

In an emergency, could you evacuate people safely?

In the confusion and adrenaline of the moment, could you move fast *and* stay safe?

During emergency evacuations needless injuries occur to rescuers and evacuees. Injuries result in pain, suffering and lost work time.

### **Many Injuries are preventable!**

***Get Me Out of Here!***<sup>™</sup> is a cost-effective risk management tool that trains employees to evacuate others safely and with minimal chance of injury. ***Get Me Out of Here!***<sup>™</sup> incorporates the speed and tension of emergency evacuation. Participants practise techniques that are safe, effective and fast.

***Get Me Out of Here!***<sup>™</sup> is a workshop designed for people who work in the health care, safety and risk management and tourism industries. Developed by a team of experienced professional physical therapists, it is based on recent scientific research.

In just one session, ***Get Me Out of Here!***<sup>™</sup> will help your organization comply with Workers' Compensation Board and Occupational Safety and Health Administration regulations. It will also help reduce the risk of injury to workers, clients and customers alike.



Barbara Purdy, a Physical & Occupational Therapist, is a consultant and educator to health care, business and industry. She develops training programs for worker safety and risk management in back care, patient transfers and emergency evacuation. Her lectures and workshops promote independence, safety and well being. Barbara leads a team of trained professionals who deliver ***Get Me Out of Here!***<sup>™</sup> workshops in Canada and the United States.

Contact **Free to Be**<sup>™</sup> for more information.



A program of:



3597 West 23rd Avenue,  
Vancouver BC V6S 1K4  
Phone (604) 739-7315  
Fax: (604) 739-7803

[info@freetobe.ca](mailto:info@freetobe.ca) [www.freetobe.ca](http://www.freetobe.ca)

## **Emergency Evacuation Training Workshop**

Learn how to move  
people swiftly *and* safely  
in an emergency  
evacuation.



# Health Care

The injury rate for health care workers is higher than the rate for all other workers.\* The two most common causes of lost-time injuries are overexertion due to patient handling and material handling. A significant number of these injuries are back strain.

In an emergency evacuation, workers are at even greater risk for injury, as safety is often compromised by the need for speed.

In **Get Me Out of Here!**<sup>™</sup>, workers learn how to protect their backs and prevent personal injury while evacuating people who:

- are dependent on a wheelchair, walker or cane
- are confined to bed or have fallen to the floor
- are disoriented or confused
- can't manage stairs

They also learn the principles of effective body mechanics and apply them to a variety of workplace situations.

\* Workers' Compensation Board of BC

# Business/Industry

Emergencies arise at a moment's notice, affecting the health and safety of all employees. Health, safety and risk management personnel must be trained in the latest techniques for emergency evacuation. **Get Me Out of Here!**<sup>™</sup> develops rapid responses in workers that safely and effectively remove people from danger.

Rescuers often assist others without any thought of themselves and risk personal injury as a result. In **Get Me Out of Here!**<sup>™</sup>, they learn more about the forces that produce stress on their muscles and joints, understand positions that put them at risk for injury, and make appropriate changes.

There is ample opportunity to practice new techniques so participants can begin to do them automatically — the way they would in an emergency situation.

# Tourism

Today, more seniors and people with disabilities are travelling. In case of an emergency, could you evacuate your guests, tour group or meeting delegates with speed *and* safety? Could you help people who have disabilities? How about moving injured people when there is little or no equipment available?

**Get Me Out of Here!**<sup>™</sup> can help you learn all this and more. This workshop trains staff to respond quickly *and* safely when they need to evacuate people who use walkers, canes and wheelchairs; or those who are confused, in shock, or who can't manage stairs.

Workers will also learn effective body mechanics that make daily lifting and carrying much safer. This can help reduce the incidence of lost-time injuries due to back strain or overexertion.

*Cost-effective risk management for your organization.*

## Workshop Overview



**Get Me Out of Here!**<sup>™</sup> is a 1/2 or full day workshop, led by a physical or occupational therapist. The primary goal of the workshop is to prevent injuries to rescuers and evacuees in an emergency. We teach ergonomically sound techniques that combine safety *with* speed. This is a practical workshop with lots of hands-on activities.

Section 1 focuses on the basics of good body mechanics and back care, including how to avoid “the fatal move”.

Section 2 teaches the latest emergency evacuation techniques to effectively move people quickly and safely.

For more information contact us at:

**Free to Be**<sup>™</sup> (604) 739-7315 [www.freetobe.ca](http://www.freetobe.ca)

*Includes unique techniques for assisting evacuees who:*

- are disoriented or confused
- need help walking
- are on the floor
- are wheelchair dependent
- are confined to a bed
- can't manage stairs

**Get Me Out of Here!**<sup>™</sup> is highly interactive and easy to learn. We design the program to meet your specific needs.