

<b>Manitoulin-Sudbury District Services Board POLICY &amp; PROCEDURES MANUAL</b>	
Section: G. Emergency Medical Services	Effective Date: April 30, 2019
Topic: 8. Occupational Health & Safety	Replaces: March 1, 2010
Subject: 12 Ergonomic Lifting	
Policy No. G.8.12.2019	Page 1 of 1

### **PURPOSE**

To provide personnel with assistive information to help ensure caution when lifting, moving, loading and unloading patients, and equipment.

### **APPLICATION**

Paramedics, Paramedic Superintendents, Senior Managers

### **PROCEDURE**

- Paramedic Services Vehicles shall be parked in a location that will provide a protected work area for both Paramedics and patients during the provision of care, or for loading and unloading.
- Travel routes between the vehicle and the patient must, whenever possible be clear of hazards. Making the route safe in advance of transport is optimal.
- Assistance from allied agencies, or bystanders may maximize safety for patients and personnel.
- Movement of patients should be performed by way of the most appropriate device, and conscious body posture and techniques as set out in the following guidelines.

#### **Guidelines**

Ideal body mechanics involves lifting with legs and keeping the back straight. Additionally, personnel should position as close to the patient/equipment as possible to create leverage and maintain balance. Recognition of one's limitations is also important.

- Consider the weight of the patient together with the weight of the stretcher or other equipment being carried and determine if additional help is needed.
- Lift without twisting and avoid any swinging motion.
- Feet should be shoulder width apart with one foot in front of the other.
- Partner communication should be clear and continuous. Moves should be planned out in advance and communicated with the patient.
- Whenever possible, move patients on devices that can be rolled.
- Whenever possible push a device vs. pulling it.
- Push at a level between your waist and shoulders.
- Use kneeling position if weight is below waist level.
- Avoid pushing and pulling from overhead position.

### **REFERENCE**