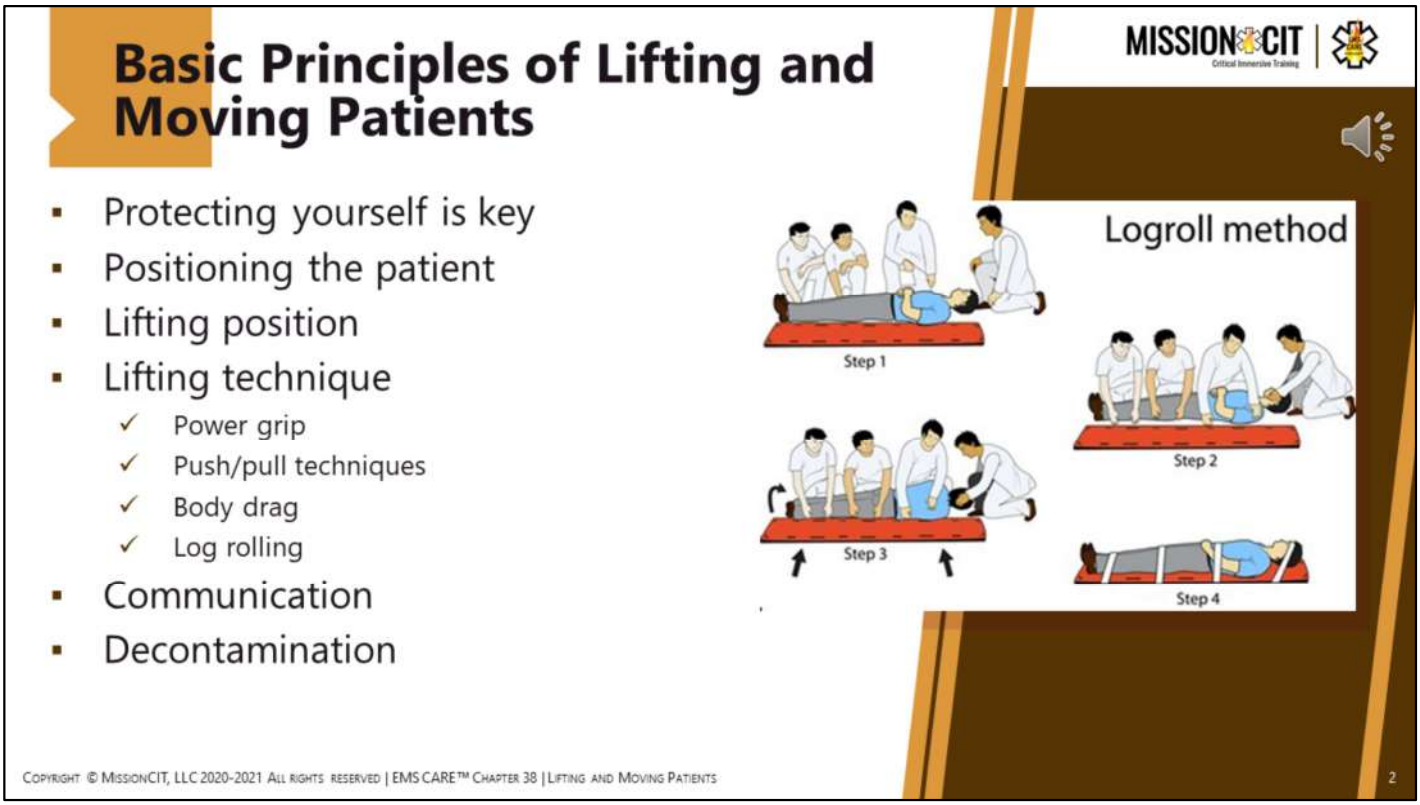


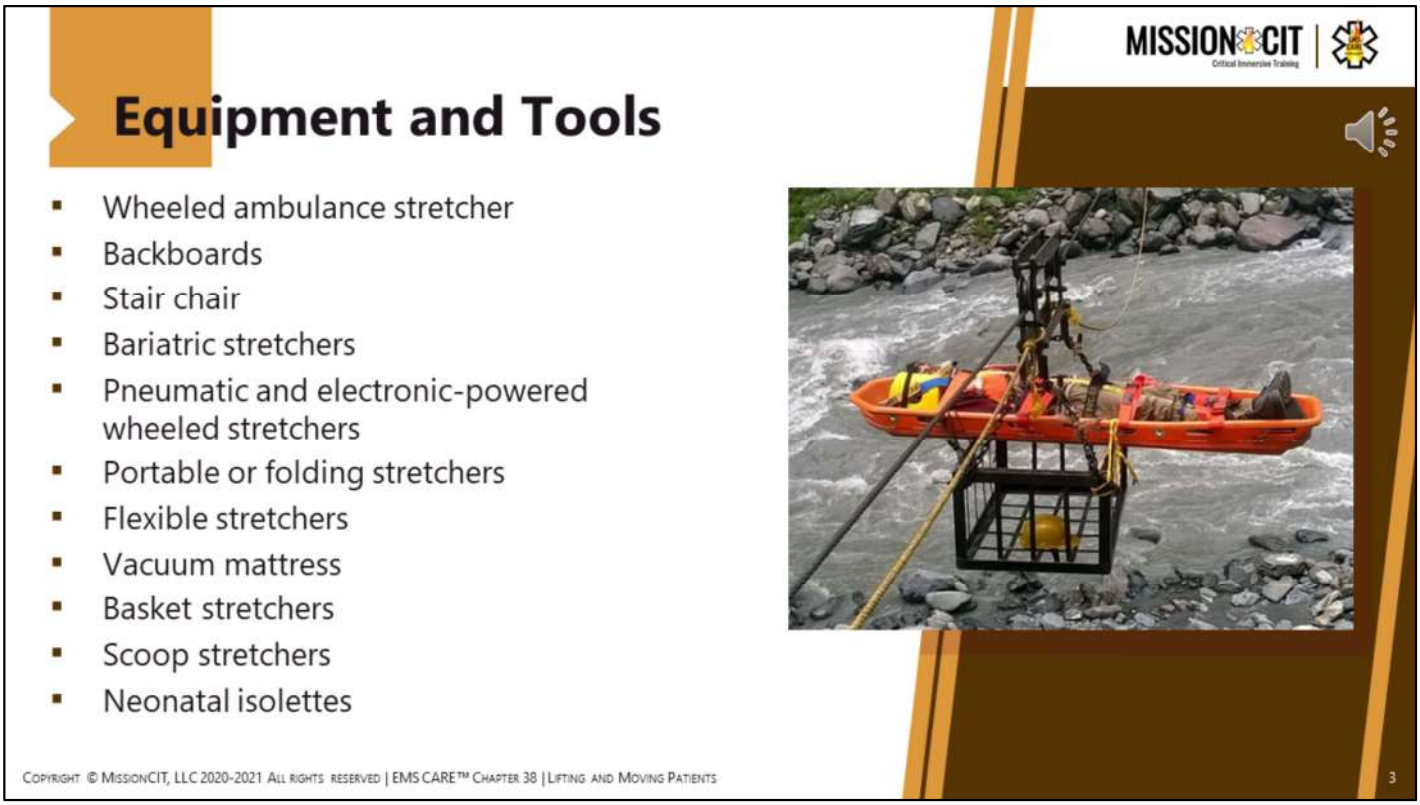
Thank you, Justin. It's time to review these three lessons before you move on to the quiz. Thousands of patients are lifted and moved by EMTs and many EMTs are injured because they attempt to lift or move a patient improperly. We will recollect the aspects to be kept in mind while lifting and moving patients, so both your patient and you are safe and healthy.



In the first lesson, we mentioned the Basic Principles of Lifting and Moving Patients. First, remember to protect yourself before you lift or move a patient. Next, depending on the patient's chief complaint, position the patient. Then, follow the rules to choose the appropriate lifting position. This lifting position reduces your chances of injury. After being sure about the things you need to avoid while lifting a patient, follow the right lifting technique. Here are a few of the techniques we discussed:

- Power grip: This grip gives the maximum force from hands
- Push/pull techniques: The ground rule is, push whenever possible and always choose it over pulling
- Body drag: To drag a patient to safety or to get to a wheelchair
- Log rolling: To log roll the patient onto his or her side to place a patient on the backboard

Throughout this process, effective communication must be followed amongst the team members. All the team actions must be coordinated so everyone knows their exact role. Make sure you use the right protective equipment based on the circumstances and decontaminate every piece of equipment after use.

