



NOVEMBER

TRAINING & DEVELOPMENT

CAROLINE COUNTY FIRE-RESCUE



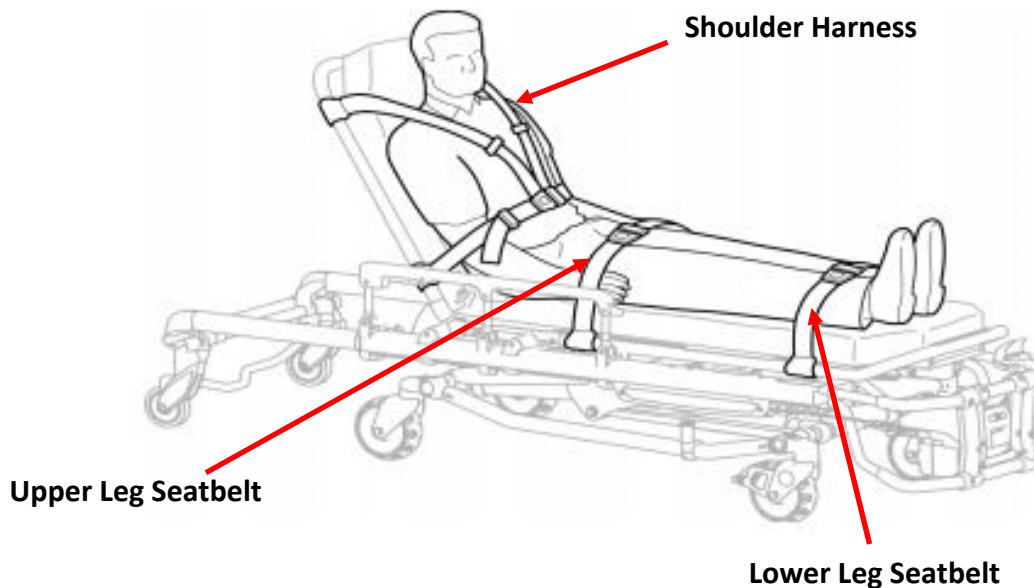
2015

Cot Restraints

All Caroline County Fire Rescue cots (Stryker Stretchers) should have a minimum of:

- 1- Backrest Storage pan
- 2- Equipment Mount
- 3- Head-end storage (flat)
- 4- IV Pole

Correctly Secured Patient



LIFTING AND BODY MECHANICS

- Reposition before lifting to avoid awkward positions.
- Keep the body stacked and straight. Avoid twists and awkward positions.
- Keep weight to be lifted as close to the body as possible.
- Never use your back muscles to lift. Use legs and hip muscles with the abdominal muscles flexed.