

# Manhattan Fire Protection District

Standard Operating Procedure	Section: EMS	Page 1 of 3
	Subject: Patient Handling, Safe Moving and Lifting of Patients	Date 2/25/14 SOP# 1103-1

## **PURPOSE**

This guideline is established to provide guidance for the Manhattan Fire Protection District when handling, lifting, and moving, of a patient are required. The guideline will also set parameters for the use of additional personnel to help with the safe movement, handling and transfer of the patient from their present location to a stair chair, stretcher or approved transfer device with the purpose of transportation to a medical facility.

## **SCOPE**

The goal of this Standard Operating Procedure is to protect district members from work related injuries while attempting to lift, move or transfer a patient to a transport device such as a stretcher or stair chair. The overall goal is injury prevention not only for members of the department but also for those patients that we routinely handle on calls. The identification of hazards associated with our work environment and the “Ergonomic Factors” involved will be outlined in this SOP to aid us during the preparation and movement of patients.

## **GUIDELINE**

### **IDENTIFYING WORK HAZARDS INVOLVED IN MOVING PATIENTS**

Although there are many hazards involved in the moving of patients the ones that we encounter often are those that involve:

- Multistory buildings or homes using stairways that are narrow with small landings
- Up and over embankments or inclines leading to or from the patient
- Moving down rough or sloping terrain
- Moving patients out of small cluttered areas such as closets and washrooms
- Lifting a patient on the stretcher into the ambulance with inadequate help
- Scene factors ( environmental) and man-made hazards including utility hazards

### **PHYSICAL FACTORS INVOLVED IN MOVING PATIENTS**

- Patient’s weight may be a factor in ease of movement
- Patient’s medical condition may be a factor in movement
- Physical conditioning of personnel moving patient is a factor
- Enough personnel available to safely move or transfer the patient

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## EQUIPMENT FACTORS INVOLVED IN MOVING PATIENTS

- Properly maintained and the appropriate equipment for the job is a factor in safe handling and moving
- Backboards with straps should be maintained and inspected for wear and structural problems
- Stretchers should be inspected annually for performance and mechanical problems
- Stair chairs should be used and not be substituted with ordinary sitting chairs for moving patients
- Soft stretchers/shamu-style moving tarps shall be used when necessary for moving patients out of confined spaces and moving large patients down stairways provided a minimum of 4 personnel are available to use transporter.

*We now know many of the work hazards, physical factors and equipment factors that are indigenous to our work arena. We have a work environment that changes with every call we go on and never remains static. Our work place is most often away from the station in a small cluttered home, a dangerous highway or a large industrial complex. We need to be aware of Scene safety and Injury Prevention at all times. We must have basic types of ergonomic controls in place. Ergonomics is the practice of making the work environment safer and more productive for the worker.*

## LIFTING AND MOVING OF PATIENTS

\*Utilize the following proper lifting techniques when lifting and do a size up on the weight of the patient to insure the appropriate manpower for the job.

- Use your legs to lift, bend your knees not your back
- Keep your back straight when lifting
- Do not twist your body while lifting, reposition feet before lifting to avoid a twisting motion
- Always attempt to stand as close as possible to patient when lifting them to avoid injury
- Don't attempt a lift or move a patient that exceeds your lifting ability

**\*Call for additional manpower as needed to assure your safety and the patient's safety when lifting or moving!**

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## PHYSICAL FITNESS

One of the main objectives of the department's "Fitness Wellness Mission" is to lessen the frequency and severity of employee injuries by increasing muscular strength and physical stamina. To accomplish this objective all employees are encouraged to participate in an individual fitness program. Department Peer Fitness Trainers are available to help with your program.

## ADDITIONAL MANPOWER

*\*Additional manpower can be called in any situation that may have the potential to jeopardize the safety of the patient and personnel.*

- If the weight of the patient outweighs the ability for safe handling
- If the scene situation should require additional personnel to assure safety of the patient and personnel
- For any situation that is deemed necessary to assure the safe handling of the patient and personnel
- If you think you might need additional manpower, chances are you do. Don't test your strength in an emergency situation.

## SUPPLEMENTAL EQUIPMENT

- If available, call for Stryker MX-Pro Bariatric Cot. This cot is rated to an 850 lb patient in the upright transport mode and can handle 1200lbs at the lowest ground level if required. The cot will be delivered to the scene and will fit our current stretcher brackets

Chief Signature: Chief *Daniel Forsythe* Date: 2-24-2014