

Work Smarter



Use transfer belts, carryalls and similar lifting devices correctly.

Photos courtesy of Phoenix Fire Department.

Follow these tips to improve your safety and fitness on the job.

Reduce your risk of injury while lifting, bending and carrying. The following devices, used correctly, will help you lift safely and avoid injury.

Transfer belts and similar lifting devices

- ▶ Can be used to assist with all lifting and transferring of patients.
- ▶ Quick to don, inexpensive and allow for multiple people to assist with the lift in a tight space or allow for greater leverage if a one-person lift is required.
- ▶ Provide an increased sense of security to the patient, decreasing the risk of a patient clinging or grabbing on to responders.
- ▶ Make sure the belt is tight around the patient to prevent slipping.
- ▶ Can be used in most lifts, such as from chair to chair, from floor to chair and while walking.

Carryalls and similar lifting devices

- ▶ Roll a carryall under a patient to allow a greater number of responders to assist with the lift.
- ▶ Use eye contact and verbal communication with lifting partners.
- ▶ Use these body mechanic techniques when multiple responders need to get through a narrow passage.
 - ▶ When four responders are moving a patient through a narrow space like a doorway, if the ground is flat, consider lowering the patient to the ground and pulling them through the narrow space rather than having all four responders try to awkwardly maneuver through the space simultaneously.
 - ▶ Once the area widens, all four emergency responders can then resume the lift and carry using proper body mechanics. The benefits of proper body mechanics can outweigh manpower.

Download or order your free copy* of the U.S. Fire Administration's "Emergency Services Ergonomics and Wellness" handbook to learn more corrective measures to help increase the safety of emergency responders, reduce the costs of worker's compensation claims, maximize the longevity of emergency service careers, and assist with sending personnel into healthy retirements.

*Quantity restrictions apply.



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