

EMT MODULE VI

“COMMUNITY FIRST RESPONDER”

**(C.F.R.) a 48 Hours Basic
Training**



C.F.R. MODULE

UNIT SIX

LIFTING AND CARRYING TECHNIQUES

Lifting & Carrying Techniques



Extrication Devices

- **There are many devices used to move patients from the environment you find them to the Ambulance**
- **Most common of which are: the Stair Chair and the Stretcher**
- **Other devices: scoop stretcher, sked, sheet, and backboard**
- **All devices should be understood in order to transport the patient safely**

The Stair Chair



The Stair Chair Cont'd

- There are many makes and models but all of them essentially do the same thing
- They provide you with a method of moving the patient to the ambulance without forcing them to walk
- Most commonly used form of moving the patient

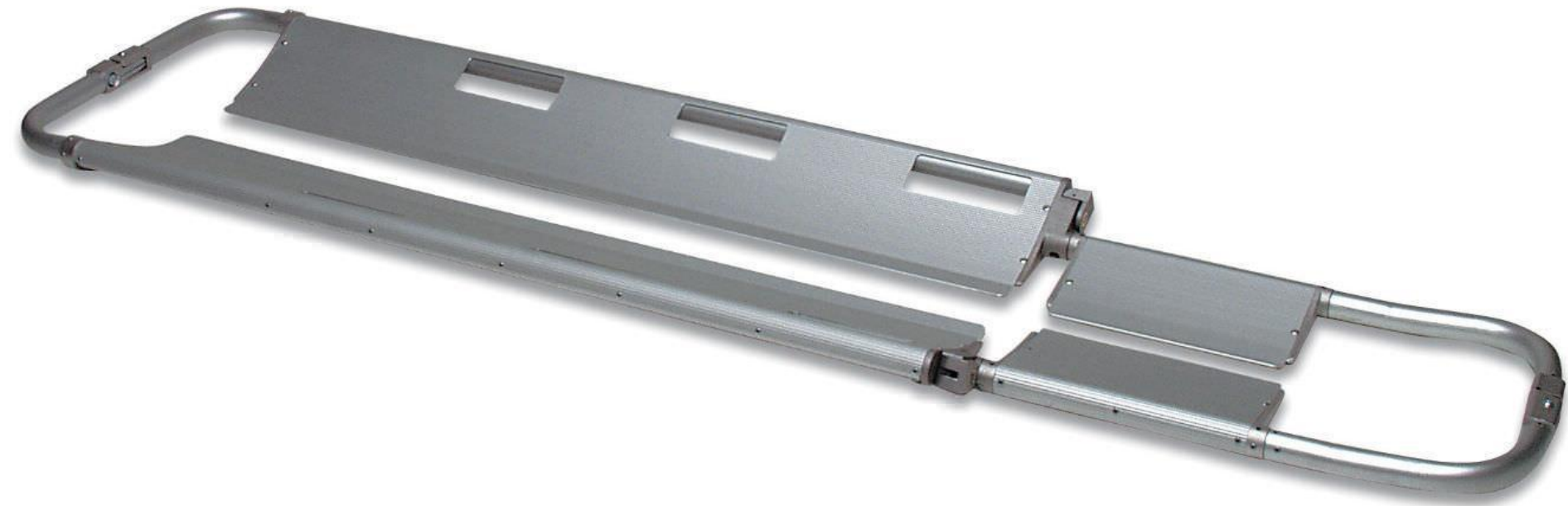
The Stretcher



The Stretcher Cont'd

- The stretcher is a device that is able to be secured inside the ambulance by a latch.
- It provides 3 points of securement for the patient: across the torso, across the pelvis, and across the legs.
- The stretcher is the most convenient form of patient transport but sometimes is too bulky to be brought inside houses or apartments

