



MECKLENBURG EMS AGENCY

---

## Policy and Procedures for Patient Handling

### Purpose

The purpose of this policy is to outline proper lifting techniques, patient handling and patient securing. This will outline patient handling to include special situations when a stretcher cannot be placed within immediate reach of the patient.

### Definitions

**Stair Chair** - A piece of equipment used to transport patients either up or down stairs. It is in a chair form with long tracks on the rear of it that allow for ease of movement on stairs.

**Bariatric Tarp** - A large canvas tarp that has nylon handles sewn in to it on all sides. It is used for moving large patients in confined spaces.

**MEDSLED** - A sturdy plastic carrying device that can be easily moved on most terrains. It is used for moving large patients in small spaces.

### Proper Lifting Technique

Proper lifting technique will be defined as using proper stance, proper grip, and proper motion while lifting the patient.

**Proper Stance** - Feet will have a strong base on the ground and be placed shoulder width apart. The knees will be bent and back will be straight (not bent).

**Proper Grip** - Hands will be shoulder width apart with palms facing upward, and elbows bent.

**Proper Motion** - As lifting takes place, all motion will be focused on the legs. Power will come from the upward motion of the legs extending from the bent position.

Proper lifting technique will decrease the chance and amount of back injuries. This will allow for the ability to lift more weight safely and effectively.

### Patient Extrication

Patients may be found in a vast array of different places and positions with many of these being more difficult to move the patient than others. For these situations, Medic will provide the appropriate equipment and extra man power if need be. **Safety should always trump convenience.**

When moving bariatric patients that are not able to move on their own, the bariatric tarp or MEDSLED should be utilized. Both have handles that will allow the use of proper lifting techniques while moving a large patient. If needed, another Medic unit or a fire department may be called to assist.

If the patient is not on a ground level and an elevator is not readily available, the stair chair may be used to move the patient. The patient must be secured fully to the chair via crossing shoulder straps and leg strap. Once the patient is secured to the stair chair, the back tracks will be extended and security of the

tracks will be checked by putting force against them with your hand. Once security is confirmed the chair may be moved down the stairs. A person should be at the head of the chair and one at the feet; this allows for complete control and will decrease the possibility of injury.

The patient should always be transported on the stretcher. The patient will be secured using all straps on the stretcher. The cot should always be moved with the feet at the front. The stretcher should be secured inside the patient compartment via the locking mechanism.

Pediatric patients, fewer than 40 lbs. or 40 inches tall, should be placed in a car seat or pedi-mate. While it is always optimal for the patient to be transported in their personal car seat, it is not always practical. If the patients' car seat is not present or is deemed unfit, then use the Medic supplied car-seat or pedi-mate. If the patient's car seat is present, the patient may be secured via their personal car seat. Car seats should be secured to the cot and the patient secured to the car seat. **At no point in time should the patient travel within the parents arms.**