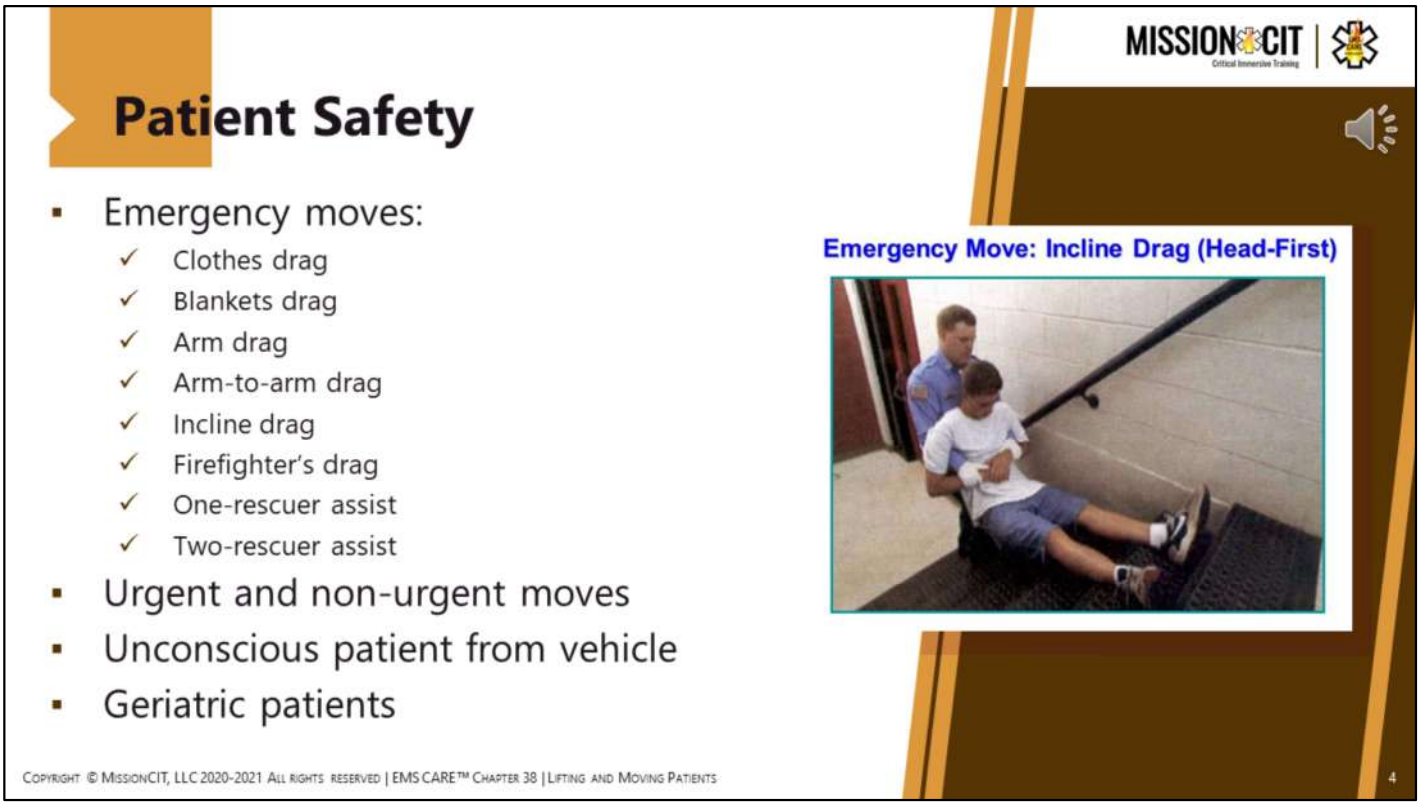


In the next lesson, we looked at the different pieces of equipment that are available to make this lifting and moving safe.

- Wheeled ambulance stretcher: It is the device that's most commonly used to lift patients. This equipment must not be used on stairs.
- Backboards: Used to carry and immobilize patients who are suspected to have spinal injury or trauma.
- Stair chair: This is a lightweight, wheeled, and foldable chair that can be used on the stairs.
- Bariatric stretchers: Required for obese patients who weigh 300 pounds or more. They tend to be wider than normal stretchers for additional stability.
- Pneumatic and electronic-powered wheeled stretchers: These stretchers are electronically powered and have automatic controls to raise or lower the undercarriage.
- Portable or folding stretchers: These type of stretchers are strong, tubular, and rectangular metal frames with fabric stretched across it.
- Flexible stretchers: These stretchers can be rolled into a tubular package for easy transportation and most useful for confined spaces.
- Vacuum mattress: The air in this mattress can be completely removed, so it can be used to

mold around the patient. It provides immobilization, comfort, and thermal insulation.

- Basket stretchers: Also known as stokes litter, are well-suited for remote location rescues like water and technical rope rescues.
- Scoop stretchers: Used to scoop patients. They consist of two or four pieces and are designed in such a way to fit them around the patient who is lying flat on a surface.
- Neonatal isolettes: Specialized equipment that keeps the neonates warm and protects the child from noise, draft, infection, and excess handling.



Lastly, let's talk about patient safety during unique situations. Emergency moves become essential when there is a potential for danger such as fire, explosives, and other hazardous materials. In such situations, here are certain moves to ensure the patient's safety.

- Clothes drag: You drag a patient using his or her clothes.
- Blankets drag: You place a blanket under a patient and pull the blanket and the patient along with it.
- Arm drag: You drag a patient with his or her hands.
- Arm-to-arm drag: You place your arms around the patient's chest and pull him towards you.
- Incline drag: You move a patient down the stairs with his or her head resting against your body.
- Firefighter's drag: You place a patient on his back and tie his hands together.
- One-rescuer assist: You place one of the patient's arms around your shoulder and assist the patient to walk.
- Two-rescuer assist: The patient's arms are placed around the shoulders on two EMTs on either side.

You may use urgent moves when patients have an altered level of consciousness and non-urgent moves when both the scene and the patient are stable. The most common non-urgent moves are direct ground, extremity lifts, direct carry, and draw sheet.

Another possible special situation may include moving an unconscious patient from a vehicle. You need to take special care while handling geriatric patients because they have brittle bones, and their bodies may be rigid as well. And finally, medical restraints are critical as they help to secure the patient to the equipment. Know that you must understand the local protocols and comply with them.

That’s it! We’ve come to the end of the chapter review. You may now proceed to the quiz.