



## Med Sled Healthcare Training Checklist

**Important :** Utilize proper body mechanics at all times when using the Med Sled

### Pre Training Educational Material Review

- Viewed & Understood 7 Minute Med Sled Training Video

### Hands-On Usage of the Med Sled

**Step One:** Securing the Patient in the Med Sled (2 or 3 person procedure based on patient weight)

- Unrolled Med Sled in quick and proper manner
- Safe Log Roll to slide the Sled under the Patient
- Slide Patient to the center and all the way to the foot end of the Sled
- Place Equipment & IV Bags if Applicable (Oxygen between legs, pumps and IV's above shoulders)
- Tighten three cross straps firmly...communicate to Patient as you go
- Secure T-Strap at the foot of Sled and tighten

Notes: \_\_\_\_\_

**Step Two:** Lowering the Med Sled to the Floor (2 or 3 person procedure based on patient weight)

- Lower the Bed as low as possible
- Rotate the Sled 90 degrees using the perimeter tether for grab handles
- With one person on each side of the Sled, grasp the perimeter tether near the head of the patient and slide the Sled off the bed so that the foot end contacts the floor. Do not grab the perimeter tether on the foot end of the Sled
- Once the foot end contacts the floor, slide the Patient to the floor in one continuous motion, bending at the knees using proper body mechanics. Use the perimeter tether at the head of the Sled to lower the head end of the sled to the ground
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Notes: \_\_\_\_\_

**Step Three:** Pulling the Med Sled to the Stairwell (2 or 3 person procedure)

- Pull the sled using the orange drag straps at the foot end of the Sled

Notes: \_\_\_\_\_



**Step Four:** Descend the Stairs using the “Bucket Brigade” Technique

Sender (Top Position)

- Position the sled against the outside wall of the stairwell with feet towards the stairs
- Properly attach the Carabiner securing it to the highest Stairwell Bracket or designated anchor point with the Carabiner “gate” facing DOWN the stairwell
- Pull ALL THE SLACK OUT OF THE TETHER and MAINTAIN THIS TENSION as descending begins
- Maintain an athletic stance (“Tug of War”)
- Communicate with “Receiver” (person guiding the foot end of the Sled) while descending the Sled
- Allow the Tether to slide through the Carabiner while descending the stairs. Do not let go of the Tether at any point in the process

Receiver (lower position)

- Stand to the side of the foot end of the Sled. **DO NOT** Stand in front of the Sled
- Grasp the pull straps in one hand approximately 18” from the foot end of the Sled
- While communicating with the “Sender”, use other hand to slowly pull the Sled over the top step
- When Sled “Surges” forward, guide the Sled with the pull strap until stable and then release the strap.  
**KEY NOTE: DO NOT ATTEMPT** to lift the foot end of the Sled or utilize excessive force in attempting to restrain the Sled descent
- When clear of the Sled, “Sender” will begin to lower the Sled. Receiver should guide the Sled around the stairwell landing corner and position it for the next descent

Notes: \_\_\_\_\_

Employee Name: \_\_\_\_\_ Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Note: This training class will include hands on evacuation training, including vertical evacuation. Although the Med Sled significantly reduces the amount of effort and strength required to complete an emergency evacuation, the evacuation process does take basic physical strength, fitness and health. Individuals with limited or constrained physical abilities or health (IE: heart conditions, back, knee issues ...) should not participate in this training and should not be included in evacuation protocols requiring them to perform these functions. If the organizer or trainee has any concerns, please discuss them with your Risk Management contact and the Med Sled Rep prior to training.