



## TRANSFERS FROM BED TO GURNEY

HANDBOOK PAGES: 74-75

Have you ever found yourself helping transfer to a gurney when the EMT suddenly pulls the load away from you and onto the gurney? This is a very precarious situation and can easily result in a back injury.

To protect yourself, **be assertive** and insist that you are allowed to position yourself properly before the transfer is made. If possible, **adjust the height of the bed and gurney** to be on the same level. Use proper **knee up on the bed** technique when the transfer is made. Remember, it is your back you are protecting!