

Defib Academy Ch. 8 Workbook Homework

Total points 90/100 ?

Chapter 8 (Lifting and Moving Patients) Workbook Homework

Email *

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✓ Used to carry patients up and down stairs: *

2/2

- ☐ Extremity lift
- ☐ Portable stretcher
- ☒ Stair chair
- ☐ Basket stretcher



✗ Can be folded or rolled up; particularly useful in confined spaces: *

0/2

- ☐ Flexible stretcher
- ☐ Basket stretcher
- ☒ Portable stretcher
- ☐ Backboard



✓ A portable stretcher is typically a lightweight folding device that does not have the undercarriage and wheels of a true ambulance stretcher. *2/2

1. False

2. True



✓ Which of the following is an advantage of the diamond carry? * 2/2

- ☐ It provides the best means of spinal immobilization
- ☒ It uses an even number of people (less likely to drop)
- ☐ The patient can be slid along the ground
- ☐ It can be done with one person, freeing up the others for patient care



✓ Situations in which you should use an emergency move include all of the following EXCEPT: *2/2

- ☐ When you are unable to protect the patient from other hazards
- ☐ When you are unable to gain access to others in a vehicle who need life saving care
- ☒ When the patient feels like he or she might pass out
- ☐ When fire, explosives, or hazardous materials are present



✓ One-person techniques for moving patients should be used only when immediate patient movement is necessary due to a life-threatening hazard and only one EMT is available. *2/2

1. False

2. True



✓ Bariatrics is: * 2/2

- ☐ The branch of medicine concerned with infants
- ☒ The branch of medicine concerned with the obese
- ☐ The method used to assess blood pressure
- ☐ The branch of medicine concerned with the elderly



✓ You should use a rigid _____, often called a Stokes litter, to carry a patient across uneven terrain from a remote location that is inaccessible by ambulance or other vehicle. *2/2

- ☒ Basket stretcher
- ☐ Flotation device
- ☐ Scoop stretcher
- ☐ Molded backboard



✓ It is unprofessional for you to discuss and plan a lift at the scene in front of the patient. *2/2

1. True

2. False



✓ Used to carry patients across uneven terrain from remote locations; commonly used in technical and water rescues; Stokes litter: *2/2

☐ Direct ground lift

☒ Basket stretcher

☐ Scoop stretcher

☐ Portable stretcher



✓ In lifting with the palm down, the weight is supported by the ____ rather than the palm. *2/2

☒ Fingers

☐ Lowerback

☐ Forearm

☐ Wrist



✓ When lifting, you should: *

2/2

- ☐ Lift a patient while reaching far in front of your torso
- ☒ Keep the weight that you are lifting as close to your body as possible
- ☐ Use your back muscles by bending at the waist
- ☐ Spread your legs past shoulder width



✓ If the weight you are pushing is lower than your waist, you should push from:

*2/2

- ☒ A kneeling position
- ☐ A squatting position
- ☐ The waist
- ☐ The shoulder



✓ The ____ is both the mechanical weight-bearing base of the spinal column and the fused central posterior section of the pelvic girdle.

*2/2

- ☒ Sacrum
- ☐ Coccyx
- ☐ Lumbar spine
- ☐ Ileum



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✓ When log rolling a patient, you should do which of the following: * 2/2

- ☒ Use your shoulder muscles to help you with the roll ✓
- ☐ Hyperextend the back to reach completely across the patient
- ☐ Avoid kneeling too closely to the patient's side
- ☐ Refrain from using the belt loops or belt as a grab point

✓ Pneumatic stretchers were developed to decrease the risk for EMS provider back injuries. *2/2

1. True ✓

2. False

✓ ____ safety depends on the use of proper lifting techniques and maintaining a proper hold when lifting or carrying a patient. *2/2

- ☐ Your
- ☐ The patient's
- ☐ Your team's
- ☒ All of the above ✓



✓ When pulling a patient, you should do which of the following: * 2/2

- ☒ Extend your arms no more than about 15 to 20 inches (38 to 50 cm) ✓
- ☐ Stagger your feet so that the force of pull will be distributed toward your dominant hand
- ☐ Pull the patient in rapid bursts of movement
- ☐ Move both yourself and the patient simultaneously

✓ If you are alone and must remove an unconscious patient from a car, you should first move the patient's: *2/2

- ☒ Legs ✓
- ☐ Pelvis
- ☐ Head
- ☐ Torso

✓ The rapid extrication technique is the preferred technique to use on all sitting patients with possible spinal injuries. *2/2

1. True

2. False



✗ Used for patients who are found lying supine with no suspected spinal injury: *0/2

- ☐ Stair chair
- ☐ Portable stretcher
- ☒ Extremity lift
- ☐ Direct ground lift



✓ Used for patients who are supine or sitting without an extremity or spinal injury; especially helpful in narrow spaces: *2/2

- ☐ Backboard
- ☐ Stair chair
- ☒ Extremity lift
- ☐ Scoop stretcher



✓ Which of the following statements is FALSE regarding the use of a stair chair? *2/2

- ☒ Lean back and help distribute the weight
- ☐ Keep your back in a locked-in position
- ☐ Keep the patient's weight and your arms as close to your body as possible
- ☐ Flex at the hips, not at the waist



✓ Which of the following is true regarding the lifting and moving of geriatric patients? *2/2

- ☐ They tend to have more flexibility than younger patients
- ☒ Many will require additional padding or support to transport comfortably ✓
- ☐ They have less risk of skin tears and bruising than younger patients
- ☐ They generally have no fear or anxiety of being transported

