

EMERGENCY PLANS MANUAL

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Issued by: Environmental Services Manager
Approved by: Administrator

EVACUATION AND RELOCATION PLAN – Resident Lift and Carry Technique

Bear Hug Assist



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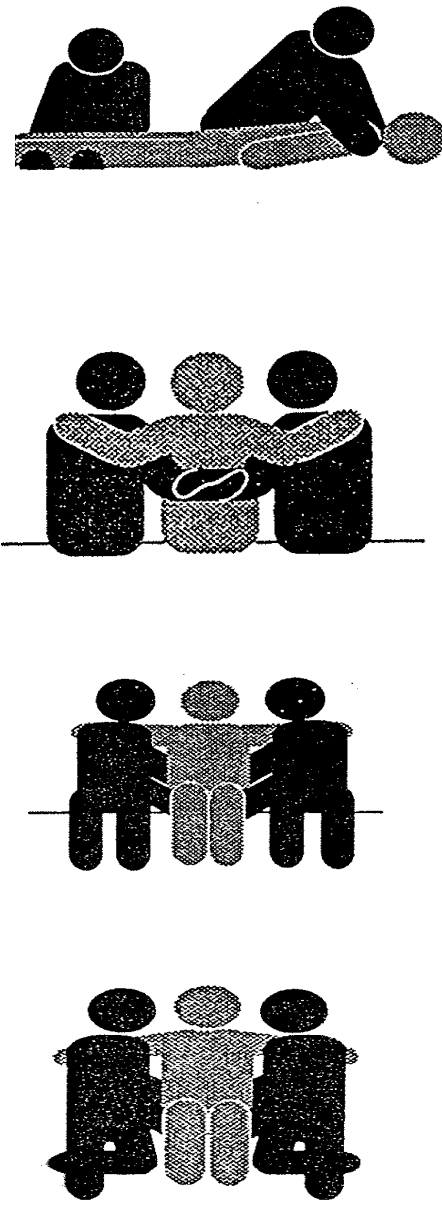
While standing behind your resident:

- Place your arms under her/ his armpits.
- Grasp the resident's left and right wrists, crossing her arms in front.
- Gently prod your resident's legs in front to walk to a safe area.

The Swing Carry

Recommended For Use When:

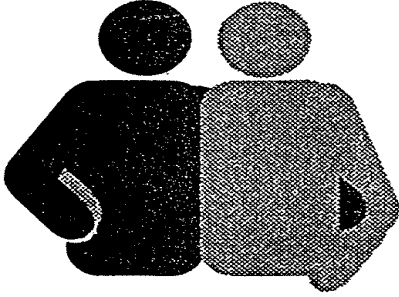
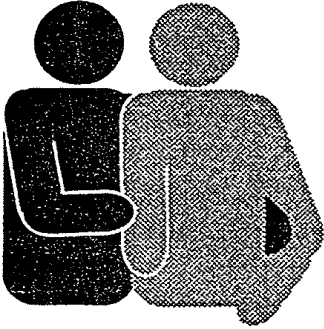
- Two rescuers of similar height are available
- Resident is non-ambulatory, but able to sit
- Smoke is not present

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|  | <p>Rescuer “A” takes the upper part of resident’s body</p> <p>Rescuer “B” takes the lower part of resident’s body.</p> <ol style="list-style-type: none">1. Rescuer A: face resident and place your hands on his/her shoulders.2. Rescuer B: grasp resident’s ankles3. Simultaneously Rescuer A: pull resident toward you until resident is in a sitting position. Rescuer B: move resident’s legs off the bed until resident is in a sitting position4. Rescuer A and B: place resident’s arm over your shoulders.5. Rescuers A and B: join arms in back of resident. Grasp each other’s wrist, one with palm up and one with palm down.6. Reach under resident’s knees and lock wrists as in Step 5.7. Count to three, lift resident and walk to a safe area.8. Drop on knee closest to resident.9. While leaning against resident, place his buttocks on the floor, then lower him onto his back, protecting his head. |
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Side Assist Hold

Recommended for use when:

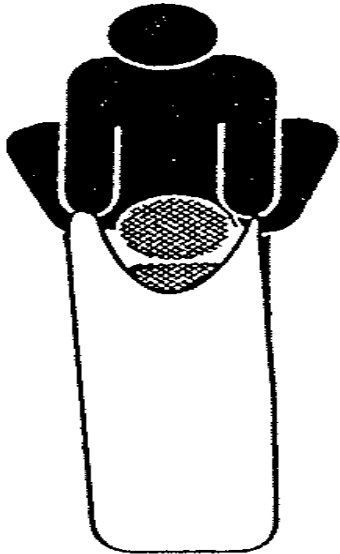
- One rescuer available
- Resident is ambulatory, but requires assistance
- Resident is emotionally disturbed
- Smoke is present

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|  | <p>Method A:</p> <ol style="list-style-type: none"> 1. Take resident's right arm and place it behind your back. 2. Pull resident's right arm with your right hand until his/her body is tight against you. Hold his/her right arm securely at all times. 3. Encircle resident's body [behind his/her back] with your left arm and take his/her left forearm. 4. Walk forward. Resident will feel secure in your grasp, may be controlled very easily and cannot fall forward or backward. |
|  | <p>Method B:</p> <ol style="list-style-type: none"> 1. Grip resident's right upper arm at armpit with your right hand. 2. Put your left arm around the resident's waist, from the back. Grasp his/her left wrist with your left hand. Firmly press resident's left arm close to his body. 3. Walk forward |

Transporting A Resident On A Blanket

Recommended for Use When:


- One rescuer is available
- Resident is non-ambulatory



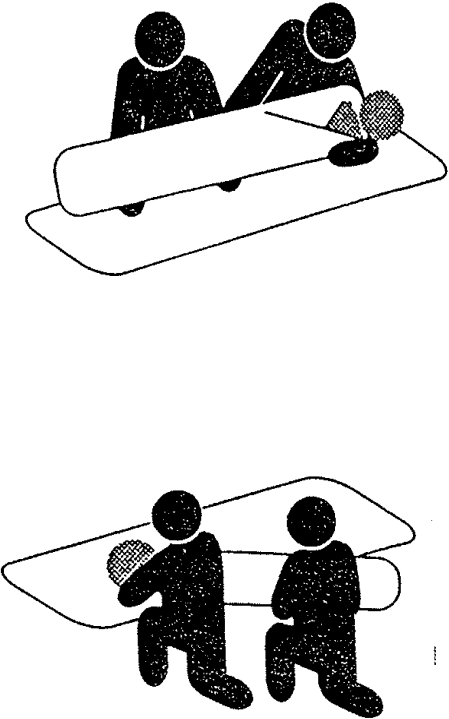
1. Wrap blanket tightly around resident to protect him/her.
2. Get in a squat position.
3. Grasp blanket above each shoulder of resident, not allowing head to snap back.
4. Rise from squat position which places resident in semi-sitting position, and pull resident to a safe area.
5. When smoke line is low, crawl on your knees, dragging resident on blanket.

The Cradle Removals: For Single, Double and Triple Rescuers

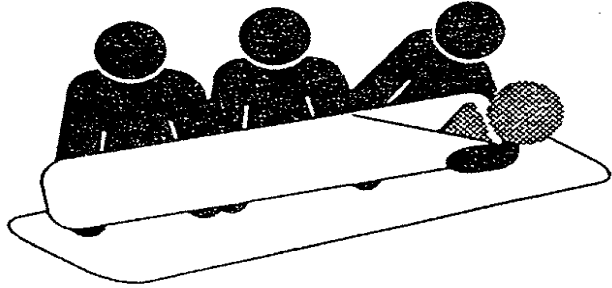
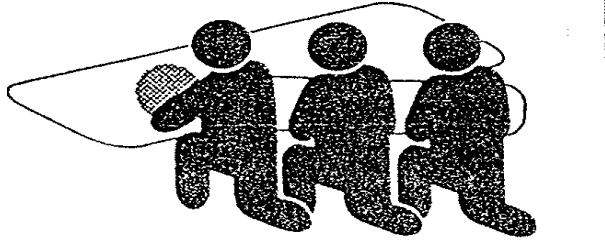
1- Non- Ambulatory Cradle removal- Single Rescuer

