

**O-0502**  
**PARTICIPATE IN A LITTER OR STRETCHER CARRY**

**CONDITIONS**

As part of team you are required to evacuate a patient from a wilderness environment using a litter or stretcher.

**OJECTIVES**

Participate as part of a litter team to properly evacuate a simulated patient from the wilderness over several obstacles.

**TRAINING AND EVALUATION**

**Training Outline**

1. At times the ground search and rescue team will be required to assist in the transportation of a patient from a remote location to medical assistance. This is usually done by placing the patient in a stretcher or litter and having a six to eight person team manually transport them to safety. As part of the team, the individual is responsible for knowing how to lift, carry, pass the litter, and set the patient down properly.

2. Litter lifting. Once the patient is in the litter and secured, the team must bring the litter to waist height to begin transport.

a. To do this four to six individuals line up on alongside the litter (two or three per side), the person at the right front (head position) is in charge of the lift. All individuals get down on one knee facing the litter. Grab the litter rail with both hands.

b. On the command "lift to the knees," straighten your back and lift with both hands, pulling the litter up to knee height.

c. On the command "lift to the waist," use your rear leg to lever yourself to a standing position, with both hands still on the litter.

3. Litter Carry.

a. After the litter is lifted, the team leader commands 'face front.' At this point take your front hand off the litter and rotate your body to face the front (head) of the litter.

b. On the command 'forward', start walking with your inside foot first. Ideally the people on each side of the litter are 'out of step with each other,' to avoid bouncing the litter, but moving the litter should not be stopped to simply stay in step.

c. If you tire and need relief, alert the team leader. A relief bearer will come up directly behind you and grab the litter. When he tells you that he has 'got the litter' you may let go and move off to the side. At this point you join the pool of relief bearers.

4. Pass over obstacles. Fences, rocks, or fallen logs represent obstacles to properly carrying the litter. To overcome these:

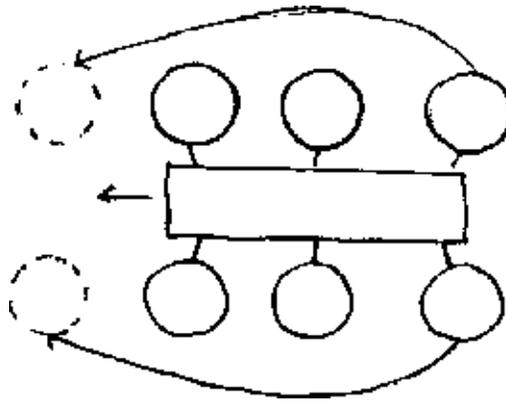
a. The team leader brings the litter directly up to the obstacle and halts the team.

b. Two relief bearers cross the obstacle and position themselves at the head. The litter is passed forward to so that the relief bearers take over the front of the litter.

c. The bearers at the rear of the litter who just passed their load forward, then cross the obstacle and position themselves in front of the relief bearers.

d. The litter is again passed forward until the only the rear of the litter is on the obstacle.

e. The process is repeated until the litter and all the bearers are passed the obstacle and normal travel can resume.



#### *Litter Transfer Uphill or Over an Obstacle*

5. This same technique should be used when moving up or down a steep slope (whenever possible, however, avoid such slopes). Ropes can be secured to the litter to allow personnel at the top of the slope to assist in the movement up or downhill.

#### 6. Setting the litter down

a. To set the litter down, the team leader calls a halt and then 'face center.' At this point the bearers rotate their bodies to face into the litter and grab the litter rails with both hands.

b. The team leaders then command 'lower to the knees.' At this point keep your back straight and lower yourself to a kneeling position with the litter in front of you and at knee height.

c. On the command 'lower to the ground,' bend forward slightly until the litter is safely on the ground. At this point move away from the litter to allow the team medic to check out the patient.

6. Lift straps. If you have a length of 1" webbing in your gear, it may be easier on your arms to construct a sling to help carry the litter. Tie a water knot in the webbing to secure the ends together. Girth hitch or snaplink the webbing to the litter rail and place the long loop over your shoulder. Adjust the position of the water knot to set the loop to the proper length. On long evacuations, this will reduce fatigue.

#### **Additional Information**

More detailed information on this topic is available in Chapter 8 of the Ground Team Member & Leader Reference Text.

## Evaluation Preparation

**Setup:** Place the student on stretcher team. Provide the team with a litter and a simulated patient secured to the litter. (You can use an actual person in the litter, or something of similar weight.) Prepare a course of at least 300 meters containing at least 3 obstacles that will the team must pass the litter over.

**Brief Student:** Tell the team that you will call all commands for the team. Show them the course they must carry the stretcher over. Have the students line up on the stretcher, with the relief bearers off to the side. Tell all students that they should request relief at least once during the 300 meter course.

## Evaluation

<u>Performance measures</u>	<u>Results</u>	
1. Lifts the litter on command to the knees while keeping his back straight.	P	F
2. Lifts the litter to the waist properly	P	F
3. Relieves another litter bearer properly	P	F
4. Participates in transfer over an obstacle properly	P	F
5. Lowers the litter to his knees and ground on command.	P	F

Student must receive a pass on all performance measures to qualify in this task. If the individual fails any measure, show what was done wrong and how to do it correctly.