

# **General Victim Management Lesson One Lifts, Carries, and Drags**

**DOMAIN:** PSYCHOMOTOR

**LEVEL OF LEARNING:** APPLICATION

## **MATERIALS**

IFSTA 5th edition Essentials Manual; NFPA 1006, 2008 edition, Standard for Technical Rescuer Professional Qualifications; NFPA 1670, Standard on Operations and Training for Technical Rescue Incidents; 4 sturdy chairs; 4 blankets; 1 gurney (ambulance cot.); Spine board and spinal immobilization equipment. Laptop computer, multimedia projector and whiteboard or flipchart, and marking pens.

## **NFPA 1006, 2008 edition JPR**

- 5.3.1 Triage victims so that rescue versus recovery factors are accessed
- 5.3.2 Move a victim in a low-angle environment
- 5.3.3 Transfer a victim to EMS

## **Junior Member Statement:**

Junior Member training activities should be supervised by qualified instructors to assure that the cognitive and psychomotor skills are completed in a safe and non-evasive manner. While it is critical that instructors be constantly aware of the capabilities of all students both mentally and physically to complete certain tasks safely and successfully, the instructor should take every opportunity to discuss with departmental leaders and students the maturity and job awareness each participant has for the hazards associated with fire and rescue training.

**TERMINAL OBJECTIVE**

The Technical Rescuer candidate, given the appropriate equipment, shall correctly demonstrate a One Rescuer Incline Drag and Carry, a Blanket Drag, an Extremities Lift and Carry, a Chair Lift and Carry, a one rescuer Cradle-in-Arms Lift and Carry, a Seat Lift and Carry, as well as correctly demonstrate moving a victim onto a long spine board or litter and moving a victim onto a Gurney (ambulance cot).

**ENABLING OBJECTIVES**

1. The Technical Rescuer candidate shall correctly identify in writing, the criteria and conditions that may require rescuers to use the various lifts and carries that are listed in this lesson plan.
2. The Technical Rescuer candidate shall correctly demonstrate stabilizing and moving a patient using the One Rescuer Incline Drag and Carry method.
3. The Technical Rescuer candidate shall correctly demonstrate executing a Blanket Drag.
4. The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing an Extremities Lift and Carry.
5. The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing a Chair Lift and Carry.
6. The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing a one rescuer Cradle-In-Arms Lift and Carry.
7. The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing a Seat Lift and Carry.
8. The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate moving and securing a patient onto a long spine board or litter.

## **OBJECTIVE PAGE**

9. The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate moving a patient from ground level to a Gurney (ambulance cot) using three rescuers.

# General Victim Management

## Lesson One

### Lifts, Carries, and Drags

#### MOTIVATION

The Technical Rescuer candidate should be trained in the proper methods for safely moving patients from a hazardous situation to an area of safety. This type of training is crucial for two reasons: injured or unconscious patients are not able to evacuate themselves, and proper lifting techniques ensure a reduction in injuries to rescuers. Remember that the priority of any rescue mission is the safety and well being of the rescuers.

#### PRESENTATION

#### ENABLING OBJECTIVE #1

The Technical Rescuer candidate shall correctly identify in writing, the criteria and conditions that may require rescuers to use the various lifts and carries that are listed in this lesson plan.

1. Identify the various situations that may require the use of emergency lifts and carries.
  - a) Fire danger.
  - b) IDLH atmosphere.
  - c) Explosives or hazardous materials may pose an immediate danger.
  - d) Ask the class for examples of other emergency situations that may require immediate victim removal.

Reference: IFSTA 5th Edition Essentials Page 327

2. Identify aggravating a spinal injury as the primary concern for moving a victim prior to complete stabilization.
  - a) Discuss the indicators of possible spinal injury.
  - b) How should the victim be pulled in an extreme emergency if spinal injury is suspected?
3. Discuss which lift and carry methods may be suited for a particular injury or illness.
  - a) How does victim size and age affect the number of rescuers that may be necessary to move a victim?
  - b) Is there a difference in lifting and carrying between a conscious and unconscious victim?
4. Discuss the difficulties involved in moving victims from upper floors.
  - a) How many victims are there?
  - b) What is their physical condition?
  - c) Can stairways and fire escapes be used?
  - d) What lifts and carries can be used on stairways?
5. List some of the advantages to using stairways in assisting victims from upper floors.
6. Discuss the potential hazards facing the rescuers when lifts and carries are not executed correctly.
  - a) Extremity sprains and strains.
  - b) Back injury.

