The Drag Lift

Last updated September 2013

Quickest is not always best!

Sadly people don’t come with handles. Often it is tempting to use what seems like the next best thing when you are trying to move the person you care for. This usually means you use their armpit!

The problem with this is that all of their weight goes through the shoulder joint and you run the risk of both damaging the skin of the armpit and also damaging the shoulder itself, in the worst case even dislocating it.

It’s not good for you either; if you use this method to move someone it means you are taking all of their weight, not good for your back. It will also mean that you have to stoop and twist while you do it, increasing the risk of injuring yourself even more.

Rather than drag lift, ask your healthcare professional to show a safer alternative or if there is any equipment that may help you.

Images from The Guide to The Handling of People, 5th, Edition 2005 published by ©BackCare in conjunction with the RCN & NBE

York Carers Centre
(01904) 715490
enquiries@yorkcarerscentre.co.uk
www.yorkcarerscentre.co.uk

City of York Council
(01904) 555111
adult.socialsupport@york.gov.uk
www.york.gov.uk/carers