

# STRETCHERS, LIFTS AND CARRIES



# LIFTS AND CARRIES

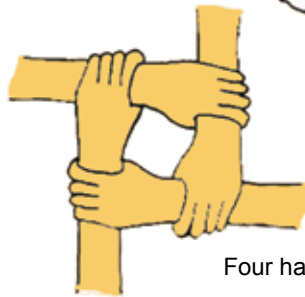
This resource highlights the first aid techniques required for bringing a casualty to safety. There are various options and it will depend on the situation you find yourself in which one to use. Practice makes perfect so during meetings and activities it is a good idea to develop a few games and activities around lifts and carries, stretcher making and carrying.

If the casualty can be moved easily without much pain then a lift and carry can be used. For more serious injuries or if the terrain is difficult to cross then a stretcher is a better option.

Lifting a person is not an easy task, if the casualty is unconscious or unable to move you will be lifting dead weight. Always co-ordinate lifting with the team to ensure no further injuries - a simple 1,2,3, lift command works best.



Supporting crouch



Four hand carry



Piggy Back

Fireman's lift and carry



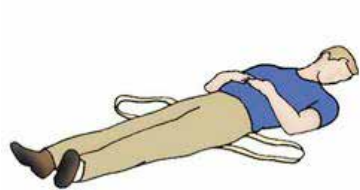
Blanket or carpet drag



Crawl lift



