

## Demonstrating Victim Lifts & Carries Transcript

Okay, now that we've discussed the different lifts and carries, we're going to go ahead and demonstrate a few, starting first with the chair lift. What I do before I use a chair lift, to lift any patient, is check the chair to make sure it's stable. I'll lean it forward on its front legs, lean on it, to make sure there is not a lot of flex. I'll tip it back onto the back legs, same thing, check for flex in the chair. Then finally, I'll sit down in the chair, and rock back, just to make sure it feels stable. If I can have two volunteers. Why don't you have a seat in the chair.

Once you have your victim into the chair, you want to give them something to do, something to distract them, keep their mind off of what's going to happen. Can I borrow this bottle of water?

(person agrees) You're welcome.

I want you to hold onto that, don't let that go, okay? Now you want to explain everything that's going to happen, exactly. So what I'm going to do on the count of three, I'm going to tip the chair back and we'll pick you up and we'll move you. So you come around to the back of the chair, put one foot against the leg of the chair to stabilize it, grab the sides of the chair in a comfortable position. It's important that you have the person with the better upper body strength do this part, because this is going to be the heavier portion of the lift. So grab the chair, on three, I'm going to tip you back, do not reach out. 1-2-3. Tip the chair back. If you would like to come around to the front, squat down and grab the legs of the chair ... a little bit lower, good. We'll pick up on three, 1-2-3. And we'll move the victim. We'll set the patient down on three, 1-2-3. Then down again, 1-2-3. The chair lift is great for somebody who may not be able to move around so well on their own, or the elderly victim, because now it gives them someplace to sit. You're not taking them out of the situation they were in, having them sit on debris, they have a chair to sit on. Nice job, thank you for your help. You guys go back to your seats. Are there any questions? Yes.

I would think, that if I were that person, and in that situation, that I would be a little bit nervous or maybe flailing around, so if that were to happen, what would you do?

Generally what happens with victims, when they start receiving help, they will calm down, or relax, because they are being removed from the situation, and if not, you can always just duct-tape them to the chair, and be on your way.

[laughs]

So the five of you in the front, come on up here. We'll do the log roll and blanket carry. I need a volunteer. Okay, why don't you go ahead and lay down on the ground. So what you'll do is, you'll take the blanket, spread it out along the side of the victim, making sure you have enough up around the head and neck area. You'll take this, very tightly, pack it in underneath the side of the patient. Okay, then to log roll the patient, we'll always roll them onto an uninjured side. So, raise this arm up. I'll come a round, I'll stabilize the head and neck. It's going to be on my call, we will roll the patient. If you want to come around to this side. Okay, if you want to grab the shoulders, you have the hips, you have the legs. We'll roll the patient over on three, we'll move the blanket from underneath the patient, then we'll roll the patient back onto the blanket. Okay, ready? 1-2-3. Here you go and pull the blanket out. Okay, on three, we'll roll the victim back, 1-2-3. Okay, you want to roll the sides in towards the patient now.

Like this?

Yes. Keep it nice and tight, and keep it as close to the patient as you can. Ideally this would be lifted with six people, but realistically it may only be four of you. Make sure you have a good grasp of the blanket, and your hands are a little bit far apart. You're going to lift with your legs, not with your back. Lifting on three, 1-2-3. Move the patient. And equally as important, we'll go down on three. 1-2-3. Good job. Victim, do you have anything for them?

Oh absolutely. That was really, it was a great lift you guys. I was stable, I was almost flat, it just felt very comfortable all the way. My head didn't move. You did a great job.

Thank you. Thanks.

Very nice job. Now we're going to demonstrate the two-rescuer carry. Can you come up as a volunteer? First rescuer is going to come to the head of the victim. Grab the victim by his shoulders, lift the victim up. At this point, you can rest them against your knees. Come in, and you're going to go and grab onto their wrists. At this point I'm going to want you to step between his legs. Okay. I'm actually going to want you to face me. It's a little bit easier, when we're going to be going over some rough terrain or down stairs, if we're facing each other. Okay. So if you want to squat down, bend, and grab him at the knees. On three, we'll pick him up, 1-2-3. Okay. At this point now, you can rest him on your hips, so it's a little easier for you to carry.

It is.

And we're going to go backwards towards me. Okay. Ready? 1-2-3. We'll set him down on three, 1-2-3. Okay. Okay, now the victim is on the ground, you'll want to support the shoulders, head, and neck as you lower the victim all the way down to the ground. Nice job. Are there any questions?

I have a question. Well I was wondering, since you're walking in front of me, and you're supporting the body, if we came to a set of stairs, would you go down the stairs first?

When you go down the stairs, you always want the victim to go down the stairs feet first, you don't want to take them down the stairs head first, you always want them pointed with feet down the stairs.

Okay. Are there any other questions? Nice job. Why don't we go ahead and break up into groups of two, and we'll practice all the lifts and carries.