



VICTIM HANDLING (1.1)

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- NFPA 1001

TASK SKILL DESCRIPTION AND DETAIL

It is essential to know how to properly package a victim in a safe, effective, and efficient manner. It is our responsibility to be able to prepare a victim for removal from an IDLH atmosphere as quickly as possible, through the use of many different lifts, assists, carries, and drags, while also striving to minimize any further damage to the victim. At times, drastic and unconventional lifting techniques may be needed to remove a victim from severe conditions. The only limiting factors when removing a victim in an expedient manner are safety, the environment, and the imagination of the rescuers. Raw strength is helpful, but not necessary with the proper technique and form.

VICTIM REMOVAL PRECAUTIONS

- Victims who are injured should only be moved if a life-threatening emergency exists.
- Spinal injury from trauma is one the greatest threats to an injured victim.
- In most situations, it is safer to move the victim along the long axis of their body leading with the head or feet.
- For the safety of the victim and the rescuers, two or more rescuers should be used when conditions allow.
- Victims who are unconscious tend to be much more difficult to move than conscious victims.
- Using improper lifting techniques causes many back injuries to rescuers.



BODY MECHANICS

- Position the victim
- Use natural pinch points
- Post legs
- Pivot victim
- Sequence – Position, Post, Pivot

Prone Position

1. Position the victim into a natural roll (think rolling a patient onto a backboard).
2. Firefighter will cross the victim's body with left shoulder to left shoulder or right shoulder to right shoulder.
3. Firefighter places arms under the victims arm pit. This will allow the use of a pinch point between the firefighter's forearm and bicep to lock out the victim's shoulder (see Figure 1).



Figure 1

4. Rock the victim on to their side (see Figure 2).
5. The firefighter will post their leg closest to the victims head (see Figure 3).
6. The firefighter will slide the opposite arm under the victim's head (see Figure 3).



Figures 2 and 3

7. Push off of the post leg and pivot the victim into a natural drag position (see Figures 4 and 5).



Figures 4 and 5

Supine Position

1. The firefighter positions their arm under the victim's arm pit. Left shoulder to left shoulder or right shoulder to right shoulder (see Figure 6).
2. The firefighter will position the victim's arm deep into the pinch point of the firefighter's forearm and bicep.
3. The firefighter will place the opposite upper arm under the victim's head (see Figure 7).



Figures 6 and 7

4. Post the leg closest to the victim's head (see Figure 8).



Figure 8

5. Push off of the posted leg and pivot the victim into a natural drag position (see Figure 4 and 5).



VICTIM REMOVAL TECHNIQUES

The following victim removal techniques are the basic skills that we should be proficient at performing.

- Single Person
- Two Person Drag (Under Arm)
- Two Person Drag (Football)
- Two Person Drag (Over The Shoulder)
- Window Rescues
- Movement up and down stairs
- Use of Webbing

Single Person Drag

1. Locate and assess the downed victim. Utilize the appropriate victim positioning technique.
2. Cross the victim's arms.
3. The firefighter positions their arms under the victim's arm and grasps the victim's wrists. This will lock the arms in place (see Figure 9).
4. Slightly lift the victim off of the ground.
5. Push off of the posted leg.
6. The firefighter's chest must remain in close contact with the victim's back to avoid unnecessary strain on the lower back (see Figure 10).
7. Move in short, quick "steps".



Figures 9 and 10



Two Person Drag (Under Arm)

1. Locate and assess the downed victim. Utilize the appropriate victim positioning technique.
2. The firefighters will position themselves on opposite sides of the victim's head facing the same direction (see Figure 11).
3. Each rescuer will place their inside arm underneath the armpit of the victim, keeping it locked in the natural pinch point of the forearm and the bicep.
4. Both firefighters post the rear leg.
5. Push off the post.
6. Rescuer 1 uses the commands of: Ready (pause)! Move! Stop (when necessary)!



Figure 11



Two Person Drag (Football)

1. Locate and assess the downed victim. Utilize the appropriate victim positioning technique.
2. Rescuer 1 (typically the firefighter) will kneel at the head of the downed victim, wrapping arms around the victim, and taking ahold of the victim's wrists (see Figure 9).
3. Cross the victim's legs
4. Rescuer 2 (typically the officer) will post their inner leg and place the victim's legs on posted leg (see Figure 12).
5. Wrap the inside arm around the legs on the post (see Figure 13).
6. On command, Rescuer 1 will pull the victim while Rescuer 2 uses their legs to push the victim to safety.
7. Rescuer 1 uses the commands of: Ready (pause)! Move! Stop (when necessary)!



Figures 12 and 13

Two Person Drag (Over the shoulder)

1. Locate and assess the downed victim. Utilize the appropriate victim positioning technique.
2. Rescuer 1 (typically the firefighter) will kneel at the head of the downed victim, wrapping arms around the victim, and taking ahold of the victim's wrists (see Figure 9).
3. Cross the victim's legs.
4. Rescuer 2 (typically the officer) will post their inner leg and place the victim's legs on posted leg (see Figure 12).
5. Rescuer 2 will then use their inner arm to reach under the victim's legs at the fold of their knees and place the legs on the shoulder (see Figure 14).
6. Rescuer 2 will go down to the elbow with other arm.
7. On command, Rescuer 1 will pull the victim while Rescuer 2 uses their legs to push the victim to safety.