Rope carries



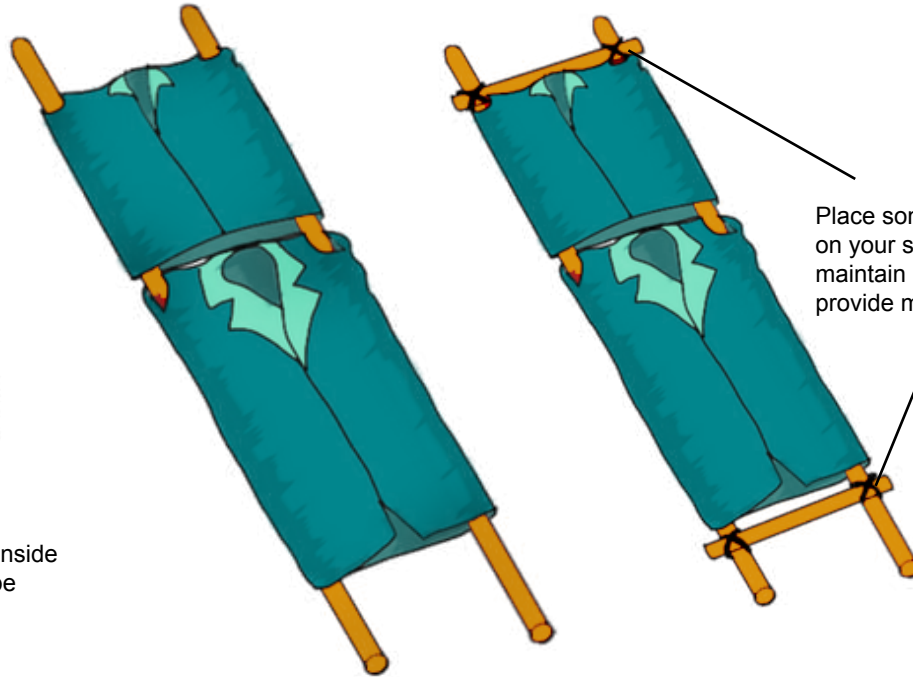
Climbing sling or webbing carry



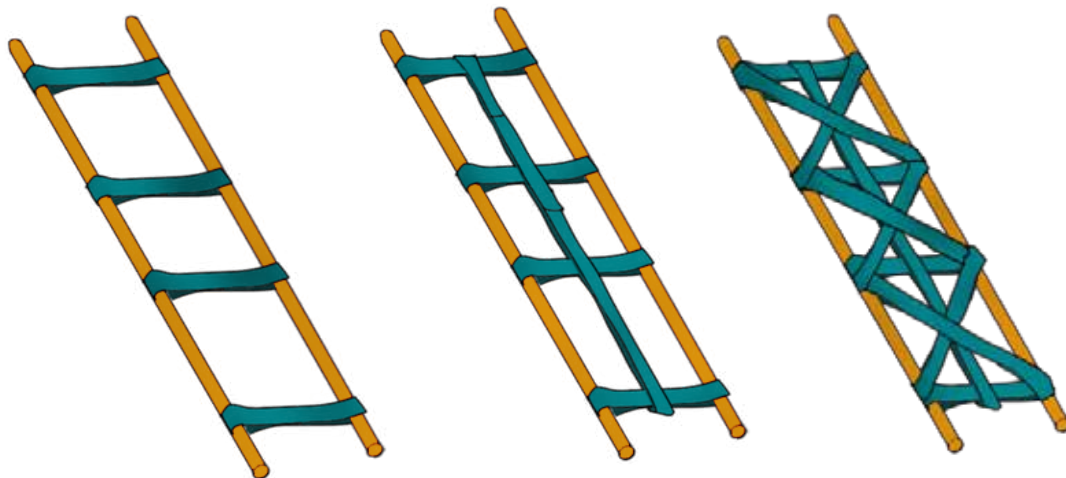
# COAT SKETCHER



Button up or zip up the jackets and turn the arms inside out. The arms now act as tunnels into which can be place the stretcher poles.



Place some cross bars on your stretcher to maintain its shape and provide more stability



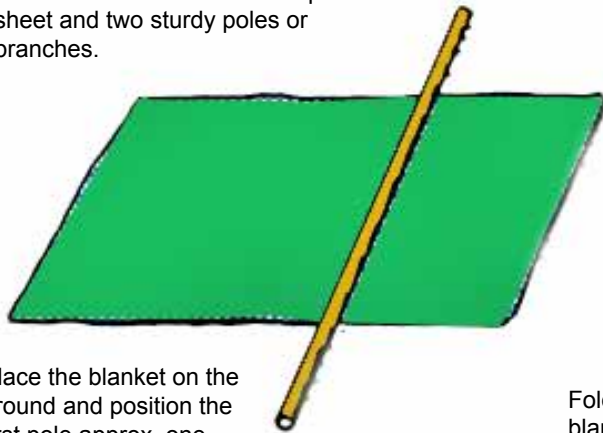
# DUCT TAPE STRETCHER



Duct tape is extremely strong and very useful for all kinds of tasks. Usually used for small repairs, it is also a great material for making a stretcher frame. When completed a sleeping mat, coat or blanket can be placed on top to prevent casualty from falling through the tape grid

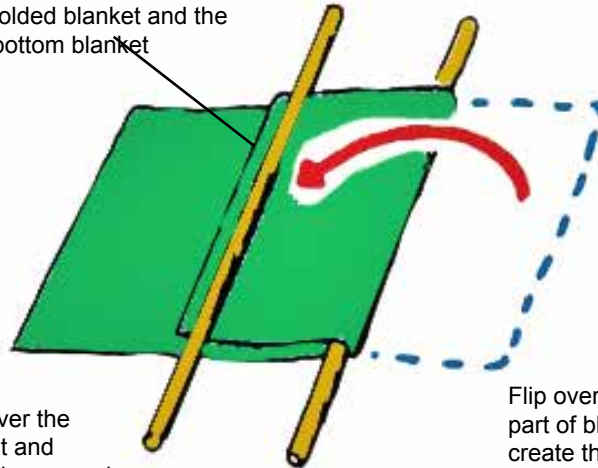
# TARP OR BLANKET STRETCHER

You will need a blanket or tarp sheet and two sturdy poles or branches.



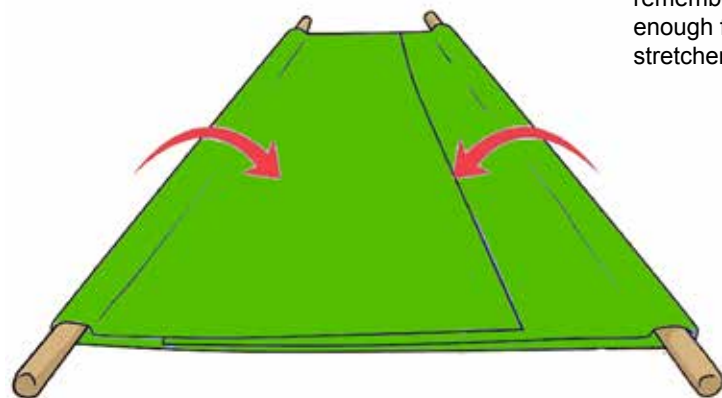
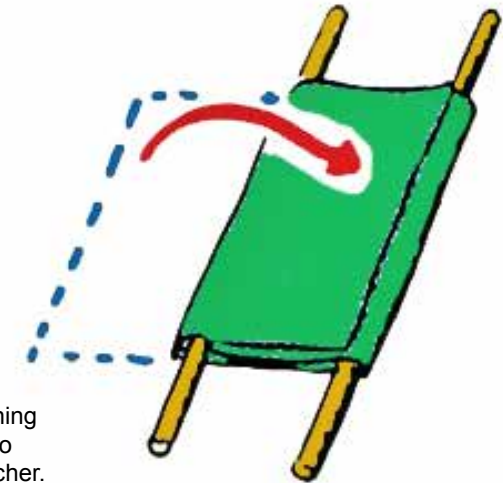
Place the blanket on the ground and position the first pole approx. one third of the way across the width

