KEYS FOR A SUCCESSFUL TEAM LIFT AND TRANSPORT

COMMUNICATION & PLANNING!

WITH INPUT FROM TEAM, TEAM LEADER SHOULD
*DEVELOP STRATEGY FOR POSITIONING VICTIM ON DEVICE
*PLAN EXIT (AROUND OBSTACLES)
*ENSURE THAT EQUIPMENT IS CLOSE AT HAND
*REMIND AND **DEMO** PROPER ERGONOMICS
*PROPERLY DISTRIBUTE TEAM AROUND VICTIM
*ENSURE THAT TEAM IS READY TO LIFT BEFORE GIVING COMMAND TO DO SO
*CORRECT IMPROPER TEAM POSTURE BEFORE THE LIFT

PROPER ERGONOMICS

*FEET AROUND SHOULD WIDTH APART
*LOAD CLOSE TO BODY
**"BUTT OUT" (LIKE SITTING BACK TOWARDS A CHAIR)
*KNEES OVER FEET (NOT IN FRONT OF THEM)
*BACK STRAIGHT (BUT NOT NECESSARILY VERTICAL)
*LIFT BY STRAIGHTENING HIPS AND KNEES, NOT BY UNCURVING BACK
(LOOKING FORWARD JUST AS YOU LIFT HELPS WITH THE LEG STRAIGHTENING)
*TIGHTEN ABDOMEN AS YOU LIFT

(images courtesy of NASA and US Army)