

# HOW TO CARRY AN INJURED GOLFER

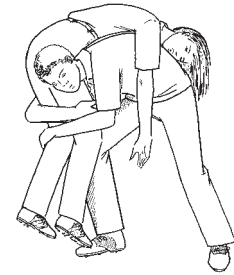
## IF ALONE

Use the “fireman’s carry” to bring the golfer to safety.

- 1 Face the injured person.**
- 2 Prop the victim upright in a sitting or partly standing position.**  
Bend down so your shoulder is level with her waist.
- 3 Lean into her body.**  
Have the injured golfer bend forward over your shoulder so her head and arms are behind you and her legs are in front of you.
- 4 Put your arms around her legs and stand up.**  
The victim should be bent at the waist over your shoulder, head behind, with legs in front of you.
- 5 Walk the victim to the clubhouse.**  
You should be able to walk a fair distance like this, as weight distribution is over your back and legs instead of your arms.



*Lean into the injured golfer's body.*



*Put your arms around her legs and stand up.*

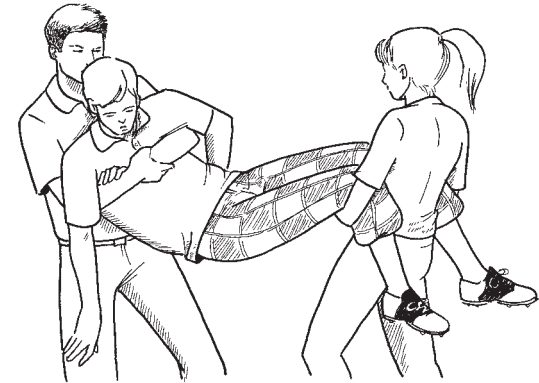


*Keep her weight over your back and legs as you walk her to the clubhouse.*

## IF ACCOMPANIED BY ANOTHER PERSON

Use the “deadlift carry” when you have the aid of another person.

- 1 Lay the injured golfer on his back.**  
Alternatively, the injured golfer could be sitting upright on the ground.
- 2 Stand behind the injured golfer.**  
Your carrying partner should be facing you on the other side of the victim, near his legs.
- 3 Kneel down.**
- 4 Slide your arms under the victim's arms and wrap them around his chest.**
- 5 Instruct your partner to kneel between the victim's legs.**  
Your partner should place her arms under the victim's knees, as if she were lifting the handles of a wheelbarrow to push it.
- 6 Stand up.**  
You and your carrying partner should rise at the same time. You will have about two-thirds of the victim's weight and your partner will have the rest.



*Travel sideways to reach your destination. If you get tired, set the injured golfer down and rest.*

- 7 Walk to get help.**  
This position is difficult to maintain for long distances. If you get tired, it is easier to sit the injured golfer down and pick him up again using this method than with the one-person fireman's carry.