

STOP HURTING YOUR BACK!

A survey of 1,300 National Association of EMT members found that 47% of respondents had sustained a back injury while performing EMS duties

– National Association of Emergency Medical Technicians

Back injuries are a serious problem within EMS. In a recent study performed by Dr. Maguire he showed that the rate of injury for EMS providers is not *just* greater than that of all other careers nationally, but 21.3 times greater. Some of the biggest industry specific contributing factors to this issue can be attributed to the following:



- Constrained lifting posture due to lack of handles to grab hold of
- Unpredictable, awkward, and limiting working environment
- The inability to effectively team lift
- Improvised lifting practices passed down from the previous generation

While new devices like cots and stair chairs have reduced the incidence of stretcher-lifting injuries, the primary source of lifting injury is still the patient, not the stretcher. The most dangerous move a caregiver will perform is moving the patient from the floor/bed/bathtub/chair/car to the cot. The reason for this is *because humans don't come with handles™*. Without having something to hold onto/lift by, the caregiver has few other options but to disregard the health of their back and the safety of their patient.

The Binder Lift is the only product offering the caregiver multiple handles across the entire torso of the patient, giving a variety of handles to choose from. Unlike other “similar” products the Binder Lift has a torso wrap design that supports and secures the patient's torso, therefore greatly reducing the chance of pinch points, skin tears, bruising, or other patient injury.

The old way of lifting is out and the new is in. Common products used for improvised lifting such as the KED, transfer tarps, soft stretchers, loose webbing, or sheets are great for what they were originally intended for, but this sort of improvising is a contributing factor to the high rate of back injuries. It's not a secret that change is slow, especially within EMS. But there comes a time when one must take initiative to do something different. If we keep doing what we have always done we will get what we always got. Let's try something new.

Cost Justification

\$1,000



■ Price of self loading power cot
■ Price of a pair of Binder Lifts

To equip an ambulance with a power cot and power load system there is an estimated cost of \$30,000. Most EMS departments find this to be a worthwhile investment because of its injury prevention capabilities. A single back injury typically costs the department anywhere from \$12,000 -- \$300,000. This does not take into account the early retirement and reduced quality of life that so many medics have experienced. **IF YOU ARE HURTING YOUR BACK GETTING A PATIENT ONTO THE COT, THE MONEY SPENT ON YOUR POWER COT WAS WASTED.** This is a very simple concept that does not need studies or tests done to prove. Mechanical patient handling equipment can only prevent back injuries once the patient is secured to the device. Given the nature of EMS it is impossible for hospital style mechanical lifts to be applied in most settings where lift assists take place. The Binder Lift bridges the gap between the cot and the floor, chair, bathtub, or wherever the patient happens to be. By providing multiples handles to choose from, the Binder Lift promotes team lifting while enabling proper lifting ergonomics. The Binder Lift will prevent injuries to the medic and patient in the space *Where Patient Handling Begins™*