

Patient Transport Best Practice

Stair Chairs with tracks can save your back

- Stairs are a strong factor contributing to EMS injuries.
- Leaders bore more of the burden than followers, with high loads on their lower backs especially.

Stair chairs equipped with tracks allow gliding on stairs, and adjustable handles help both personnel stand more upright.



The gliding movement significantly reduces back compression force, with lower perceived exertion ratings, compared to traditional chairs. EMTs in one study felt that the leader facing forward position was more efficient.

Fredericks et al (2006) Biomechanical analysis of EMS personnel using stair chairs with track systems. In Proceedings of the 11th Annual International Conference on Industrial Engineering.

Butt et al. (2002) Comparison of commercial stairchairs using data envelopment analysis. In The Proceeding of the XVI Annual International Occupational Ergonomics and Safety Conference.