Chapter 35 Lifting and Moving Patients

Moving and Positioning the Patient

- Take care to avoid _______________________ whenever a patient is moved.
- Practice using equipment.
- Know that certain patient conditions call for special _______________________ .

Body Mechanics

- Shoulder girdle should be aligned over the _______________________ .
- Lifting should be done with legs.
- Weight should be kept close to the body.
- Grasp should be made with _______________________ up.

Proper Lifting

Improper Lifting

Performing the Power Lift (1 of 4)

- Tighten your _______________________ in its normal upright position.
- Spread your legs apart about 15”.
- Grasp with arms extended down the side of the body.

Performing the Power Lift (2 of 4)

Performing the Power Lift (3 of 4)

- Allows for maximum _______________________ from your hands
- Hands are palm up
- Hands should be at least 10” apart
- Thumb should be extended _______________________ 

Performing the Power Lift (4 of 4)

- Curl fingers and thumb tightly over the _______________________ of the handle
- Never grasp a litter or backboard with the hands placed palms _______________________ over the handle

Using Sheet or Blanket

- _______________________ the patient.
- Tightly _______________________ up excess fabric on the sides.
- Use the cylindrical handle to grasp fabric and lift patient.

Principles of Movement

- Always _______________________ patient to the device
  - Will avoid sliding if device is placed at an angle
- Move patient _______________________ first unless going up hill or up stairs
  - Less anxiety
- Careful with extremities
  - Secure if unconscious or _______________________ to cooperate

Weight and Distribution

- Patient will be heavier on _______________________ end.
- Patients on a backboard or stretcher should be _______________________ carried.
- Always secure patient to the device
13 **Diamond Carry**
- __________________________ EMT-Bs lift device while facing patient.
- EMT-B at foot end turns around to face forward.
- EMT-Bs at sides turn.
- Four EMT-Bs face same ______________________ when walking.

14 **One-Handed Carrying**
- Face each other and use __________________________ hands.
- Lift the backboard to carrying height.
- Turn in the direction you will walk and __________________________ to using one hand.

15 **Carrying Backboard or Cot on Stairs**
- Strap patient securely to the backboard.
- Carry patient down stairs __________________________ end first, head end elevated.
- Carry patient up stairs __________________________ end first.

16 **Wheeled Ambulance Stretcher or Cot**
- There are numerous __________________________ types of cots
- Each type and brand of cot operates __________________________
- You MUST become familiar with the weight rating and proper operation of the cot that you will be using

17 **Stair Chair**

18 **Using a Stair Chair**
- Secure patient to stair chair with __________________________
- Rescuers take their places: one at head, one at foot.
- Rescuer at the __________________________ gives directions.
- Third rescuer precedes.

19 **Backboard**
- In cardiac __________________________
- Who must be moved in supine position
- Who must be immobilized
- To facilitate moving from an area where the __________________________ cannot fit

20 **Directions and Commands**
- Anticipate and __________________________ every move.
- Moves must be coordinated.
- Orders should clearly and concisely.
- Person at __________________________ coordinates all movements

21 **Additional Guidelines**
- Find out how much the patient __________________________
- Know how much you can safely lift.
- __________________________ with your partners.
- Do not attempt to lift a patient who weighs over 250 lb with only two EMTs.
• Avoid unnecessary lifting or ________________ .

22 Principles of Safe Reaching and Pulling (1 of 3)
• ________________ should always be locked and straight.
• Avoid any twisting of the back.
• Avoid hyperextending the ________________ .
• When pulling a patient on the ground, ________________ to minimize the distance.

23 Principles of Safe Reaching and Pulling (2 of 3)
• Use a sheet or ________________ if you must drag a patient across a bed.
• Unless on a backboard, transfer patient from the cot to a bed with a body drag.
• ________________ as close as possible to patient when performing a log roll.

24 Principles of Safe Reaching and Pulling (3 of 3)
• ________________ wheeled ambulance cot or stretcher before moving.
• Never push an object with your elbows locked.
• Do not push or pull from an ________________ position.

25 General Considerations
• ________________ the move.
• Look for ________________ that cause the least strain.

26 Emergency Moves
• Performed if there is some potential ________________ for you or the patient
• Performed if necessary to reach another patient who needs lifesaving care.
• Performed if unable to properly ________________ patient due to location.

27 Emergency Drags (1 of 2)
• ________________ Drag
• ________________ Drag

28 Emergency Drags (2 of 2)
• Arm-to-Arm Drag

29 One Person Vehicle Extrication
• Used if patient is unconscious and there is a ________________ requiring immediate removal
• First move ________________ clear of pedals.
• Rotate patient so back is toward open car door.
• Place arms through armpits and support head against your body.
• Drag patient from seat to a ________________ location

30 One-Person Rapid Extrication

31 One-Rescuer Drags, Carries, and Lifts (1 of 3)
• ________________ cradle

32 One-Rescuer Drags, Carries, and Lifts (2 of 3)
• One-person _______________________ assist

33 [ ] One-Rescuer Drags, Carries, and Lifts (3 of 3)
  • _______________________ Strap

34 [ ] Urgent Moves
  • Used to move a patient who has potentially _______________________ injuries
  • Use the _______________________ extrication technique to move patients seated in a vehicle.