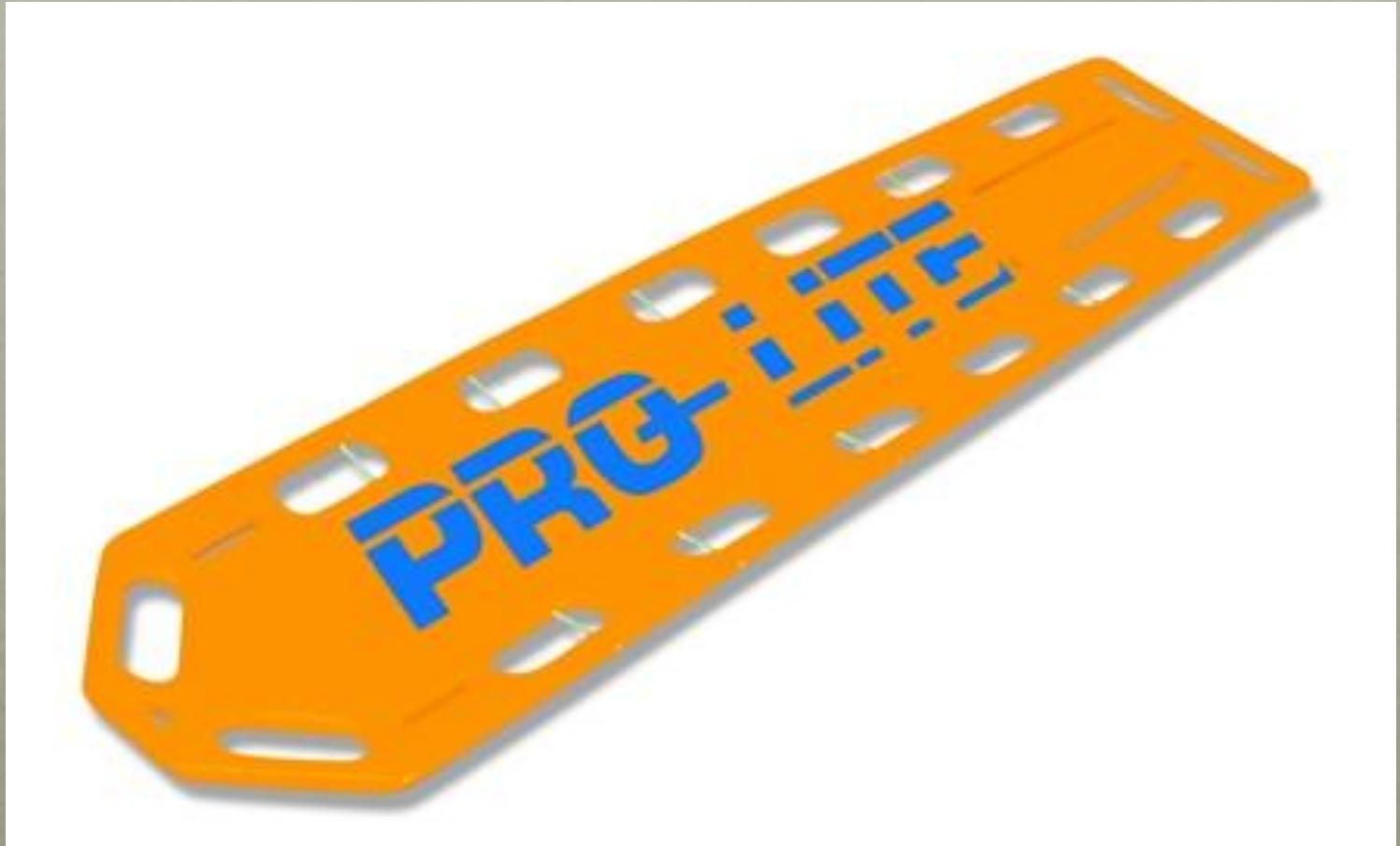
The Scoop Stretcher



The Scoop Stretcher Cont'd

- Another extrication device that is used to lift a patient who is in a location that would otherwise prove difficult to remove them from
- The scoop stretcher splits into two pieces which are held together by two hinges
- The two pieces are fitted on either side of the patient and the hinges lock together
- Patient is then transferred to the stretcher from transport to the hospital
- The scoop stretcher has replaced the backboard as the equipment of choice when extricating a suspected spinal injury patient

The Backboard



The Backboard Cont'd

- A rigid device used for extrication of trauma patients
- The device is used as a splint in order to protect the spine from unnecessary movement causing further injury
- Patient is secured to board via straps and carried to ambulance where they are transferred to the ambulance stretcher
- The backboard has been replaced by a scoop stretcher in many cases.

