment

- Stretchers

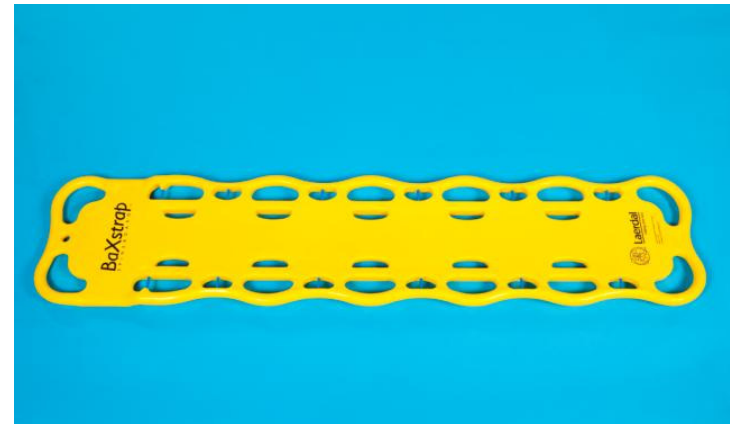


Equipment

- Stair chair



- Backboards



Positioning

- Position of comfort – not yours, the patients!
- Supine position
- Modified High Arm In Endangered Spine (H.A.I.N.E.S) recovery position – spinal injuries



Restraints

- Use only if patient is a danger to him- or herself
- Police authorization possibly may be needed before use
- Apply restraints using reasonable force

You Are the Emergency Medical Responder

You and two other firefighters get to the collapsed victims. Two of the victims are unconscious. One man indicates his lower left leg may have been fractured. You recognize the immediate danger to the two unconscious patients and to the others who have escaped from the building. Time is critical. You need to get everyone to a safer place. Additional fire rescue units and EMS personnel have been called but have not arrived yet and the fire continues to build.

**How would you move the unconscious patients?
How would you move the man with the lower leg
injury?**