Pole rests on top of folded blanket and the bottom blanket



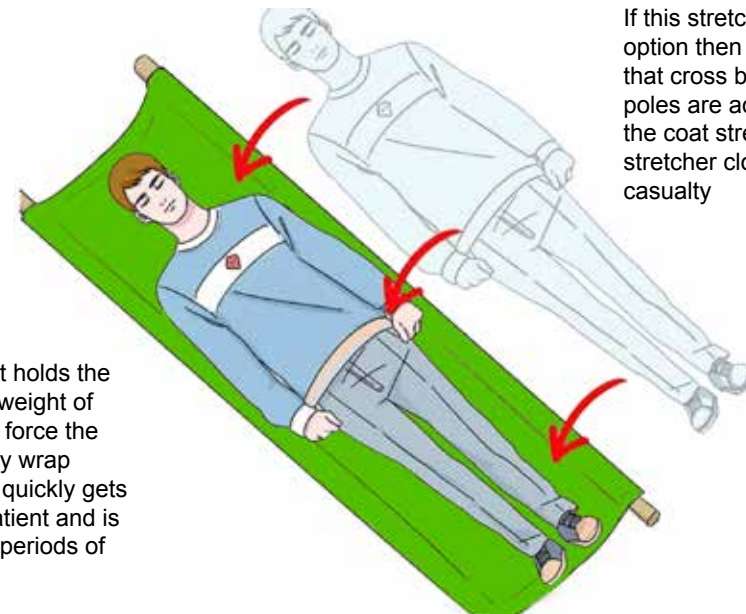
Fold over the blanket and place the second pole in position

Flip over remaining part of blanket to create the stretcher.



When creating the stretcher remember to make it wide enough for a person to fit on the stretcher comfortably

The weight of the patient holds the blanket in place but the weight of the patient also tends to force the poles together and tightly wrap around the patient. This quickly gets uncomfortable for the patient and is best used only for short periods of time.



If this stretcher is your only option then it is suggested that cross bars between the poles are added, similar to the coat stretcher, to prevent stretcher closing in on casualty

