



Carrying a heavy patient down the stairs in a stair chair can be a back breaking job. Here's how to avoid hurting your back. Both lifters must stand at opposite corners of the chair in a wide POWERLIFT® stance. As you go down the stairs, go down one step at a time, sitting the chair down between each lift from one step to the next. The other really important thing to do is to always keep one foot on the step above and the other on the step below. Move down one step at a time as you gradually move the chair down, one step at a time. This method will take longer than just lifting and heading down the stairs but if you get hurt doing it the old way, you will wish you would have used this method instead. It is not a good idea to make yourself the next patient, instead use **POWERLIFT®** !

USING THE STAIR CHAIR