

# JORDAN VALLEY EMS AUTHORITY POLICY

**POLICY #:202.2.1.6**

**SUBJECT: SAFE LIFTING**

**CAAS STANDARD: 202.2.1**

**SCOPE: ALL EMPLOYEES AND VOLUNTEERS**

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## **PURPOSE:**

The purpose of this policy is to ensure that employees are spared serious back injury by practicing proper lifting techniques.

## **POLICY:**

All Authority employees will follow the procedure outlined below when lifting patients, equipment, supplies or any other items as part of their job function.

## **PROCEDURE:**

### **Proper Lifting tips include the following**

1. Size up the load
2. Face the load
3. Lift with your legs not your back
4. Grasp the load at the comers and bring it close to your body
5. Do not bend or twist while lifting. If you must turn while lifting move your entire body with your feet.
6. Avoid lifting over your head
7. Ask for help

### **Extremely large patients**

1. Contact dispatch to summon additional help from another crew or another source such as the fire department. This request should be made after arrival on scene and an assessment of the situation is made or a prior response has determined the need for assistance in the past. (i.e. patient size, location, access to bystanders, accessory equipment available such as lifts, stair chairs, or lift sheets.)
2. Use devices to assist but only those that are engineered appropriately and are rated for the patient's weight.
3. Communicate with others assisting in the lift process
4. Communicate tactfully with the patient and family regarding the situation

### **Use of support adjuncts**

1. Support adjuncts are defined as back braces, supports, lifting belts, ace bandages etc. For purposes of this policy the term "lifting belt" refers to the large belt one wears around their waist or lower back to provide support to the lower back during lifting.
2. Despite their wide use, industry studies have determined that items such as lifting belts may actually cause back injury or aggravate existing conditions.
3. The Authority will not allow the use of a lifting belt or other such devices unless specifically prescribed by a physician. The Authority will require proof via a written note from said physician.

## **POLICY HISTORY**

Implemented: February 1, 2015

Reviewed