

4 hints to safely lift patients Lifting more than 51 pounds from the floor may lead to injuries, and training must raise for proper lifting techniques

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Among the benefits of teaching more than 500 classes per year is I get to view plenty of patterns in Fire and EMS -rescue; designs of responders go, lift, pull, take, transfer and simply walk. I also get to hear lots of stories about how responders got damage and how few ever return to normal after an injury.

My aha instant one day was simply this: "EMS is in the moving business; we are movers!"

EMS is in the moving company

(Picture Bryan Fass)

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Every aspect of our occupation is not mental, all of our tools are not light and people that are transferring is an occupation task that is critical. Yet we spend little to no time training how to transfer matters safely.

A question I ask in all my courses is "When was the most recent time you had a detailed patient and equipment managing category?" What I get back are blank stares and finally a couple of people grumbling, 'never.' We spend time training to do the critical occupation task, transferring patients and not spend most if not all of our training time on clinical excellence and operations.

Departments must do a far better job teaching providers the reason why they get hurt and just how to prevent it, since we are medical movers. First thing we must analyze is what the loads we raise do to our body.

How much weight is safe to lift?

NIOSH has a lift equation and while complicated, it tells us one thing: The weight limitation for an individual to pick up off the floor is 51 pounds. Deciding on an item off the ground of the weight will set around 764 to 800 pounds of compressive load on the spine. It's, if this looks like a lot. We know that at around 800 pounds, the backbone of an untrained person (someone who will not work out, is dehydrated, fatigued, or eats ill) will start to be injured. When was the most recent time you picked on a 51-pound patient off the ground? Many providers take a compressive load of over 2000 pounds every day; multiple times per shift. [1,2, 3]

FEMA states in their emergency medical services handbook that raises should be limited by EMS below the knees. These raises generate a few of the greatest spinal loads we see in suppliers. If we step out of the EMS carton to get a second we can examine other 'moving' professions and make the link that we are just one of the only professions that enable its workers to frequently lift loads that are extreme from below the knees often. So when what we perceive to be little loads truly exceed what our body can handle, it leads to suppliers becoming very proficient at the dangerous move of lifting from below the knees. [4]

Let's look at lateral transports and take it a step farther. Pulling a 105- of compressive force, while pounds between 832 to 1,708 is applied by pound patient via bedsheet between two beds taking the same patient down a set of stairs compresses the spinal column with 1,012

to 1,281 pounds. [1,2] Again we consistently surpass the ability of the human body to dissipate outside the or dampen loads put upon it.

4 hints for safer lifting

(Image Bryan Fass)

1. Quit lifting in the floor

As we educate all our students, "use a tool, do not become the tool." Most systems already have the tools on the trucks that will alter the lift height. Use your MegaMover(TM), Reeves(TM), or Titan(TM) to alter the lift height from the floor to nearly knee height, where we are considerably stronger and possess a much better back angle.

2. Lateral transfers are handled for by use

If you follow step one above, then the friction reducing device is under the individual. Simply slide them over to the hospital bed using something that already reduces friction and has handles. The handles mean that on the pull, responders usually do not need to lean over so far to start the transport.

3. Work jointly

If and when there are trained staff on scene, everyone is about the lift. As a culture EMS and Fire -rescue need to understand that if 51 pounds can damage one person, then it just is sensible that the 350-pound patient requires all hands working together. This goes for your cots that are powered place two individuals on the foot of the cot for loading into the truck.

4. Slow down

Among try these out in EMS is "it's not my crisis." Merely slowing down will enable you and your partner and crew to get in better lifting locations, use tools properly and think forward to ensure the lift or move is not dangerous for both you and also the patient.

"Your fitness will save your life one day ... and every day" is my slogan for all of public security. That is job that is 100 percent physical and one of the sole things that may keep your own life on scene and in life is the physical ability.

References

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