The Litter



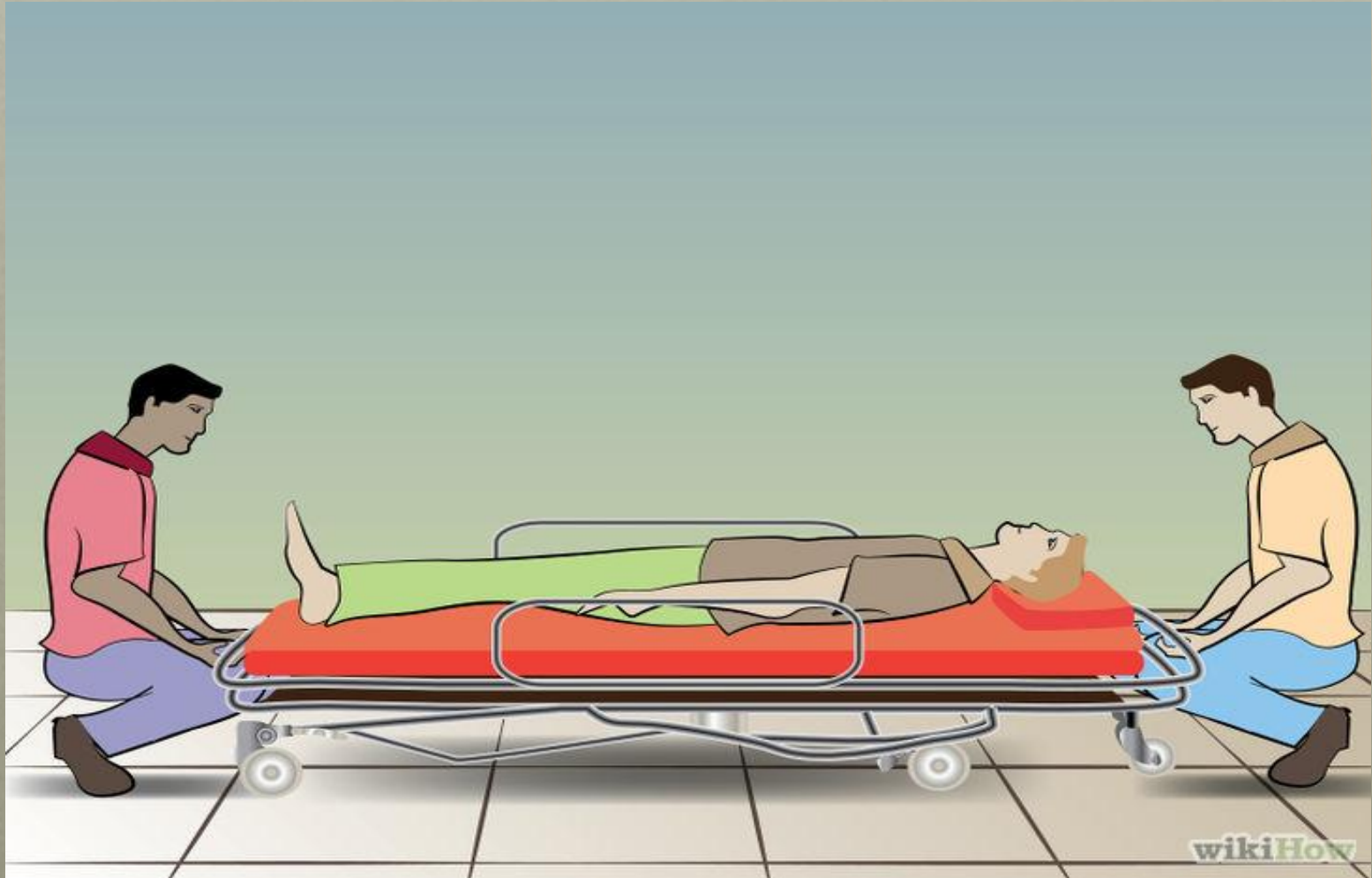
The Litter Cont'd

- Device use to drag patient's securely over rough terrain
- Patient is secured via straps to sked and then EMS crew will drag patient over snow, rocks, or other terrain where other devices cannot be used safely
- Not commonly used in EMS but on occasion may be the best method of extrication. Often used in high angle rescue.

Lifting Correctly

- Begin by tightening your back muscles
- Spread legs to be about shoulder length apart
- Grab stretcher at handles, palms up and with arms extended
- Use legs muscles to lift patient
- Keep back straight

Lifting Correctly Cont'd



Weight Distribution

- A person is usually going to be heaviest from the waist up
- Preferred method of carrying a patient on a back board is a “diamond” carry



Some other thoughts

- How much does your patient weight?
- Every EMT is required to lift 125 lbs / 57 kg
- Do not lift more than you can safely carry
- Call for additional resources if they are needed

How to use extrication devices

- Each device has different ways to be used but they all essentially have the same idea in mind: to remove the patient as safely as possible
- Remember Safety of the crew and patient are paramount



Using the Stair Chair

- 1st : Have patient sit in chair
- 2nd: Secure straps
- 3rd: Grab handles palms up
- 4th: Lift patient with legs
- 5th: Slowly carry patient down steps step by step while communicating with your partner
- 6th: A third responder may be used to brace person who is carrying patient at feet



Using the Stretcher



Using the Stretcher Cont'd

- 1st: Hook stretcher into ambulance
- 2nd: Firmly plant your feet
- 3rd: Grasp latch and lift stretcher high
- 4th: Partner lifts the stretchers' legs and helps guides stretcher into ambulance
- 5th release latch
- 6th: make sure stretcher is locked in place and secure

Emergency Drags

In an emergent situation, dragging your patient to safety might be the only option you have in order to get them to safety and begin treatment.

