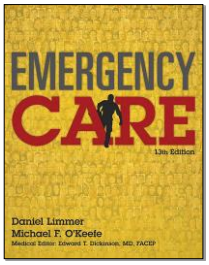
Emergency Care

THIRTEENTH EDITION



CHAPTER 3

Lifting and Moving Patients

Protecting Yourself: Body Mechanics

- Consider the following before lifting any patient:
  - The object
    - Its weight and whether it would require additional help to lift
  - Your limitations
  - Communication
    - Make a plan and communicate it with your partner.

Protecting Yourself: Body Mechanics

- Rules for lifting
  - Position your feet properly.
  - Use your legs.
  - Never turn or twist.

Protecting Yourself: Body Mechanics

- Rules for lifting
  - Do not compensate when lifting with one hand.
  - Keep weight as close as possible to your body.
  - Use a stair chair when carrying patient on stairs whenever possible.

Power Lift and Power Grip

Protecting Yourself: Body Mechanics

- When reaching:
  - Keep back in a locked-in position.
  - Avoid twisting while reaching.
  - Avoid reaching more than twenty inches in front of body.
  - Avoid prolonged reaching when strenuous effort is required.

Protecting Yourself: Body Mechanics

- When pushing or pulling:
  - Push, rather than pull, whenever possible.
  - Keep back locked in.
  - Keep line of pull through center of body.
  - Keep weight close to body.
  - If the weight is below your waist, push or pull from kneeling position.
  - Avoid pushing or pulling overhead.
  - Keep your elbows bent and arms close to your sides.

Emergency Moves

- Situations
  - The scene is hazardous.
  - Care of life-threatening conditions requires repositioning.
  - You must reach other patients.

Emergency Moves

CLOTHES DRAG

INCLINE DRAG. *Always* head first.

Emergency Moves

FIREFIGHTER'S DRAG. Place patient on his back and tie his hands together. Straddle him, crouch, and pass your head through his trussed arms. Raise your body and crawl on your hands and knees. Keep the patient's head as low as possible.

Emergency Moves

BLANKET DRAG. Gather half of the blanket material up against the patient's side. Roll him toward your knees, place the blanket under him, and gently roll him onto the blanket. During the drag, keep the patient's head as low as possible.

Emergency Moves

ONE-RESCUER ASSIST

TWO-RESCUER ASSIST

Urgent Moves

- Situations
  - The required treatment can be performed only if the patient is moved.
  - Factors at the scene cause patient decline.

Urgent Moves

- Moving a patient onto a backboard

Urgent Moves

- Rapid extrication
  - Used when taking time to immobilize the patient with short backboard or vest before moving patient may cause a deadly delay
  - Stabilize spine manually as patient is moved onto a long spine board.

Non-Urgent Moves

- Patient stable
- No immediate life threat
- Patient can be assessed, treated, and moved in normal way.
- Take all required precautions not to aggravate existing conditions.

Patient-Carrying Devices

- Stretcher or any other device designed to carry the patient safely to the ambulance and/or to the hospital
- Wheeled stretchers
  - Power stretchers
  - Manual stretchers
  - Bariatric stretchers
    - Some rated to carry patients weighing 800 pounds or more

Wheeled Stretchers

Stryker Cot

Power stretcher.
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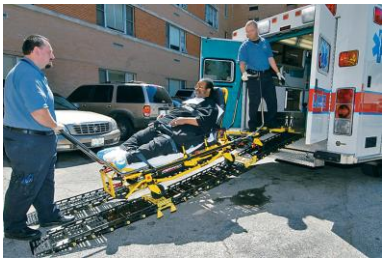
Bariatric Stretcher



Many EMS services are now equipped with specially constructed stretchers and loading equipment for obese patients.

Patient-Carrying Devices



Patient Immobilizing Devices

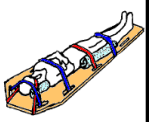



Patient-Carrying Devices

A vacuum mattress may be used to transport a patient.

Moving Patients onto Carrying Devices

- Patient with suspected spine injury
  - Immobilize head, neck, and spine before move.
  - Perform manual stabilization.
  - Place a rigid cervical collar.
  - Maintain manual stabilization the patient is immobilized to spine board.



Moving Patients With No Suspected Spinal Injury

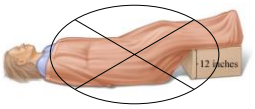
Extremity Carry

Direct Ground Lift

Draw Sheet Lift

Patient Positioning

- Positioning for shock
  - Place patients believed to be in shock in supine position
  - Do not lower head
  - Do not raise legs



Trendelenburg Position

Transferring the Patient to a Hospital Stretcher

- Draw-sheet method to move patient from the cot to the hospital bed.

Questions to Consider

- Why are body mechanics so important when lifting and moving patients?
- Why is using the appropriate patient-carrying device an important consideration?
- When would an emergency move be necessary?
- In what ways can proper positioning help a patient's condition?

Critical Thinking

- You arrive at a vehicle crash and find an elderly driver slumped over the wheel. Upon examination you determine the patient is in respiratory arrest, but not trapped in the vehicle. Which move would be appropriate for this patient?