35 [ ] When to Use Rapid Extrication Technique
  • Vehicle or scene is _______________________ .
  • Patient cannot be properly assessed.
  • Patient requires immediate _______________________ .
  • Patient’s condition requires immediate _______________________ .
  • Patient is blocking access to another seriously injured patient.

36 [ ] Rapid Extrication (1 of 3)
  • Provide _______________________ support and apply cervical collar.

37 [ ] Rapid Extrication (2 of 3)
  • _______________________ patient as a unit.

38 [ ] Rapid Extrication (3 of 3)
  • _______________________ patient to the backboard.

39 [ ] Non-urgent Moves (1 of 2)
  • Direct _______________________ lift

40 [ ] Non-urgent Moves (2 of 2)
  • _______________________ lift

41 [ ] Transfer Moves
  • _______________________ carry

42 [ ] Geriatrics (1 of 2)
  • Most patients transported by EMS are geriatric patients.
  • _______________________ changes cause brittle bones, and spinal curvatures present special challenges.
  • Allay patient's fears with sympathetic and compassionate approach.
  • Normal immobilization and transport devices may not be _______________________ .
  • Use _______________________ as needed

43 [ ] Geriatrics (2 of 2)

44 [ ] Bariatrics (1 of 2)
  • Refers to management of _______________________ people
  • 100 million adults in the US are overweight or obese.
  • Approximately 20% to 25% of children are overweight or obese.
  • _______________________ injuries account for the largest number of missed days of work.
45 **Bariatricts (2 of 2)**
- Stretchers and equipment are being produced with higher capacities.
- Does not address danger to EMTs of ________________ ever-heavier weights
- Mechanical ambulance ________________ are uncommon in United States.

46 **Wheeled Ambulance Stretcher**
- Most commonly used device
- Has specific head and foot ________________
- Has a folding undercarriage
- EMTs must be familiar to specific features of cots used in the ambulance
- Always ________________ patient to cot

47 **Bariatric Stretchers**
- Specialized for overweight or obese patients
- ________________ wheel base for increased stability
- Some have tow package with winch.
- Rated to hold ___________ – ___________ lb
  - Regular stretcher rated for 650 lb max.

48 **Pneumatic and Electric Stretchers**
- ________________ operated electronic controls to raise/lower undercarriage
  - This increases the weight of stretcher.
- Hazardous for uneven ________________ or stairs

49 **Loading the Wheeled Ambulance Cot**
- Tilt the head of the cot ________________.
  - Place it into the patient compartment.
- Release the undercarriage lock and ________________.
- Roll the cot into ambulance.
- Secure the cot to ambulance clamps.

50 **Portable/Folding Stretcher (Flexy)**
- Strong, rectangular tubular metal frame with ________________ stretched across it
  - Great for moving patient out of ________________ rooms

51 **Flexible Stretcher**
- Can be rolled into a tubular package
- Excellent for ________________ and carrying
- Conform around a patient’s sides
- Useful for ________________ spaces
- Uncomfortable, but provides support and immobilization
52 **Backboards**
- Long, flat, and made of rigid rectangular material (mostly plastic)
- Used to carry and immobilize patients with suspected spinal injury or other
  
  _________________
- Commonly used for patients found lying down
- 6’ to 7’ long
- _________________ serve as handles and a place to secure straps.

53 **Short Backboards**
- Short backboards or _________________ -boards are used to immobilize seated patients
  
  _________________ vest-type device

54 **Basket Stretcher (1 of 2)**
- Rigid stretcher also called a _________________ litter or Stokes basket
- Used for _________________ locations inaccessible by a vehicle, including water rescues and technical rope rescues

55 **Basket Stretcher (2 of 2)**
- If spinal injury, secure patient to backboard and place _________________ basket stretcher to carry patient out of location.
- When you return to ambulance, _________________ the backboard out of basket stretcher and place on wheeled stretcher.

56 **Scoop Stretcher**
- Adjust stretcher _________________ .
- Lift patient slightly and slide stretcher into place, one side at a time.
- _________________ stretcher ends together.
- Secure patient and transfer to the cot.

57 **Decontamination**
- Decontaminate equipment after use:
  
  For your safety
  For the safety of the _________________
  For the safety of the _________________
  To _________________ the spread of disease

58 **Medical Restraints (1 of 2)**
- Evaluate for correctible causes of combativeness.
  
  Head injury, _________________ , hypoglycemia
  Follow local protocols.
  Restraint requires _________________ personnel.
  Restrain patient supine.
  Positional asphyxia may develop in prone position.

59 **Medical Restraints (2 of 2)**
- Apply _________________ restraint to each extremity.
• Assess circulation after restraints are applied.
• Do not remove until _______________________ at ER
• Document all information.

60  Questions Before Moving
• Am I _______________________ strong enough to lift/move this patient?
• Is there adequate _______________________ to get the proper stance to lift the patient?
• Do I need additional personnel for lifting assistance?

61  Moving and Positioning the Patient
• Take care to avoid _______________________ whenever a patient is moved.
• _______________________ using equipment.
• Know that certain patient conditions call for _______________________ techniques.
  • Remember, an injured rescuer cannot help anyone.