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Lifting and Moving Victims

PREPAREDNESS

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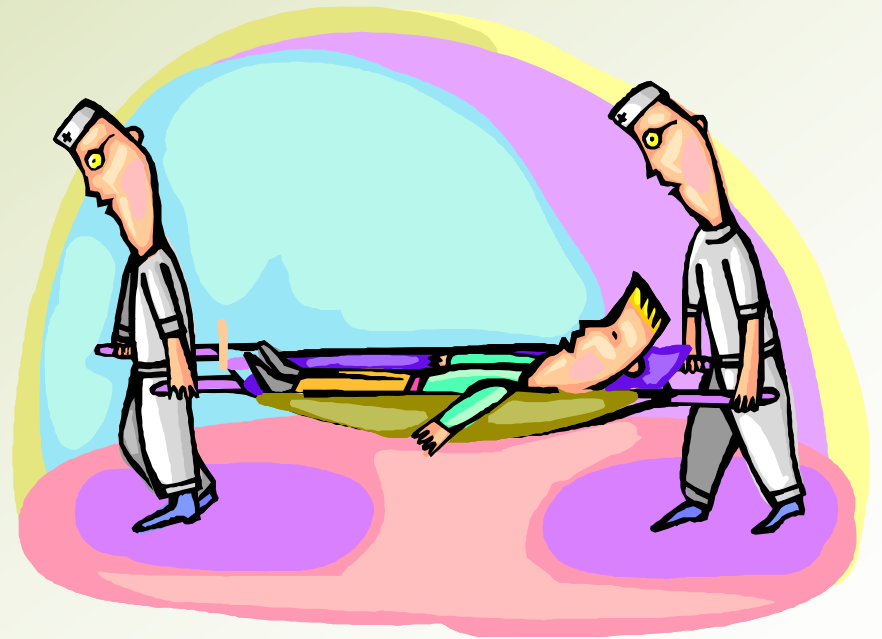


Move an Injured Victim?

★ Rarely!

★ When?

- ★ If the scene is unsafe
- ★ To reach another victim
- ★ To provide necessary care



Safe Lifting Methods

- ★ Communicate with one another before and all through the move.
- ★ Plan the move, chose a move leader
- ★ Use a wide, balanced stance with one foot ahead of the other

Safe Lifting Methods (cont.)

- ★ Keep the lower back in its normal arched position while lifting
- ★ Bring the load as close to your body as possible
- ★ Keep the head and shoulders up and keep your eyes on the load

Safe Lifting Methods (cont.)

- ★ Tighten stomach muscles as the lift begins
- ★ Lift with the legs and stand up in a smooth even motion
- ★ Move the feet (pivot) if a direction change is necessary

Safe Methods for Moving a Victim

- ★ Walking Assist
- ★ Two-Person Seat Carry
- ★ Clothes Drag/Blanket Drag
- ★ 4 person Blanket or Litter Carry

Activity

- ★ Many other safe move strategies.
- ★ Your handout has more information.
- ★ Now you try it...

In Conclusion

- ★ Who do you need to take care of first?
- ★ Wear protective equipment
- ★ Use caution when approaching disaster site
- ★ Do no harm



Questions

