



LIFTING THE STAIR CHAIR

A very efficient device for evacuating an individual who has become disabled is by using a Stair Chair. The Stair Chair is especially useful if having to move an individual up or down a flight of stairs. Using this device however, can lead to a severe amount of back lifting unless proper technique is utilized while negotiating the stairs.

As seen in the illustration above, whether you are above or below the chair, it is vital that you keep one foot on the step above and one foot on the step below your position. This technique will allow you to maintain a wide stance and stay much closer to the load than while having both feet on the same step.

As you ascent or descend the stairs, keep your movements coordinated with your partner so that you are both stepping at the same time if at all possible. If you have an extremely heavy individual be sure to move the Stair Chair one step at a time. Begin by lifting off the step and then setting the chair on the next step, repositioning your feet to the next two steps, then lifting and moving the chair again. With this technique even very heavy individuals can be moved safely utilizing the Stair Chair.