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:
- 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.