**Investigating Firefighter/EMT Lifting and Carrying Injury Worksheet**

Phase 1 of an injury investigation is collecting facts of the circumstances of the injury. Complete as much as possible and attach to *Firefighter/EMT Injury & Acute Illness Investigation Form*.

Name of Injured: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_

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| **Fact-finding Phase** | |
| **Situational Factors** | |
| Describe the footing for the person lifting/carrying the object: | |
| How repetitious is the lift carry? | |
| Was the person rushing? Why? | |
| **Describe the Object Lifted or Carried** | |
| General category: ⬜ hose ⬜ patient ⬜ firefighting tool ⬜ extrication tool ⬜ other tool: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ bag ⬜ box ⬜ furniture ⬜ other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| Weight of object (estimate if not known): \_\_\_\_\_\_\_\_\_\_\_ lb. | |
| Size of object: Length \_\_\_\_\_\_\_\_\_\_\_ Width \_\_\_\_\_\_\_\_\_\_\_\_\_ Height \_\_\_\_\_\_\_\_\_\_\_ Did the size of the object complicate the lift/carry? Describe how: | |
| Describe the shape of the object (square, circular, irregular) and how the shape complicated the lift/carry. | |
| Describe the hand-to-object connection (handles, handholds, temperature) (top, middle, bottom of object) and how it may have complicated the lift/carry. | |
| **Describe the Body Mechanics of the Lift** | |
| Starting height of lift: \_\_\_\_\_\_\_\_ inches Ending height of lift: \_\_\_\_\_\_\_ inches | |
| How much body rotation/twisting? \_\_\_\_\_\_ 🌣  How could starting or ending positions be changed to reduce body rotation? | |
| How many other persons were available to assist? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  What lift-assist devices were used? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  What other lift-assist devices were available? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| **Describe the Carrying, Pushing / Pulling of the Object** | |
| How far was the object moved? |  |
| Describes obstacles (objects, stairs, turns) in the path of travel that complicated the move: | |