# SURVIVAL BAG OR PLASTIC SHEET STRETCHER

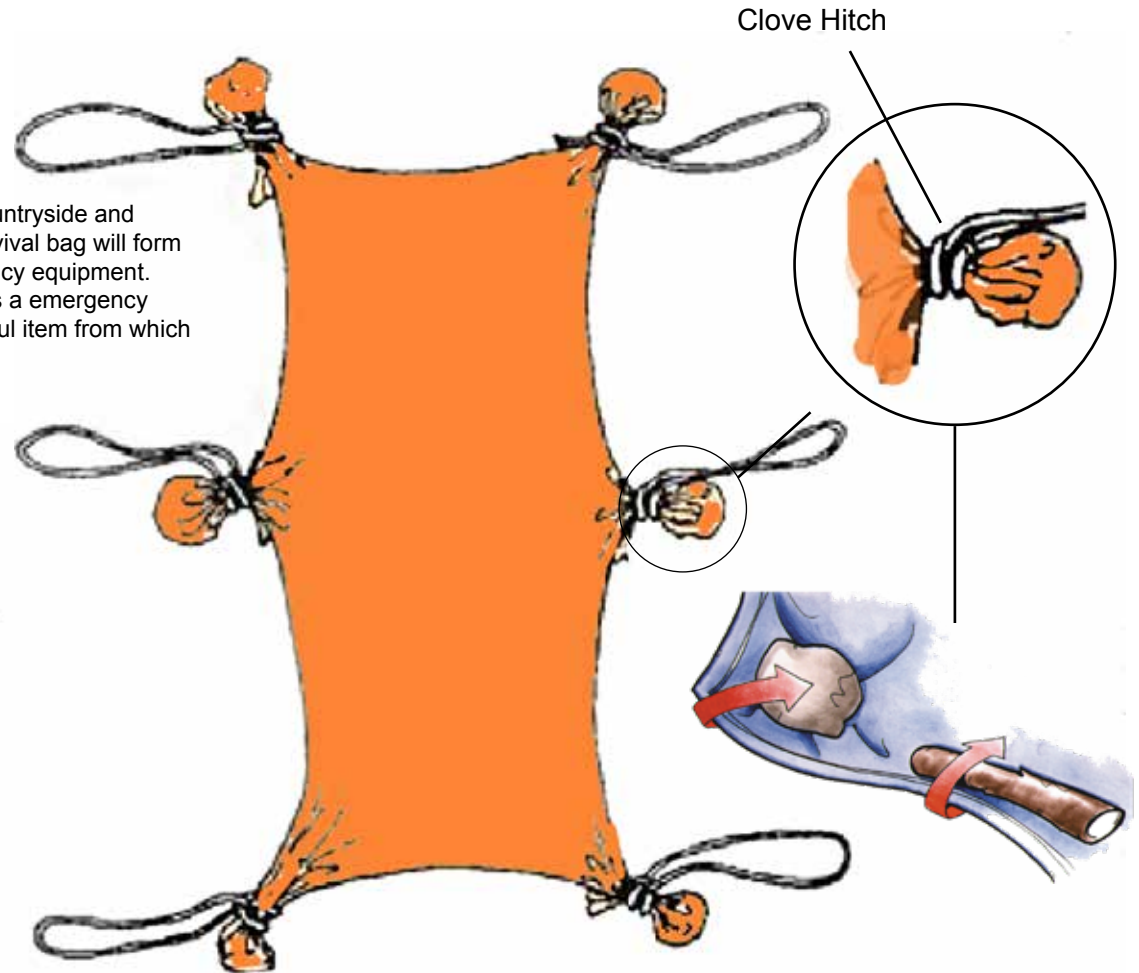
Survival bag



When travelling in wild countryside and mountainous terrain a survival bag will form part of your main emergency equipment. Normally it can be used as an emergency shelter but it is also a useful item from which to make a stretcher.



Carrying a person on a stretcher is not an easy task. If you choose to use a survival bag or plastic sheet to construct a stretcher you will need to create a series of loops or grips. The loops and grips prevent your hands from slipping of the plastic. Wrap a small stone in the plastic to provide a locking grip for your loops - as shown.



The beauty of this device is its simplicity, but it can be fragile, so care must be taken not to exceed the capability of the materials used. As an additional precaution, all improvised litters should be tested with an uninjured person before being loaded with a victim. This type of nonrigid, "soft" litter can often be dragged over snow, mud, or

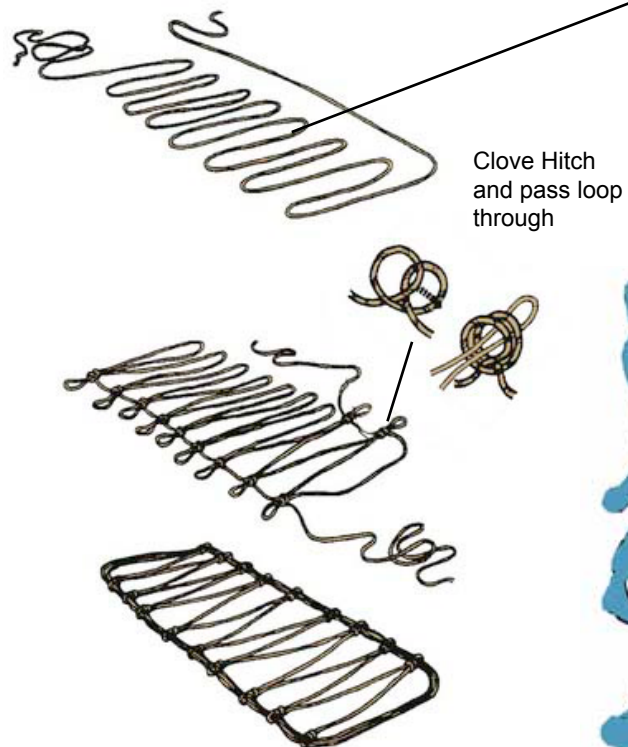
flat terrain but should be generously padded, with extra clothing or blankets placed beneath the victim.