Reference: IFSTA 5th Edition Essentials Page 528

## **PRESENTATION**

### **ENABLING OBJECTIVE #2**

The Technical Rescuer candidate shall correctly demonstrate stabilizing and moving a patient using the One Rescuer Incline Drag and Carry method.

1. Demonstrate the steps for executing a One Rescuer Incline Drag and Carry.
2. Point out that this method is extremely strenuous on the rescuer and should only be used if no other method is available.

Reference: IFSTA 5th edition Essentials Manual, page 380.

## **PRESENTATION**

### **ENABLING OBJECTIVE #3**

The Technical Rescuer candidate shall correctly demonstrate executing a Blanket Drag.

1. Demonstrate the steps for executing a Blanket Drag.

Reference: IFSTA 5th edition Essentials Manual, Page 380

## **PRESENTATION**

### **ENABLING OBJECTIVE #4**

The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing an Extremities Lift and Carry.

1. Demonstrate the steps for executing an Extremities Lift and Carry.

Reference: IFSTA 5th edition Essentials Manual, Page 383

## **PRESENTATION**

### **ENABLING OBJECTIVE #5**

The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing a Chair Lift and Carry.

1. Demonstrate the steps for the two methods of executing a chair lift and carry.
  - a) The chair is placed under the victim by the second rescuer.
  - b) The chair is placed next to the victim by the second rescuer and both rescuers position the victim onto the chair.

Reference: IFSTA 5th edition Essentials Manual, Page 384

## **PRESENTATION**

### **ENABLING OBJECTIVE #6**

The Technical Rescuer candidate shall correctly demonstrate executing one rescuer Cradle-In Arms Lift and Carry.

1. Demonstrate the steps for executing a one rescuer Cradle-In Arms Lift and Carry.

Reference: IFSTA 5th edition Essentials Manual, page 382.

## **PRESENTATION**

### **ENABLING OBJECTIVE #7**

The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate executing a Seat Lift and Carry.

1. Demonstrate executing a Seat Lift and Carry.

Reference: IFSTA 5th edition Essentials Manual, page 382.;

## **PRESENTATION**

### **ENABLING OBJECTIVE #8**

The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate moving and securing a patient onto a long spine board or litter.

1. Demonstrate the steps for moving a patient onto a long spine board or litter.
2. Point out the importance of immobilizing the patient suspected of having a spinal injury.
3. Discuss the different immobilization procedures that may be required.

**NOTE: Follow local medical protocol if technique is different than what describe in the Essentials manual.**

Reference: IFSTA 5th edition Essentials Page 330.

## **PRESENTATION**

### **ENABLING OBJECTIVE #9**

The Technical Rescuer candidate, working as a member of a team, shall correctly demonstrate moving a victim from ground level to a Gurney (ambulance cot) using three rescuers.

1. Demonstrate the steps for moving a victim to a Gurney (ambulance cot).

Reference: IFSTA 5th edition Essentials, Page 329.

## **APPLICATION**

Set up the eight different skill stations and have each candidate working alone or as a member of a team rotate through each station. Monitor and assist the candidates as needed.

## **SUMMARY**

Ideally, all patients should have their injuries assessed and stabilized prior to being moved, but in many instances hazards may be present that jeopardize both the rescuer and the victim. Under these circumstances, a rapid evacuation may be necessary to ensure the safety of everyone involved. The techniques demonstrated in this lesson plan are designed for such evacuations. Review and practice all the lifts and carries of this Lesson Plan. Make sure all the candidates understand the correct steps to demonstrate each one. Remember, each skill focuses on stabilizing the victim's body along the long axis, so as not to aggravate any injuries while the victim is removed from the hazard zone to a place of safety where treatment may continue uninterrupted.