



Med Sled School Training Checklist

Important: Utilize proper body mechanics at all times when using the Med Sled

Pre-Training Educational Material Review

- Viewed & Understood the “Med Sled Evacuation Sled” Training Video

Hands-On Usage of the Med Sled

Step One: Securing the Student in the Med Sled (2-person procedure)

- Unroll Med Sled in quick and proper manner
- Safe Log Roll to slide the Sled under the student
- Slide Student to the center and all the way to the foot end of the Sled
- Tighten three cross straps firmly...communicate to Student as you go
- Secure T-Strap at the foot of Sled and tighten

Notes: _____

Step Two: Pulling the Med Sled to the Stairwell (2-person procedure)

- Pull the sled using the drag straps at the foot end of the Med Sled
- Face the direction the sled is being pulled

Notes: _____

Step Three: Descend the Stairs using the “Bucket Brigade” Technique

Sender (top landing position)

- Position the sled against the outside wall of the stairwell with feet towards the stairs
- Properly attach the Carabiner securing it to the highest Stairwell Bracket or designated anchor point with the Carabiner “gate” facing DOWN the stairwell
- Pull ALL THE SLACK OUT OF THE TETHER and MAINTAIN THIS TENSION as descending begins
- Maintain an athletic stance (“Tug of War”)
- Communicate with “Receiver” (person guiding the foot end of the Sled) while descending the Sled
- Allow the Tether to slide through the Carabiner while descending the stairs. Do not let go of the Tether at any point in the process



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Receiver (lower position alongside of Med Sled)

- Stand to the side of the foot end of the Sled. DO NOT Stand in front of the Sled
- Grasp the side straps of the sled (perimeter tether)
- While communicating with the "Sender", slowly slide the sled completely off the top step and set down
- KEY NOTE: DO NOT ATTEMPT to lift the foot end of the Sled or utilize excessive force in attempting to restrain the Sled descent
- When clear of the Sled, "Sender" will begin to lower the Sled. Using pull straps receiver should guide the Sled around the stairwell landing corner and position it for the next descent

Step Four: Putting the Sled away "evacuation ready"

- Clean Sled with wet cloth or decon wipe if applicable
- Inspect cross straps and braking system for wear
- Roll up braking tether and secure at head end of Sled on top of carabiner
- Attach buckles on cross straps and foot strap. Make sure straps are loose enough to flatten Sled
- Begin rolling from foot end of the Sled and apply pressure while rolling.
- Storage bag should fit easily over the Sled. Do not force bag over the Sled

Notes: _____

Employee Name: _____ Employee Signature: _____ Date: _____

Note: This training class will include hands on evacuation training, including vertical evacuation. Although the Med Sled significantly reduces the amount of effort and strength required to complete an emergency evacuation, the evacuation process does take basic physical strength, fitness and health. Individuals with limited or constrained physical abilities or health (IE: heart conditions, back, knee issues ...) should not participate in this training and should not be included in evacuation protocols requiring them to perform these functions. If the organizer or trainee has any concerns, please discuss them with your Risk Management contact and the Med Sled Rep prior to training.