# ROPE STRETCHERS

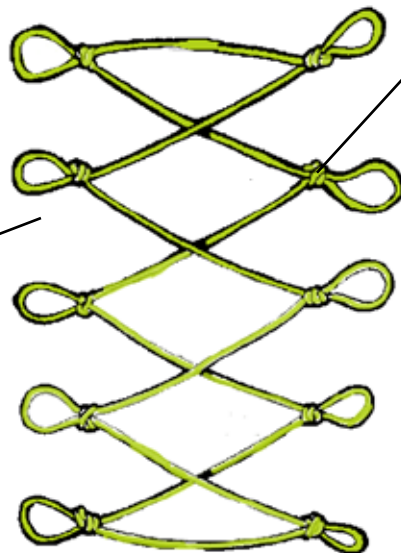


**Version 1  
Alpine cradle stretcher**

First create internal cradle then pass remaining rope through outer loops

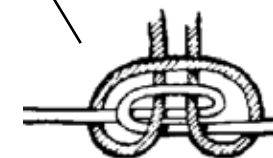
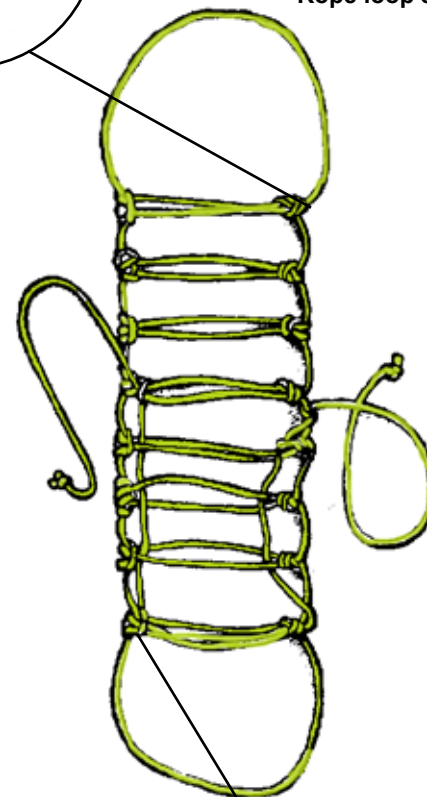


Clove Hitch and pass loop through



Overhand knot

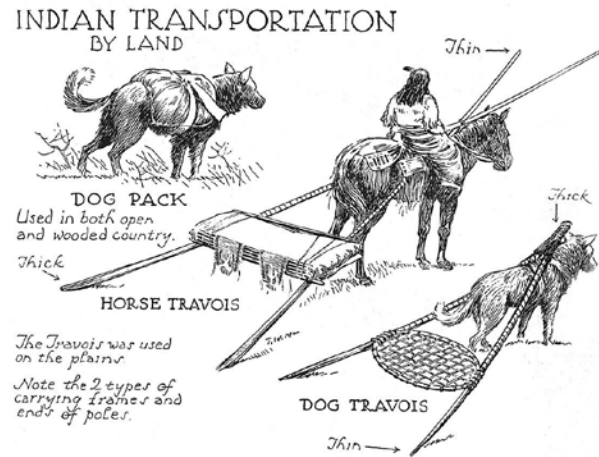
**Version 2  
Rope loop stretcher**



The stretcher needs to be padded with clothing, sleeping pads, or similar material. Because of its nonrigid construction, this stretcher offers virtually no back support and can be uncomfortable for patients. It is best suited therefore for carries over a short distance.

# TRAVOIS STRETCHER

A travois is a carrying device that is less like a sled and more like a travel trailer (without wheels). It was a traditional method of carrying used by Native American Indians. A travois is a V-shaped platform constructed out of sturdy limbs or poles that are lashed together with cross members or connected with rope or netting. The open end of the V is dragged along the ground, with the apex pulled by rescuers. Although the travois can be dragged over rough terrain more padding and support will be necessary for the comfort of the casualty and to stabilise the frame.



Always utilise all your equipment and whatever you find around you to assist in the construction of a stretcher. Always consider the casualty and their comfort so the basic frame will need to be padded.



Modern interpretations of the travois based carrying device

