

### Moving Injured Persons



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The basic rule is:

### **DON'T**

Unless it is necessary to protect them from further harm or there is no way to get Emergency Medical Personnel there any time soon.

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### The Role of the First Aider

- Move ill or injured persons only if they are in immediate danger
- Position ill or injured persons to prevent further injury
- Assist other responders in lifting and moving

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### Safety Precautions

- Use your legs, not your back to lift an injured person
- Keep weight as close to the body as possible
- Consider how many people you will need to help you
- Lift without twisting the body of the injured person
- Communicate frequently and clearly with all who are helping you move the victim

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### Pulling a victim to safety

- Use the long axis of the body if at all possible
- Provide as much protection to the spine as possible
- When moving a car accident victim because there is imminent danger, there is no "nice" way to do this without risking further injury
- Use the victim's clothing to help you pull
- Use a blanket if you have access to one
- Never pull on the victim's head

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### The Recovery Position

- Many of a person's vital organs are situated such that if you roll them on their left side, you will help them avoid further trauma

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### **Positions of Comfort**

- If a person is experiencing pain or discomfort, if they feel more comfortable in a particular position, let them assume that position; the one exception is if you as the first aider know that position is not in their best interests

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