

**Lifting and  
Transportation**

Reference: SJA First Aid Manual 9<sup>th</sup> Edition Revised



**PENANG**

# LIFTING AND HANDLING

- **Why Must Transport?**
  - For **safety** purposes
  - Comfort and well-being of the casualty
  - To seek medical aid



# LIFTING AND HANDLING

- **Correct lifting techniques and caring for your own back:**
  - **Stand as close** to casualty as possible
  - Bend your knees, **back straight but not rigid**
  - Use your **legs to provide the power**



# LIFTING AND HANDLING

- **Principles of lifting / Transportation**
  - Resources- Helpers required
  - Space
  - Distance
  - Condition of the casualty
  - Harm- which technique to use to prevent it
  - Effective- easy and fast, choice of transport.



# LIFTING & HANDLING

- Correct ways to lifting



# LIFTING AND HANDLING

**Keep Back  
Straight**

**Keep weight  
close to body**

**Bend  
Knees**

**Grip with  
whole hand**

**Place feet  
slightly  
apart**



# MOVING CASUALTY ALONE

- Cradle Method
- Human crutch





# MOVING CASUALTY ALONE

- Pick-a-back



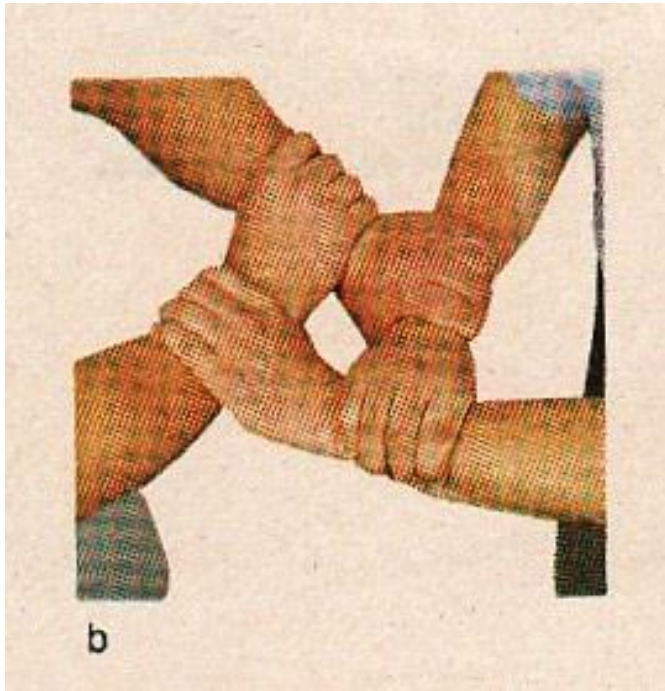
- Drag method



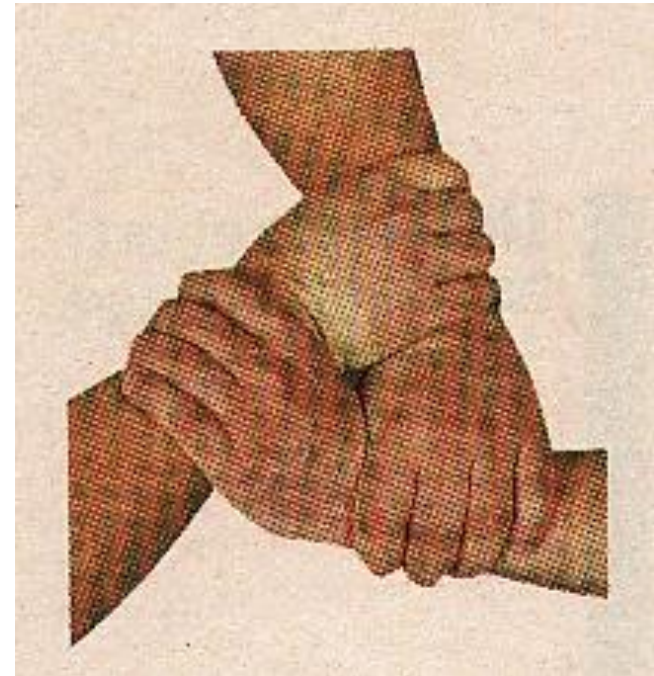


# MOVING CASUALTY WITH HELPER

- 4-Handed seat



- 3-Handed seat



# MOVING CASUALTY WITH HELPER

## ▪ 2-Handed seat

### THE TWO-HANDED SEAT



**1** Squat facing each other on either side of the casualty. Cross arms behind her back and grasp her waistband.



**2** Pass your other hands under the casualty's knees, and grasp each other's wrists. Bring your linked arms up to the middle of the casualty's thighs.



