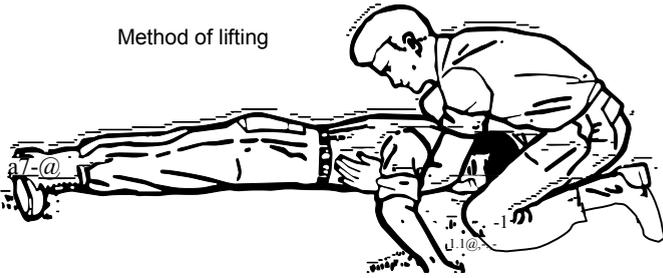


# FAST FIRST AID SKILL SHEET #1

## THE FIREMAN'S CARRY

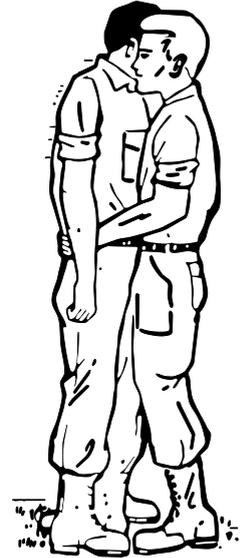
Method of lifting



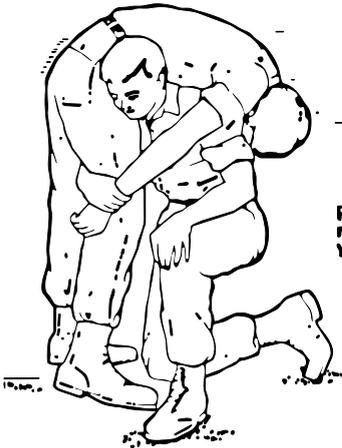
- 1 Kneel on one knee at the soldier's head, facing his feet, then extend your hands under his armpits, down his sides, and across his back.



2. As you rise, lift the soldier to his knees; then secure a lower hold and raise him to a standing position with his knees locked.



3. Secure your arms around the soldier's waist, his body tilted slightly backward to prevent knees from buckling. Place your right toe between his feet and spread them 6 to 8 inches apart.



6

Place the soldier's right wrist in your right hand and place your left hand on your left knee for support in rising.



4

With your left arm, grasp the soldier's right wrist and raise his arm over your head.



7

Rise with the soldier correctly positioned. Your left hand is free for use as needed.



5

Bend at the waist and knees, then pull the soldier's arm over and down your left shoulder, thus bringing his body across your shoulders. At the same time, pass your right arm between his legs.