✓ A specifically designed stretcher that can be rolled along the ground and secured into the patient compartment: *2/2

- ☒ Wheeled ambulance stretcher ✓
- ☐ Portable stretcher
- ☐ Direct ground lift
- ☐ Basket stretcher

✓ Special _____ techniques, equipment, and resources are usually required to move any patient who weighs more than 350 pounds (159 kg) to an ambulance. *2/2

- ☐ Orthopedic
- ☐ Geriatric
- ☒ Bariatric ✓
- ☐ Pediatric



✗ You'll likely use the ____ to transfer the patient from your stretcher to the hospital bed. *0/2

- ☐ Portable stretcher
- ☐ Diamond carry
- ☒ Scoop stretcher
- ☐ Draw sheet method

✗

✓ When you must carry a patient up or down a flight of stairs or other significant incline, use a ____ if possible. *2/2

- ☐ Stretcher
- ☐ Backboard
- ☐ Short backboard
- ☒ Stair chair

✓

✓ Bariatrics is a medical specialty that deals with the care of the obese. * 2/2

1. True
2. False

✓



✓ When carrying a patient down stairs or on an incline, make sure the stretcher is carried with the head end first.

*2/2

1. True

2. False



✓ Separates into two halves and then inserted under the patient for carrying:

*2/2

☐ Backboard

☐ Portable stretcher

☒ Scoop stretcher

☐ Direct ground lift



✓ The flexible stretcher is useful for moving patients through confined spaces.

*2/2

1. True

2. False



✓ If you find that lifting a patient is a strain, try to move the patient to the ambulance as quickly as possible to minimize the possibility of back injury.

*2/2

☐ True

☒ False



✓ When lifting a patient, proper technique involves which of the following? * 2/2

- ☒ Avoid bending at the waist
- ☐ Leaning forward over the patient
- ☐ Keeping the legs and knees locked straight
- ☐ Holding the weight away from your body



✓ An isolette is used to transport neonatal patients. * 2/2

1. True
2. False



✓ The term *power lift* refers to a posture that is safe and helpful for EMTs when they are lifting. *2/2

1. True
2. False



✓ Which of the following team leader actions is NOT required to safely lift and move a patient? *2/2

- ☐ Giving a command of execution
- ☒ Completing all documentation prior to moving the patient ✓
- ☐ Giving an abbreviated overview of the lifting and moving stages
- ☐ Indicating where each team member is to be located

✓ Which of the following is NOT an indication for use of the rapid extrication technique? *2/2

- ☐ The patient's condition cannot be properly assessed before being removed from the vehicle
- ☒ The patient is in severe pain ✓
- ☐ The vehicle or scene is unsafe
- ☐ The patient blocks access to another seriously injured patient

✓ An urgent move would be required in which of the following circumstances: *2/2

- ☐ If a patient has a normal level of consciousness
- ☐ If a patient has normal vital signs
- ☐ If the patient is complaining of neck pain
- ☒ In extreme weather conditions ✓



✓ Most of a patient's weight will be distributed on which part of a backboard or stretcher?

*2/2

- ☐ Foot
- ☒ Head
- ☐ Side
- ☐ Center



✓ You can move a patient on his or her back along the floor or ground by using all of the following methods EXCEPT:

*2/2

- ☐ Pulling on the patient's clothing in the neck and shoulder area
- ☐ Placing the patient on a blanket, coat, or other item that can be pulled
- ☐ Placing your arms under the patient's shoulders and through the armpits, and while grasping the patient's arms, dragging the patient backwards
- ☒ Pulling on the patient by the legs if they are the most accessible part



✓ A medical specialty focusing on the management of obesity: *

2/2

- ☐ Geriatrics
- ☒ Bariatrics
- ☐ Pediatrics
- ☐ Gymnastics



✓ You may injure your back if you lift: *

2/2

- ☒ With the shoulder girdle anterior to the pelvis
- ☐ With your back straight
- ☐ Keeping the weight close to you
- ☐ Using a power lift technique



✗ To avoid the strain of unnecessary lifting and carrying, you should use ____ or assist an able patient to the stretcher whenever possible. *0/2

- ☒ The direct ground lift
- ☐ The extremity lift
- ☐ The draw sheet method
- ☐ A scoop stretcher



✓ It is not important that you and your team use the correct lifting technique to lift a stretcher.

*2/2

1. False
2. True



✓ When you use a body drag to move a patient: *

2/2

- ☐ Drag the patient by the ankles
- ☐ Twist so the vertebrae can flex during the move
- ☒ Your back should always be locked in a slight curve
- ☐ Consider hyperextending to gain more leverage



✗ A tubular-framed stretcher with rigid fabric stretched across it: *

0/2

- ☐ Flexile stretcher
- ☐ Portable stretcher
- ☐ Wheeled ambulance stretcher
- ☒ Basket stretcher



✓ A spine board or longboard: *

2/2

- ☐ Direct ground lift
- ☐ Scoop stretcher
- ☒ Backboard
- ☐ Portable stretcher



✓ What device will you use to put a rollover victim onto the wheeled ambulance stretcher?

*2/2

- ☐ Extremity lift
- ☒ Backboard
- ☐ Scoop stretcher
- ☐ Short backboard



✓ A backboard is a device that provides support to patients who you suspect have all of the following EXCEPT:

*2/2

- ☐ Spinal injuries
- ☐ Hip injuries
- ☒ Symptoms of heart attack
- ☐ Pelvic injuries



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