

**Resuscitation Council (UK):
Guidelines for safer
handling during
resuscitation in healthcare
settings – November 2009**

- ⇒ Key aim is to reduce risk to rescuer whilst ensuring aid to casualty is effective.



The rescuer must quickly assess danger to themselves and the patient before responding. Any harm to the rescuer could lead to difficulty tending to the casualty. One area given specific focus is that of dealing with a cardiac arrest in a sitting position. Resuscitation needs to be started as soon as possible after arrest and certainly within ten minutes of the incident. Therefore, it may be necessary for one person to transfer the casualty from chair to floor by themselves.

The procedure is:

- Place casualty's feet to one side
- Lean casualty over arm of chair in same direction as feet (see photograph at top of page)
- Now, kneeling close to casualty, reach round to the far hip and rotate body towards you
- The weight of the casualty will help you and they will come out of the chair
- Cradle them in a manner that does not hurt them or you and bring to the ground.

The procedure is approved by the resuscitation council and taught on our Moving and Handling First Aid courses.

Please contact us if you require any advice on these new guidelines.