



Inspiring Preparedness to Save Lives

Med Sled Training Presentation – “No One Left Behind”

Med Sled Training

- The Med Sled is a drag, no lift device that makes it easier for clinicians or other hospital staff to move patients 2-3x their weight.
- We recommend that clinicians package the patients in the Med Sled and move them to the protocol exit since they are familiar with their medical condition and skilled in safe patient handling techniques.
- We recommend that clinicians work together in a “buddy system” when preparing patients for evacuation.
- The Med Sled does take some physical strength to operate and coordination when moving patients vertically in a stairwell. Staff with constrained physical abilities should not participate in training, but can observe the process.
- We recommend that all Med Sled training classes view our training video at <http://www.medsled.com/hospitals-nursing-homes/hospital-training/>

Selecting the Proper Med Sled Device

Standard 36” Adult Med Sled

- Max weight 1,000 lbs. target patient population is adolescents and adults up to 300 lbs.
- The sides of the sled should wrap around the patients shoulders.
- Cross the top two straps for patients under 60” or use a Youth Med Sled if available.

Bariatric 48” Adult Med Sled

- Max weight 1,000 lbs. target patient population is adolescents or adults over 300 lbs. or critical care patients, regardless of size that will be evacuated with equipment in the sled.
- The sides of the sled should wrap around the patients shoulders.

Deploying the Med Sled

- Remove Med Sled from the storage device.
- Release the cinch strap and secure in the perimeter tether.
- Roll the sled out with one person at head end and foot end.
- Pinch the sled together at head + foot end and hold for 2-3 seconds.
- The sled is now fully deployed.



Packaging the Patient

- Lock the wheels on the bed and raise bed rail on one side of bed.
- Package the patient with available bed linens + load pillow.
- Use “roll and pull” method to slide the sled under patient and move them onto the sled. Leave cross straps buckled during this process.
- Position the patient in the center of the sled with feet at the white line on bottom/foot end of the sled.



Packaging the Patient

- Unbuckle the cross straps and slide under the patient.
- Load any necessary equipment. IV bags under the arms or over shoulder, O2 between legs on a pillow with valve up. Other equipment can be secured with foot loop strap.
- Tighten the straps starting with the foot loop strap. Place thumb on the strap outside of the sled when tightening.
- Tuck any excess from the straps in the side of the sled after securing patient.



Moving Patient from Bed to Floor

- Lower the height of the bed if it still has power
- Rotate the sled so the foot end is facing the exit point in the room. If the exit is off the foot end of the bed remove the foot board if possible.
- With one person on each side of sled grab the perimeter tether and slide the patient off the bed, toward the floor, feet first. Let the patients body weight take their feet to the ground and then in one motion slide the sled straight out from the bed and set down it down gently.



Horizontal Movement

- With one person on each side of the foot end of sled grab one of the horizontal pull straps.
- To pull the sled stand straight up and extend your arms.
- Always face the direction you are pulling the sled.
- Pull patient to the nearest protocol stairwell exit.
- Do not use the cinch strap at the head end of the sled to pull the device. Always pull from the foot end of the sled



Vertical Descent – “Bucket Brigade”

- Using the bucket brigade system is the recommended method for moving patients as quickly and safely as possible when evacuating your facility.
- The bucket brigade role is generally performed by the designated labor force during an evacuation event, but could include clinicians depending on hospital staffing levels during the evacuation event.
- To set-up the bucket brigade system you will need 1 person on each floor and landing of your stairwell for each protocol exit.
- Members of the brigade play the role of receiver and sender as the patient is moved to the exit point of the facility. They work their designated floor or landing area and do not follow the patient all the way down the stairs.

Vertical Descent

- Position the patient against the outside wall of the protocol stairwell.
- Attach the carabiner on the braking tether at the head end of the sled to connect the handrail. The ideal connection point should be even with the top stair of the run or 1-2' behind it.
- After the carabiner is secured to the handrail the sender should have the braking tether pulled tight and continue pulling in the slack as the receiver moves the sled off the landing into position for the final descent.



Vertical Descent

- The receiver should stand beside the sled when moving the device off the landing.
- To move the sled off the landing the receiver should grab the 2 perimeter tether loops in the middle of the sled and slide it off the landing and set it down.
- The receiver will move to the back of the sled utilizing the full length of the pull straps so they are not standing directly behind the sled.



Vertical Descent

- When sender and receiver are both ready begin descent down the stairs. Sender will initiate the descent by slowly releasing the braking tether hand over hand toward the receiver.
- The receiver will guide the sled down the stairs. When the patients shoulders reach the last few stairs the receiver should start pulling the sled toward the opposite wall on the landing so the sled comes off the bottom stair softly at an angle.



Rolling up the Med Sled

- Clean the device after training is complete.
- Cross-straps should be connected lay flat across the sled and place cinch strap at head end under the sled with Velcro side facing the floor.
- Make sure the bottom of the sled near the foot pad will lay flat. If not pull slack out of the perimeter tether toward the foot end of the sled.
- To ensure the sled will fit back into the storage device begin rolling the device at or before the white line at the foot end of the sled.



Rolling up the Med Sled

- Apply pressure while rolling the sled from foot to head end.
- Place knee on the sled when completely rolled and grab cinch strap to lace through buckle at top of sled.
- Slowly pull storage device over sled until you have it on past cinch strap.
- Do not force cover on the sled. If it does not fit re-roll the sled so the cover fits comfortably over the sled.

