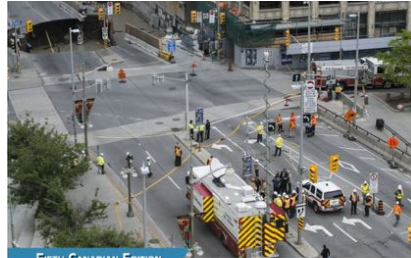


Emergency Medical Responder: A Skills Approach

Fifth Canadian Edition



FIFTH CANADIAN EDITION

EMERGENCY MEDICAL RESPONDER

A SKILLS APPROACH

MEETS PARAMEDIC ASSOCIATION OF CANADA'S
NATIONAL OCCUPATIONAL COMPETENCY PROFILE



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Chapter 6

Lifting and Moving Patients

Objectives

- Discuss body mechanics and the four principles that need to be followed when lifting or moving a patient
- Explain how good posture and physical fitness can contribute to your well-being as an EMS provider
- Describe the indications for both an emergency and a non-emergency move
- Describe and demonstrate five types of emergency moves, and discuss the devices you may use to move a patient



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Body Mechanics

The safest and most efficient method of using your body to gain a mechanical advantage

- Use your legs to lift, not your back
- Keep the object's weight as close to your body as possible
- Stack shoulders above hips, and hips above feet
- Reduce height or distance you need to move object

Power Lift



Figure 6-2b Lift in unison, keeping your back locked, knees bent, and feet flat.

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Figure 6-2c Stand straight, making sure your back remains locked.

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Posture and Fitness (1 of 2)

Standing

- Ears, shoulder & Hips in vertical alignment
- Knees slightly bent
- Pelvis tucked slightly forward

Figure 6–5 Proper Standing Position

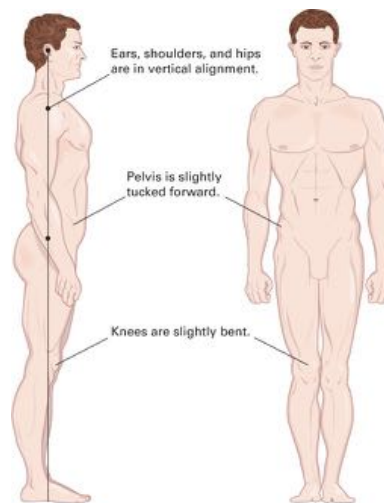


Figure 6–5 Proper standing position.

Posture and Fitness (2 of 2)

Sitting

- Ears, shoulder & Hips in vertical alignment
- Weight evenly distributed
- Feet flat on floor

Figure 6–6 Proper Sitting Position

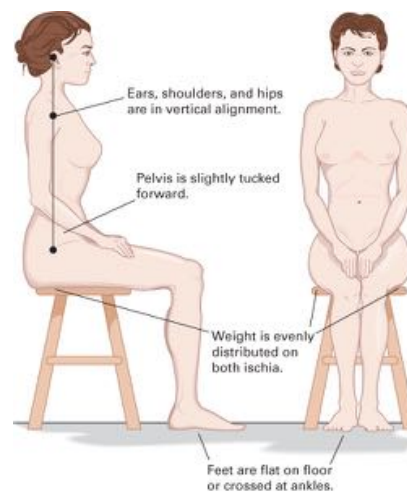


Figure 6–6 Proper sitting position.

Emergency Moves

Make an emergency move only when there is an immediate danger to the patient.

- Fire or threat of fire
- Explosion or threat of explosion
- Inability to protect patient
- Inability to gain access to patients who need lifesaving care
- When lifesaving care can't be given because of patient's location or position

Shirt Drag



Figure 6-7 Shirt drag.

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Blanket Drag



Figure 6-8 Blanket drag.

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Shoulder Drag



Figure 6-9 Shoulder drag.

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Non-Emergency Moves

Usually performed with other rescuers

- Straight Lift
- Extremity Lift (Fore and Aft Lift)

Straight Lift



Figure 6-12a Kneel on one knee on the least injured side.

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Figure 6-12b In unison, lift the patient to knee level.

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Figure 6-12c Slowly turn the patient toward you.

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Figure 6-12d In unison, rise to a standing position.

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Extremity Lift (Fore and Aft Lift)



John Mackay

Figure 6-13a Get in position at the head and feet of the patient.

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John Mackay

Figure 6-13b From a crouching position, rise to a standing position.

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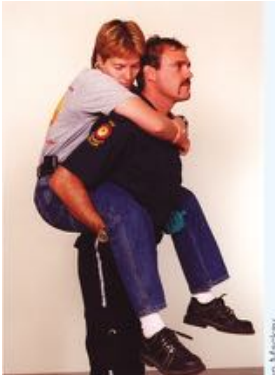
One Rescuer Moves (1 of 2)



John Mackay

Figure 6-10a Sheet drag.

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Figure 6-10b Piggyback carry.

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One Rescuer Moves (2 of 2)



Figure 6-10c One-rescuer crutch.

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Figure 6-10d Cradle carry.

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Figure 6-10e Firefighter's drag.

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Positioning the Patient

- **Unconscious patient**
 - not injured – recovery position
- **Non-life threatening emergency**
 - do not move
- **Patient showing signs of shock**
 - place in shock position
- **Patient in pain or with breathing problems**
 - any position of comfort
- **Conscious, nauseated, or vomiting patient**
 - any position of comfort

Types of Equipment

- Stretchers
- Stair Chairs
- Backboards
- Bariatric Devices

Types of Stretchers

- Standard
- Power-Assisted Bariatric
- Portable Ambulance
- Scoop (Orthopedic)
- Tarps
- Improvised stretchers

Bariatric Devices

- Large Body Surface Bariatric Board
- Pneumatic Devices
- Low Friction Devices
- Bariatric Tarp