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|  | <p>Non-Ambulatory</p> <p>Cradle Drop - Single</p> <ul style="list-style-type: none">• Make certain the bed will not move before doing this technique• Place a blanket on the floor - partly under the bed and past the head of the resident• Kneel beside the bed with one leg raised closest to the resident's head.• Grip your resident under the knees and shoulders• Lean back sliding your resident to the edge of the bed• Rock back sliding your resident off the bed cradling your resident onto your lap• Control the descent of your resident to the floor• Fold the blanket around the resident and pull him/her head first to safe area. |
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2- Non- Ambulatory Cradle removal- Double Rescuer

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|  | <p>Double Cradle Removal</p> <ol style="list-style-type: none">1. Wrap resident in bottom sheet on bed.2. Rescuer A: slide your arms under resident's head and shoulder.3. Rescuer B: slide your arms under resident's waist and thigh.4. Grasp the resident firmly.5. Rescuers A and B: Pull resident to edge of bed.6. Drop one of your knees to the floor.7. Pull resident toward you, so resident is almost lying on his/her side.8. Lower the resident, supporting him on your thighs. Keep your back straight.9. Draw your knees from under the resident, letting resident slide down your body to the floor. Protect the resident's head by lowering it to the blanket last. |
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3- Non- Ambulatory Cradle removal- Triple Rescuers

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|  | <p>Triple Cradle Removal</p> <p>This is similar to the Single and Double Cradle Removals, only in this case three rescuers are involved and their arm positions change accordingly.</p> <ol style="list-style-type: none">1. Wrap the resident in bottom sheet of bed.2. Rescuer A: right arm under resident's neck. Left arm above resident's waist.3. Rescuer B: right arm under resident's waist. Left arm under resident's thighs.4. Rescuer C: right arm under resident's thighs. Left arm under resident's knees.5. Rescuers A and C: pull resident to edge of bed.6. Continue as for Double Cradle Removal, Steps 5 to 8. |
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For ambulatory residents:

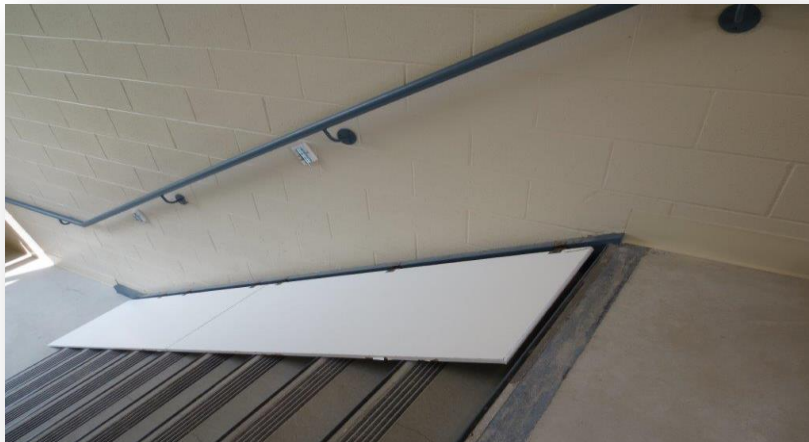
One or two staff assist the resident down the stairs and to nearest assembly point.

For non-ambulatory residents: Stair Slider Board

Use the **STAIR CANVAS STRETCHER ON SLIDER BOARDS**. This process requires a minimum of three staff.

Follow the directions below for the stair slider use.

1. Put down the two wooden stair slider boards.



2. Take out the canvas stretcher from the storage bag on the wall.



3. Place the canvas stretcher on the floor making sure that it is straight.



4. Gently place the resident on the stretcher.
5. Three staff members take their positions as follows:
 - The staff member positioned at the front near the resident's head will ensure the resident's head remains secure.
 - The staff member positioned at the rear near the resident's feet will be the leader to ensure the resident is safely guided down the stair slider.
 - The staff member positioned at the middle will ensure that the resident's position remains straight going down the stair slider.
6. At the same time all three staff members take the two handles and bring them together firmly with their right hand.



7. Gently slide the resident toward the stair slider without lifting.

8. Going down the stairs the staff member at the resident's feet will go down first, followed by the staff member in the middle, and lastly the staff member at the head of the resident.



9. Going backwards with your left hand on the rail, and holding the two handles of the canvas stretcher with your right, slowly descend down the stairs.



10. Repeat procedure on the next flight of stairs.

11. Take resident to nearest assembly point.