



programs of



3597 West 23rd Avenue  
Vancouver BC V6S 1K4  
Phone: 604.739.7315  
Fax: 604.739.7803  
info@freetobe.ca  
www.freetobe.ca

# Get Me Out of Here!™

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## Workshop Overview

**Get Me Out of Here!™** is a cost-effective risk management tool that will increase the skill of employees to manage an emergency evacuation safely and with minimal chance of injury. We design this program to meet your specific needs. **Get Me Out of Here!™** is an experiential workshop with lots of “hands-on” activities which are fun and easy to learn.

**Get Me Out of Here!™** will help your organization comply with Workers' Compensation Board regulations to reduce the risk of injury to workers, clients and customers alike.

### Best suited for:

- Workers in health care, education, industry, tourism and emergency services organizations.
- Workers who are designated to provide rescue or evacuation services.
- Workers whose work duties regularly include lifting and transferring people or objects.

**Workshop Length:** half or full day

**Support Materials:** **Get Me Out of Here!™** DVD and Participant Training Manuals

## Workshop Components

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The **Get Me Out of Here!™** program teaches two levels of techniques that must become instinctive to be effective in emergency situations: the proper body moves and the evacuation procedures.

### 1) Body Moves

Protect yourself by:

- Learning the “7 Steps to Effective body Moves”
- Recognizing the “Safe Zone”
- Avoiding the “Fatal Move”

### 2) Emergency Evacuation Techniques

Discover unique techniques that incorporate speed and safety for assisting evacuees with varying levels of mobility while using minimal equipment.

Specific Techniques include:

- Assisted standing and speed walking
- The controlled fall
- Evacuation with a wheelchair
- Transfers from bed to wheelchair or floor
- Moving along the floor
- Moving down stairs
- Universal chair lift