## ▪ Fore & Aft

**1** Sit the casualty up and put her arms across her chest.



**2** Squat behind the casualty. Slide your arms under her armpits and firmly grasp her wrists.



**3** Ask your partner to squat beside the casualty and pass his arms under her

# MOVING CASUALTY WITH HELPER

- **Carrying Chair Method**



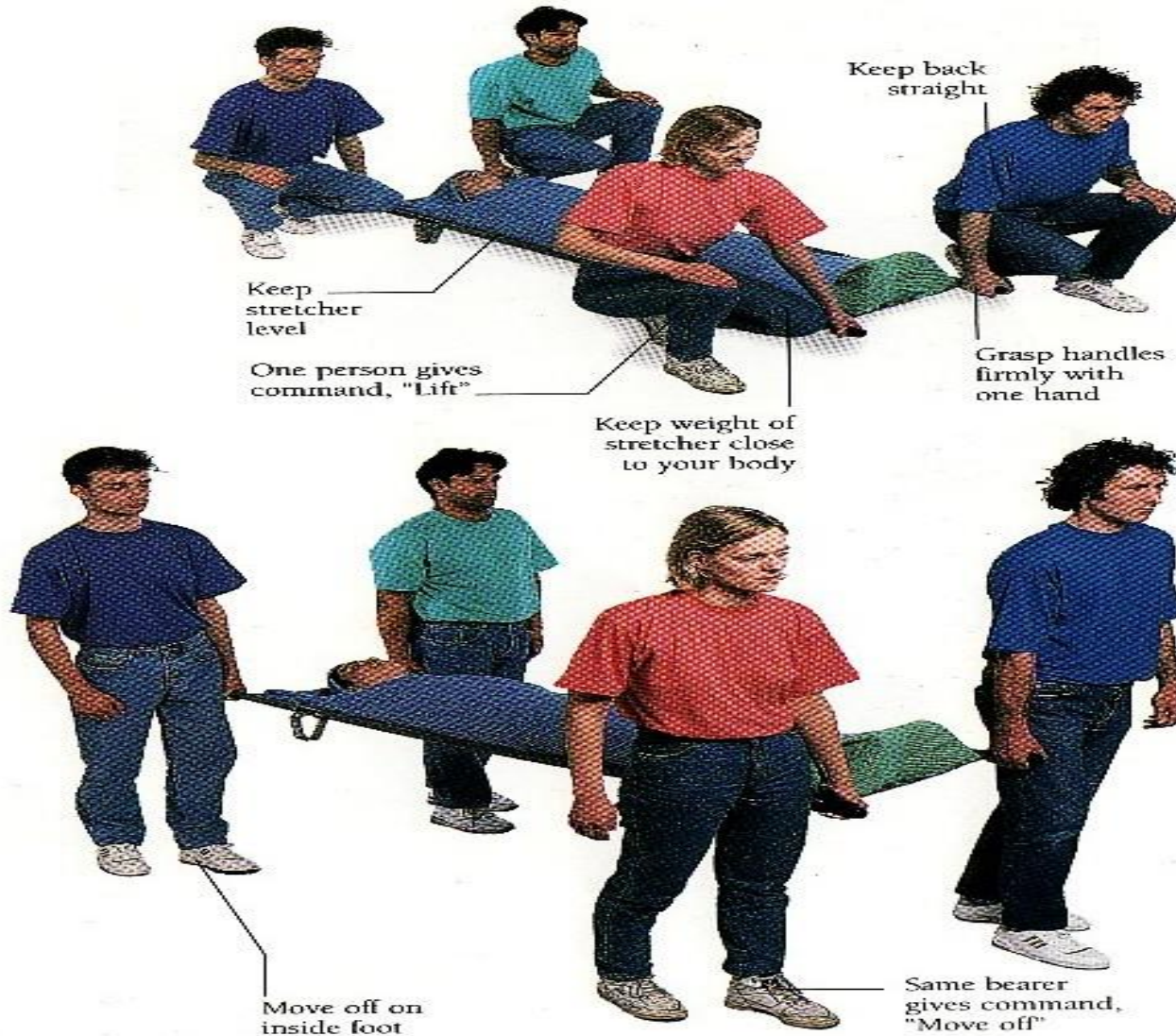


# STRETCHER

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# CARRYING A STRETCHER



# LOADING ON STRETCHER BY BLANKET LIFT

## BLANKET LIFT

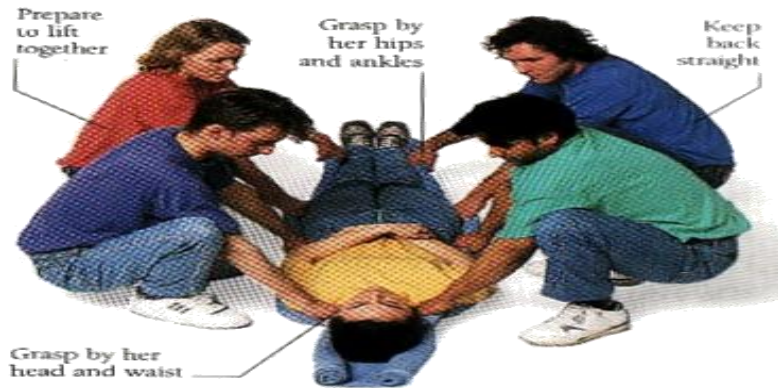
**DO NOT** lift a casualty whom you suspect has a fractured spine. If an immediate risk to life outweighs the danger of movement, use the "log-roll" technique (see page 145).



**1** Roll a blanket lengthways to half its width, and place it alongside the casualty. Turn the casualty on to her side and place the roll against her back.



**2** Turn the casualty back over the blanket roll and on to her other side. Unroll enough of the blanket to lay the casualty down flat on it.



**3** Tightly roll the open blanket on both sides to meet the casualty's body; the rolls act as handles for the bearers.

**4** Two bearers squat on either side of the casualty, at her trunk and legs, and grasp the rolls firmly.

**5** On command, all four bearers lift the casualty by leaning back and straightening their knees.

Hold casualty's weight close to your body

Ensure your knees are straight





THANK YOU

