

## Transporting the Person Yourself

In some cases, you may decide to take the injured or ill person to a medical facility yourself instead of waiting for EMS personnel. *NEVER* transport a person:

- When the trip may aggravate the injury or illness or cause additional injury.
- When the person has or may develop a life-threatening condition.
- If you are unsure of the nature of the injury or illness.

If you decide it is safe to transport the person, ask someone to come with you to keep the person comfortable. Also, be sure you know the quickest route to the nearest medical facility capable of handling emergency care. Pay close attention to the injured or ill person and watch for any changes in his or her condition.

Discourage an injured or ill person from driving him- or herself to the hospital. An injury may restrict movement, or the person may become groggy or faint. A sudden onset of pain may be distracting. Any of these conditions can make driving dangerous for the person, passengers, other drivers and pedestrians.

## Moving an Injured or Ill Person

One of the most dangerous threats to a seriously injured or ill person is unnecessary movement. Moving an injured person can cause additional injury and pain and may complicate his or her recovery. Generally, you should not move an injured or ill person while giving care. However, it would be appropriate in the following three situations:

1. When you are faced with immediate danger, such as fire, lack of oxygen, risk of explosion or a collapsing structure.
2. When you have to get to another person who may have a more serious problem. In this case, you may have to move a person with minor injuries to reach someone needing immediate care.
3. When it is necessary to give proper care. For example, if someone needed CPR, he or she might have to be moved from a bed because CPR needs to be performed on a firm, flat surface. If the surface or space is not adequate to give care, the person should be moved.

## Techniques for Moving an Injured or Ill Person

Once you decide to move an injured or ill person, you must quickly decide how to do so. Carefully consider your safety and the safety of the person. Move an injured or ill person only when it is safe for you to do so and there is an immediate life threat. Base your decision on the dangers you are facing, the size and condition of the person, your abilities and physical condition, and whether you have any help.

To improve your chances of successfully moving an injured or ill person without injuring yourself or the person:

- Use your legs, not your back, when you bend.
- Bend at the knees and hips and avoid twisting your body.
- Walk forward when possible, taking small steps and looking where you are going.
- Avoid twisting or bending anyone with a possible head, neck or spinal injury.
- Do not move a person who is too large to move comfortably.

You can move a person to safety in many different ways, but no single way is best for every situation. The objective is to move the person without injuring yourself or causing further injury to the person. The following common types of emergency moves can all be done by one or two people and with minimal to no equipment.

## Types of Non-Emergency Moves

### Walking Assist

The most basic emergency move is the walking assist. Either one or two responders can use this method with a conscious person. To perform a walking assist, place the injured or ill person's arm across your shoulders and hold it in place with one hand. Support the person with your other hand around the person's waist (Fig. 1-7, A). In this way, your body acts as a crutch, supporting the person's weight while you both walk. A second responder, if present, can support the person in the same way on the other side (Fig. 1-7, B). Do not use this assist if you suspect that the person has a head, neck or spinal injury.

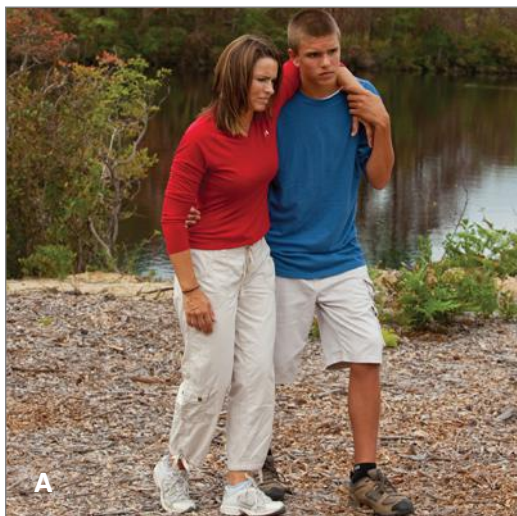
### Two-Person Seat Carry

The two-person seat carry requires a second responder. This carry can be used for any person who is conscious and not seriously injured. Put one arm behind the person's thighs and the other across the person's back. Interlock your arms with those of a second responder behind the person's legs and across his or her back. Lift the person in the "seat" formed by the responders' arms (Fig. 1-8). Responders should coordinate their movement so they walk together. Do not use this assist if you suspect that the person has a head, neck or spinal injury.

## Types of Emergency Moves

### Pack-Strap Carry

The pack-strap carry can be used with conscious and unconscious persons. Using it with an unconscious person requires a second responder to help position the injured or ill person on your back. To perform the



**FIGURE 1-7, A–B** A, In a walking assist, your body acts as a crutch, supporting the person's weight while you both walk. B, Two responders may be needed for the walking assist.



**FIGURE 1-8** *The two-person seat carry*



**FIGURE 1-9** *The pack-strap carry*

pack-strap carry, have the person stand or have a second responder support the person. Position yourself with your back to the person, back straight, knees bent, so that your shoulders fit into the person's armpits.

Cross the person's arms in front of you and grasp the person's wrists. Lean forward slightly and pull the person up and onto your back. Stand up and walk to safety (Fig. 1-9). Depending on the size of the person, you may be able to hold both of his or her wrists with one hand, leaving your other hand free to help maintain balance, open doors and remove obstructions. Do not use this assist if you suspect that the person has a head, neck or spinal injury.

### **Clothes Drag**

The clothes drag can be used to move a conscious or unconscious person with a suspected head, neck or spinal injury. This move helps keep the person's head,

neck and back stabilized. Grasp the person's clothing behind the neck, gathering enough to secure a firm grip. Using the clothing, pull the person (headfirst) to safety (Fig. 1-10).

During this move, the person's head is cradled by clothing and the responder's arms. Be aware that this move is exhausting and may cause back strain for the responder, even when done properly.

### **Blanket Drag**

The blanket drag can be used to move a person in an emergency situation when equipment is limited. Keep the person between you and the blanket. Gather half of the blanket and place it against the person's side. Roll the person as a unit toward you. Reach over and place the blanket so that it is positioned under the person, then roll the person onto the blanket. Gather the blanket at the head and move the person (Fig. 1-11).

### **Ankle Drag**

Use the ankle drag (also known as the foot drag) to move a person who is too large to carry or move in any other way. Firmly grasp the person's ankles and move backward. The person's arms should be crossed on his



**FIGURE 1-10** *The clothes drag*



**FIGURE 1-11** *The blanket drag*





**FIGURE 1-12** *The ankle drag*