

Patient Lifting and Moving

Purpose

The purpose of this policy is to outline proper lifting techniques, safe movement of patients, and best practices related to the use of the PMD or patient moving devices.

Definitions

Stretcher or Cot – A wheeled apparatus used for moving patients up to 700lbs, preferably on stable, even ground. Requires a minimum of two providers, one at the head and the other at the foot.

Bariatric Stretcher or Cot – A wheeled apparatus used for moving patients up to 850lbs, preferably on stable, even ground. Requires a minimum of two providers, one at the head and the other at the foot.

Stair Chair - A chair designed to allow for safe movement of patients up and down stairs. Requires a minimum of two providers, one at the head and the other at the foot.

Bariatric Tarp or Mega Mover - A portable patient transport device used for transporting patients from areas that are inaccessible to the stretcher, to assist with bariatric transports, and for bed to stretcher transfers. Requires a minimum of two providers, one on each side.

MEDSLED - A sturdy plastic carrying device that can be easily moved across most terrains. Its primary use is for moving patients out of small spaces. It can also be used to assist with bariatric transport.

Scoop Stretcher - A device used specifically for moving injured patients from the ground or flat surface to the stretcher. The device has two parts that connect and eliminate the need to log-roll the patient. Requires a minimum of two providers, one at the head and the other at the foot.

Back Board/PEDS Spinal Board - A device that provides rigid support while moving patients with suspected spinal or limb injuries to the stretcher. Requires a minimum of two providers, one at the head and the other at the foot.

Pedi Mate - A device designed to secure pediatric patients weighing 10-40lbs to the stretcher for transport.

Pedi Pal - A device designed to secure pediatric patients up to 40lbs in an upright position.

Planning Your Move

Communicate clearly and frequently with your partner and any others assisting with patient movement. Decide which PMD is best to move your patient from the scene to the stretcher, what verbal commands will be used, and what your exit route will be. Call for help when you need it.

Moving Patients

Continue to communicate during your lifting and moving. Keep both of your hands on the PMD during the movement and while stationary. A minimum of two providers are needed with each move. At least one will be a Medic field provider who will lead and communicate the lifts and movements.

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Proper Lifting Technique

Using proper lifting techniques can help prevent injury. No matter which patient moving device you choose, you want to keep the weight as close to your body as possible, keep your feet flat on the ground using a strong, stable stance and while maintaining a firm hold on the device you are using.

Squat down, bending through your hips and knees, you can also take a staggered stance, with one foot half kneeling in front. Keep your back straight and shoulders back. Lift the weight by straightening your hips and knees, rather than pulling up through your back.

As lifting takes place, keep your shoulders level and facing in the same direction as your hips. Turn by moving your feet, do not twist or rotate your torso.

Hand Placement – When lifting, both of your hands should be palms up.