Dragging them properly and without causing further injury is the goal in these types of situations

Make sure that you are not injuring yourself in process as well “scene safety”

Drags

The Clothes Drag



Gather the clothing that is located between the shoulder blades of the patient making sure to support the patient's head. Use your legs and arms strength to pull the patient. Be very careful to not use your back muscles.

Drags Cont'd

The Blanket Drag

You will utilize a blanket to aid in dragging your patient to safety. You will roll you patient onto a blanket. Tie the blanket around their lower extremities. Pull the blanket from the edges that are located by the patient head and drag them to safety.



Drags Cont'd

Arm-to-Arm Drag

You begin by inserting your arms under the patient's arm pits through the front of the patient.

Grab the patient's forearms firmly and tightly hug the patient towards your body.

Drag your patient to a safe area using leg strength.



Drags Cont'd

Firefighter Drag

You begin by tying the patient's hands together at the wrists with roller gauze.

Next, you slip their hands over your neck.

Then, you use your hands and legs to propel you and your patient forward.



Emergency Carries

Carrying a patient may often be much faster than dragging them.

If the patient is not too heavy, carrying them might be a better alternative to dragging them.

These carries should be utilized in situations where they are deemed fit and appropriate.

Carries Cont'd

One person walking assist

In this situation, the person can walk but is unable to walk properly. You will be giving them assistance in order for them to not fall over creating more harm.

Place the patient's arm over your shoulder and hold their hand to create counter balance. Support their waist with them other arms as you both walk to safety.



Carries Cont'

The Firefighter Carry

One of the more difficult carries. It involves lifting your patient over your shoulder and centering their weight.

This carry Involves a lot of strength and is Not recommended for EMS personnel due to the risk of injury to you or your patient.

Use in absolute dire situations at your own risk.

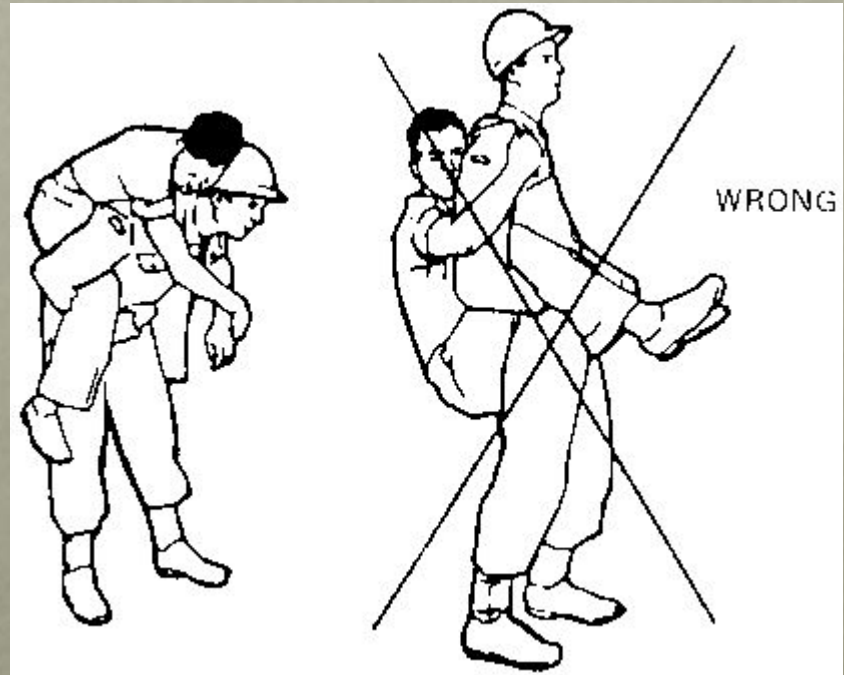


Carries Cont'd

The Pack Strap Carry

The patient will be hoisted onto your back. You will support them by hugging their legs individually on each side of your body.

They will grab their own arms in order to not fall off.



Extrication

Removing a patient from a vehicle may be a slow process but in the event the vehicle is on fire, you may need to remove the patient as fast as possible.

The following slides will demonstrate the ways you can remove a patient safely from a disabled vehicle.

Extrication Cont'd

The K.E.D.

The Kendrick Extrication Device of 'KED' is secured around the torso of the patient in order to stabilize the patient enough to remove from a vehicle.

A cervical collar is secured to the patient in order to ensure no further spinal damage will be rendered.

After the patient is secured in both devices they are removed from the vehicle and cared for in the ambulance or triage area.



Extrication Cont'd

Rapid Extrication

Most commonly used technique in EMS for removal of a patient from a vehicle.

A Cervical collar is placed on the patient.

The patient is carefully positioned horizontally and slid onto a backboard.

They are secured to the backboard and moved to a safe area.

