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- Drop to knee nearest to head
 - Pull lower half of body from bed so that extended knee supports resident's hips
 - Use both arms to lower upper body of the resident to the floor
 - Let legs slide gently to blanket. Grasp corners of blanket and pull resident from room head first

Emergency Carries for Two or More Persons

Wing Carry – Person at Resident's Head Gives Command

- First person raises resident to a sitting position by placing one hand under resident's neck and grasping far shoulder. With other hand, grasp upper biceps
- Simultaneously: Second person swings resident's legs off of the bed
- Both rescuers:
 - Sit on bed next to resident
 - Place resident's arms around their own neck
 - Reach arms around resident's waist, grasping each other's arms behind resident
 - Reach under resident's knees grasping wrists or using a finger-locking grasp
 - Stand and walk close to resident. Hips support the weight

Extremity Carry

- Raise resident to sitting position by placing one hand under resident's neck and grasping far shoulder. With the other hand, grasp under biceps
- Slip your arms under the residents and lock them across his chest
- Second man grasps ankles of resident. Separate legs and back between them, grasping resident at the knees
- Remove resident from room, feet first

Three Person Carry

- First rescuer – one hand under resident's shoulders – other above waist
- Second rescuer – one hand above and one below hips
- Third rescuer – one hand above knees, one above ankles
- Move resident to edge of bed, assume somewhat semi-kneeling position, lift and roll resident high on your chest
- Remove resident from room feet first

Four Person Carry

- Procedure is basically the same in above three-person lift; only in this case after lifting resident from bed, the resident is lowered to the floor on top of a blanket already spread by the fourth person. Fourth person assists in lowering resident to blanket. Person lifting at the knees and ankles then positions himself on same side as fourth person
- One rescuer at each side of resident's shoulders and knees
- Head rescuer grip blanket above shoulders and opposite elbows
- Other rescuer grip blanket 6 inches above and below the knees
- All rescuers roll blanket tightly to resident
- Lift and carry resident with arms extended. In going down stairs, resident is feet first

All carrying procedures should be routinely reviewed and practiced.