

Lifting and Moving

Student's Name: _____

Date: _____

√	Performance Step(s)	Comment(s)
	The EMT-B will consider the patient to be moved, the need for additional assistance, the physical abilities of EMT-Bs present. A plan must then be formulated and communicated.	
	Follow proper body mechanic rules: <ul style="list-style-type: none">- Correct feet position- Use legs not back to lift- Never twist or turn- Keep back straight, do not compensate when lifting with 1 hand- Keep the weight close to the body- Use a stair chair when carrying a patient on stairs	
	Select the proper carry for the situation at hand.	