

Lifting and Moving Patients



Courtesy of Rhonda Hunt.

National EMS Education Standard Competencies

EMS Operations

Knowledge of operational roles and responsibilities to ensure patient, public, and personnel safety.

Knowledge Objectives

1. Explain the need and use of the most common patient-moving equipment, the stretcher and backboard. (pp 261–263)
2. Explain the technical skills and general considerations required of EMTs during patient packaging and patient handling. (p 263)
3. Define the term body mechanics. (p 264)
4. Discuss how following proper patient lifting and moving techniques can help prevent work-related injuries. (pp 263–264)
5. Identify how to avoid common mistakes when lifting and carrying a patient. (pp 265–267)
6. Explain the power grip and sheet or blanket methods for lifting a patient. (pp 267–269)
7. Explain the general considerations required of EMTs to safely move patients without causing the patient further harm and while protecting themselves from injury. (pp 271–274)
8. Explain how to carry patients safely on stairs, including the selection of appropriate equipment to aid in the process. (pp 274–276)
9. Describe specific situations in which an urgent move or rapid extrication may be necessary to move a patient; include how each one is performed. (pp 283–287)
10. Describe specific situations in which a nonurgent move may be necessary to move a patient; include how each one is performed. (pp 288–293)
11. Explain the special considerations and guidelines related to moving and transporting geriatric patients. (pp 293–296)
12. Define the term bariatrics. (p 296)
13. Discuss the guidelines for lifting and moving bariatric patients. (pp 295–297)
14. Explain the need and use for additional patient-moving equipment (specialized); include examples. (pp 296–300)
15. Know the importance of decontaminating equipment in the prevention of disease transmission. (p 300)
16. Describe proper positioning for the following conditions: (p 301)
 - Unresponsive patients without suspected spine injury
 - Patients with chest pain, discomfort, or difficulty breathing
 - Patients with suspected spine injury
 - Pregnant patients with hypotension
 - Patients who are nauseated or vomiting
17. Discuss situations that may require the use of medical restraints on a patient. (pp 301–302)
18. Explain guidelines and safety considerations for the use of medical restraints. (pp 301–302)

Skills Objectives

1. Perform a power lift to lift a patient. (p 266, Skill Drill 8–1)
2. Demonstrate a power grip. (p 267)
3. Demonstrate the body mechanics and principles required for safe reaching and pulling, including the technique used for performing log rolls. (pp 267–269)
4. Perform the diamond carry to move a patient. (p 272, Skill Drill 8–2)
5. Perform the one-handed carry to move a patient. (p 273, Skill Drill 8–3)
6. Perform a patient carry using a stair chair to move a patient down the stairs. (p 275, Skill Drill 8–4)
7. Perform a patient carry to move a patient down the stairs on a backboard. (pp 276–277, Skill Drill 8–5)
8. Demonstrate how to load a stretcher into an ambulance. (pp 276–281, Skill Drill 8–6)
9. Demonstrate how to perform an emergency or urgent move. (pp 281–287)
10. Perform the rapid extrication technique to move a patient from a vehicle. (pp 283–287, Skill Drill 8–7)
11. Perform the direct ground lift to lift a patient. (pp 288–289, Skill Drill 8–8)
12. Perform the extremity lift to move a patient. (pp 290–291, Skill Drill 8–9)
13. Perform the direct carry to move a patient. (pp 291–292, Skill Drill 8–10)
14. Demonstrate how to use the draw sheet method to transfer a patient onto a stretcher. (pp 291–293)
15. Use a scoop stretcher to move a patient. (pp 292–294, Skill Drill 8–11; p 300)
16. Demonstrate the correct use of medical restraints on a patient. (pp 301–302)