CHAPTER 3

Lifting and Moving Patients

HANDOUT 3-2: Evaluating Content Mastery

EVALUATION

CHAPTER 3 QUIZ

*Write the letter of the best answer in the space provided.*

_____ 1. When you are lifting a heavy object, most of the work should be done by the muscles of your:

A. back.  
B. arms.  
C. shoulders.  
D. legs.

_____ 2. For which reason should an urgent move be used?

A. The patient requests it.  
B. Immediate treatment for a breathing emergency can be performed.  
C. You are directed to do so by a police officer.  
D. Moving the patient makes it easier for the EMT to provide non-urgent care.

_____ 3. The preferred device for carrying a conscious medical patient down a flight of steps is the:

A. stair chair.  
B. Reeves device.  
C. ambulance stretcher.  
D. backboard.

_____ 4. One technique that can greatly reduce risk of back injuries when lifting and moving patients is:
A. not allowing the weight to get close to your body.
B. keeping the lifted weight in close to your body.
C. keeping your feet together.
D. locking out your knees.

5. Which of the conditions below is NOT one that permits the use of an emergency move?
   A. The scene is hazardous.
   B. Care of life-threatening injuries requires repositioning.
   C. A stable patient’s position is hampering a police investigation.
   D. You need to reach other patients who require urgent care.

6. Patients who weigh over 600 pounds or more may require a specialty built stretcher called a(n):
   A. stokes basket
   B. bariatric stretcher
   C. barometric stretcher
   D. deluxe stretcher

7. The technique used when quickly removing a patient from a vehicle is called:
   A. log rolling.
   B. the long-axis drag.
   C. rapid extrication.
   D. the Stokes move.

8. Unresponsive patients without suspected spinal injuries should be placed in the:
   A. position of comfort.
   B. Fowler’s position.
   C. recovery position.
   D. Trendelenburg position.

9. The method that should be used when moving a patient onto a long
spine board is the:

A. log roll.  
B. cradle lift.  
C. direct ground lift.  
D. firefighter’s lift.

10. The method commonly used to transfer a patient from a bed at home to a stretcher is the:

A. extremity lift.  
B. direct ground lift.  
C. firefighter’s carry.  
D. draw-sheet method.
Read the following real-life situation. Then answer the questions that follow.

Mark said, “Greg overreacted,” and Jim replied, “Yeah, he endangered the patient. Suppose the guy had a broken neck or something!” “He’s just lucky the guy was all right.” Overhearing this conversation, you are naturally curious and ask, “What happened?”

The two other EMTs tell you that there was a motor-vehicle collision—a high-speed crash in which the cars were found T-boned and the passengers seriously injured. When Greg’s ambulance arrived, it was assigned by EMS command to care for the patients in car B.

After approaching the cars, Greg did a quick scene size-up, including assessing for scene safety. The position in which the cars came to rest after impact made access on the driver’s side impossible, so Greg looked into the passenger-side window of car B. He could see that the driver, who appeared unresponsive, had a large cut over his left eyebrow that was bleeding profusely. An initial assessment of the passenger revealed no obvious injuries.

It was at this point that Greg called EMS command and asked for additional resources, including the heavy rescue team. He then immediately extricated the passenger in order to gain access to the driver. Despite the fact that Greg now had access to the driver and could start patient care, he was unable to extricate the driver without the assistance of heavy rescue. Eventually, the heavy rescue team disentangled the driver from the dash. He was then transported to the trauma center.

1. What action taken by Greg might have troubled Jim and Mark? Did Greg do the right thing?

2. Which patient moving technique should have been used by Greg?
3. If the driver had not appeared to be seriously injured, what should have happened differently?
CHAPTER 3 REVIEW

Write the word or words that best complete each sentence in the space provided.

1. The proper use of your body to facilitate lifting and moving a patient is called ________________ ________________.

2. A major cause of lower back injuries is from ____________________ while lifting.

3. When possible, it is safer and more efficient to move a patient over distances on a ________________ device.

4. When lifting a patient carrying device, it is best to use a(n) ________________ number of people.

5. When using the power grip, hands should be kept at least ________________ inches apart when possible.

6. The most common emergency drags are all ________________ - ________________ drags.

7. During a ________________ ________________, the patient is stabilized manually before being removed from a vehicle onto a long spine board.

8. Usually patients are transported over rough terrain or out of the woods via a(n) ________________ stretcher.

9. To slide a patient from an ambulance stretcher to a hospital bed, the EMT would use the ________________ - ________________ method.

10. A minimum of ________________ people should be used to move a stretcher over rough terrain or long distances.
BODY MECHANICS BASICS

*Write the word or words that complete the following points to keep in mind to ensure safe lifting and carrying.*

1. Position your _____________________ properly—on a firm, level surface and shoulder-width apart.
2. When lifting, use your _____________________ and not your back to do the lifting.
3. When lifting, never _____________________ or attempt to make any _____________________ other than the lift.
4. When lifting with one hand, do not _____________________.
5. Keep the weight as close to your _____________________ as possible.
6. When carrying a patient on stairs, use a(n) _____________________ _____________________ when possible.
7. Keep your back in a(n) _____________________ - _____________________ position.
8. Avoid reaching more than _____________________ to _____________________ inches in front of the body.
9. When pushing or pulling, _____________________, rather than _____________________, whenever possible.
10. If a weight is below waist level, push or pull from a(n) _____________________ position.
LIFTING AND CARRYING MATCHING

I. Write the letter of the patient carrying device in the space provided next to the situation for which it is appropriate.

   A. Long backboard
   B. Scoop stretcher
   C. Basket stretcher
   D. Stair chair
   E. Short backboard
   E. Bariatric stretcher

1. A patient is found seated in the front seat of a car after a collision.
2. An elderly woman has fallen between the toilet and the bathtub.
3. A hunter has twisted her knee in the woods.
4. A child has fallen out of a tree fort.
5. A middle-aged male has chest pain in his two-story brownstone house.
6. An 850 pound woman during an interfacility transfer.

II. Write the letter of the classification of patient move in the space provided next to the patient move it describes.

   A. Emergency Move—one-rescuer carry
   B. Emergency Move—one-rescuer drag
   C. Non-Urgent Move—no spinal injury evident

1. Cradle
2. Incline
3. Draw-sheet method
4. Blanket
5. Clothes
6. Piggyback
7. Pack strap
8. Extremity
9. Foot
10. Direct ground