8. Rescuer 1 uses the commands of: Ready (pause)! Move! Stop (when necessary)!



Figure 14

VICTIM HANDLING TECHNIQUES- WINDOWS

- Head first (single firefighter)
- Feet first (two firefighters)
- Feet first method – Modified Langvart (one firefighter)

Head First Method (Single Firefighter)

1. Drag the victim into position (see Figure 15).
2. Position the victim facing towards the window with their legs bent, feet flat on the floor, and feet against the wall (see Figure 16).
3. The firefighter will lift the victim and place one leg between the victim's leg (see Figure 17).
4. Push the victim against the window sill.
5. Fold the victim at the waist.
6. Coordinate with the firefighter on the outside to ensure proper victim handling out of the window (see Figure 18).



Figures 15 and 16



Figure 17 and 18



Feet First Method (Two Firefighters)

1. Drag the victim into position (see Figure 15).
2. The victim's legs are placed on the window sill with their butt up against the wall (see Figure 19).
3. Each firefighter will place an arm under the waist and an arm under the head (see Figure 20)
4. The command is "Ready, Move!"
5. The victim is lifted up and out of the window (see Figure 21).



Figure 19



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Figure 20



Figure 21



Feet First Method – Modified Langvart (one firefighter)

1. Drag the victim into position (see Figure 15).
2. Victim is angled under the window with their head against the wall (see Figure 22).
3. Roll the victim up onto the shoulders (see Figure 23).
4. Roll the victim up and out of the window (see Figures 24 and 25).

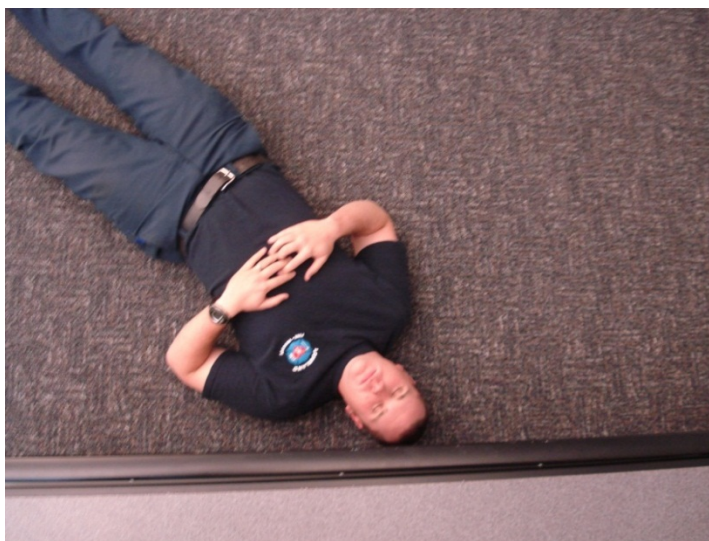


Figure 22



Figures 23 and 24



Figure 25

MOVEMENT UP AND DOWN STAIRS

The movement of a victim up and down stairs is the most difficult part of victim handling. It requires teamwork, efficient movements, and focus on proper technique. LFRA teaches two methods to move a victim up stairs and one method to move a victim down stairs. Points to remember are:

- Victim goes up stairs head first
- Victims goes down stairs head first
- A looped piece of webbing to assist movement by wrapping under the victim's arms and around the torso. The webbing can also be placed around the victim's thighs to assist with lifting the torso.



Over the Shoulder Method

1. Drag victim to base of stairs, facing away from stairs, positioned on the second step (see Figure 26).
2. Rescuer 1 (typically the firefighter) positions behind the victim. The rescuer will grasp around the victim's chest or use webbing as a lifting point.
3. Rescuer 2 (typically the officer) will be positioned with the victim's legs over the shoulder.
4. Victim's legs need to be positioned over Rescuer 2 shoulders.
5. Move the victim in the same fashion as the two person over the shoulder method that was described above.



Figure 26



Two Person Method

1. Drag victim to base of stairs, facing away from stairs, at the base of the stairs.
2. Rescuer 1 (typically the firefighter) positions behind the victim. The rescuer will grasp around the victim's chest.
3. Rescuer 2 (typically the officer) will be positioned with the victim's legs around their waist. The key is to carry a majority of the victim's weight on the hips.
4. The crew will lift the victim in unison and make any adjustments before ascending the stairs (see Figure 27).
5. Move the victim in unison. Rescuer 2 must be aware not to move faster than Rescuer 1 (see Figure 28).



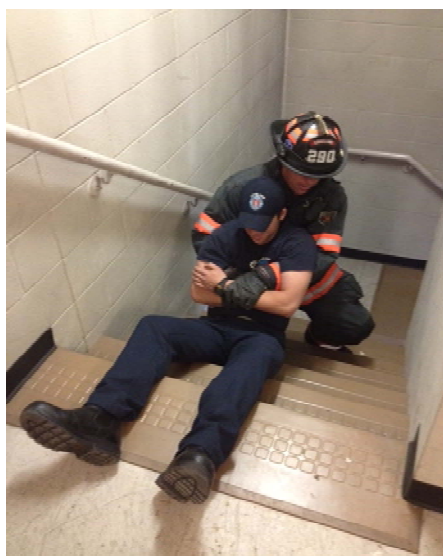
Figure 27



Figure 28

DESCENDING STAIRS

Descending stairs is a one firefighter operation. The key is to move efficiently and remain in control. Allow gravity to assist during this operation (see below).





WEBBING

There is a long list of many different uses of webbing in regards to victim removal. The key to using webbing is proficiency and access. It is only good if it can be rapidly accessed and the individual as well as the crew is proficient in using webbing.

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