

“Get Me Out of Here!”™

**Emergency Evacuation
Training Manual**

Including

“Back in Control”™

an Introduction to Good Body Mechanics

and

“Get Me Out of Here!”™

Emergency Evacuation Techniques

“Get Me Out of Here!”™ DVD and Manual
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This manual is intended to be used for training purposes in conjunction with the DVD **“Get Me Out of Here!”™**

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Forward

In my experience as a physiotherapist, I've treated many clients with back injuries incurred during emergency evacuations. These weren't the evacuees, but the rescuers. As a result of poor lifting and transfer techniques, they had injured themselves. The adrenalin of the moment kept them focussed on getting the victim to safety, and left no room to consider their own well-being. It wasn't a lack of strength or fitness that was the problem, it was simple biomechanics. No group; not the fire fighters, the police, or the paramedics, manage to escape preventable transfer related injuries.

There are many courses offered on back care. There are few courses that address the issue of back care along with the speed of an emergency evacuation. The luxury of time to plan a transfer is simply not available. People need to be taught different techniques to accommodate speed. They need to understand their own body movements and learn what forces produce tension and stress to their muscles. Using the techniques in the "Get Me Out of Here!"™ DVD and manual can't guarantee that an injury won't occur, but it can substantially reduce the chances of a serious injury from neglect of proper body mechanics.

“Life Over Limb”

If a situation arises where the only evacuation method that is feasible may hurt the evacuee, then remember the principle of “Life Over Limb”.

This principle reminds the rescuer what to do if a course of action puts the evacuee at risk of injury.

If the consequence of not following the course of action results in death, then a broken bone or other trauma is preferred.

Purpose

This manual and companion DVD, “*Get Me Out of Here!*™”, teach safer techniques for emergency evacuation of persons with varying levels of disabilities. The primary focus is to assist in the prevention of injuries to the rescuer while keeping the evacuee as safe as possible. These procedures incorporate ergonomically safer lift and transfer techniques representing the most efficient combination of speed and safety in effecting an evacuation. The methods and principles discussed can be applied in hospitals, care facilities, businesses, industrial and hospitality settings as well as in private homes.

In order for this manual and DVD to be truly effective, it is necessary to understand good body mechanics and to practice the emergency techniques outlined.

Of course, it would be ideal for everyone to be professionally trained in the techniques demonstrated in the DVD “*Get Me Out of Here!*™”. However, in the absence of formal training, it’s still very useful for people to know this information. In an emergency, it could prevent someone from being left behind.

Closing Comments

In an emergency, every moment counts to ensure a safe and effective evacuation. Therefore, rescuers need to rely on practical and safe body moves for evacuating people while protecting themselves from injury. Incorporating the techniques demonstrated in the DVD “*Get Me Out of Here!*™” will help to minimize the strain on the back while preventing and reducing injuries. Using pillows or mannequins rather than people, practice all these techniques until they come naturally to you.

Remember:

- ◆ Remain calm—do not panic.
- ◆ Think about the situation—where is the danger located? What is the safest route to exit the building?
- ◆ Think about the evacuee—what will be the best way to move them out of the building? Can they walk? Are they in a wheelchair or in bed?
- ◆ Talk to the evacuee- it is important that the evacuee and rescuer work together to get out safely.
- ◆ Although time is important, think safety and do not hurry.

Practice good body mechanics!

Remember to use a wide base, bent knees, pelvis in the *power position* and a straight back. Keep your arms close to your body. Use the strong leg and buttock muscles when lifting. Shift your weight and pivot instead of twisting when moving.

And a final note: *Avoid the Fatal Move!*