



ST. JOHN
AMBULANCE

DRILL PAMPHLET No. 1

For

THE ST. JOHN AMBULANCE BRIGADE

FOOT DRILL

and

STRETCHER EXERCISES

DRILL PAMPHLET No. 1

**FOOT DRILL
AND
STRETCHER EXERCISES
FOR AMBULANCE, NURSING AND
CADET DIVISIONS
OF
THE ST. JOHN AMBULANCE BRIGADE**

*Compiled from War Office Publications
DRILL (ALL ARMS) 1951*

and

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PREFACE

The Manual of Drill for the St. John Ambulance Brigade 1945 1st and 2nd Editions are hereby cancelled and are replaced by Pamphlet No. 1 Foot Drill and Stretcher Exercises and Pamphlet No. 2 Ceremonial Drill.

Pamphlet No. 1 should be in the possession of every Division for whom it has been especially compiled.

Pamphlet No. 2 is intended mainly for use at Corps, Area and County/District Headquarters, but can be purchased by Divisions should they so desire.

A handwritten signature in dark ink, appearing to read "O. Lund.", with a horizontal line underneath the name.

Lieut. Gen.

November, 1953

Commissioner-in-Chief

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DEFINITIONS

- Blank File.** An incomplete file. In two ranks a front rank man only, or in three ranks with a front rank man only or a front and a rear rank man. A blank file is the second file from the left.
- Column of Route.** A column of threes with not more than three men abreast in any part of the column, including officers and supernumeraries. The normal formation for personnel of the St. John Ambulance Brigade marching closed up, and for "Marching Past."
- Column of Threes.** A column with its officers and supernumeraries maintaining their places except for the officer in command who places himself at the head of the unit or sub-unit.
- Covering.** The act of a body placing itself directly in rear of another.
- Distance.** The space between men or bodies of men from front to rear, measured between heel of rear rank to heel of front rank next in rear.
- Dressing.** The act of taking up an alignment correctly.
- Drill.** Training necessary to ensure the execution of certain movements till these become second nature.
- File.** A front rank man and his coverer or coverers.
- Flank.** Either side of a body of troops, as opposed to its front or rear.
- Directing Flank.** That by which units march or dress.
- Guides.** Non-Commissioned Officers placed on the right and/or left of a line, for the purpose of preserving the resection of Drill movements
- Markers.** Personnel employed, in certain circumstances, to mark points on which to direct a movement or by which to regulate a formation or alignment.

- Open Order.** An increased distance between ranks for Squad Drill, Ceremonial or Inspection purposes, i.e., three paces between ranks.
- Close Order.** The normal distance between ranks in line, i.e., one pace.
- Pace.** A measurement of distance on foot, e.g., 30 inches (or 27 inches in the case of Nursing Divisions when parading alone). Also rate of movement.
- Rank.** A line of men, side by side.
- Single File.** Men one behind the other on a frontage of one man at normal marching distance.
- Squad.** A small body formed up for drill.
- Supernumeraries (N.C.O.'s).** The Non-Commissioned Officer forming the third rank if in twos, or the fourth rank if in threes.
- Wheeling.** A movement by which a body of troops changes direction, each rank or file pivoting on the inner flank but retaining its dressing.

INTRODUCTION

1. Drill requirements for the purposes of St. John Ambulance Brigade have been cut down to a minimum. Sufficient only for Divisional Personnel to take part in Annual Inspections is included in this Pamphlet.

2. "Inclining," "Forming," "Squad Drill in two ranks," "Sizing in two ranks," "Marching in double time," "Forming Single rank" and "Dressing with short intervals" have been cut out.

3. The following, although generally taught in the Brigade, have been included, "Getting on Parade," "Automatic Dressing," "Eyes Right and Front."

CHAPTER I

GENERAL INSTRUCTIONS

SECTION 1: INFORMATION

The instructions on Drill contained in this Manual have been taken from War Office Publications—Drill (All Arms) 1951, obtainable from Her Majesty's Stationery Office, price 2s. 6d. and Manual of R.A.M.C. Training.

Throughout this Manual the words of command required for drill movements are printed in bold type.

Although reference is made frequently to "MAN," this should be read MAN or WOMAN.

In so far as the work of the St. John Ambulance Brigade is concerned, the limited time available for voluntary workers must be employed mainly on practical work. Experience, however, has shown that practical efficiency is dependent in large measure upon good discipline, the bedrock of which is drill. Drill, therefore, forms an essential part of the Training.

Divisional Superintendents of Ambulance and Nursing Divisions are responsible for the training of all under their command. All Candidates for promotion must have a working knowledge of DRILL, and should not be recommended for promotion until each has had an opportunity for practising giving words of command, and drilling a squad.

SECTION 2: NOTES FOR INSTRUCTORS

Recruits should be formed for training into squads, under an N.C.O. Squads should not exceed 12 unless a shortage of instructors makes this necessary.

The instructor will be clear, firm, concise and patient, making full allowance for the differing capacities of his recruits and should avoid discouraging nervous members of his squad.

Careful individual instruction is the best means of developing the intelligence. The instructor will teach as much as possible by illustration, either performing the movement himself or placing a trained man or a smart recruit where all can see him perform the movement.

The instructor should explain the reason for every movement and formation where this is possible.

Drill should be short and frequent to avoid the exhaustion of the instructor and the recruits.

At first a recruit will be placed in position by the instructor. Subsequently he will be taught to take up his own position.

All drill movements will first of all be taught by numbers and when the various movements have been learned, instruction by numbers will be discontinued.

SECTION 3: TIMINGS OF WORDS OF COMMAND

The executive word of command must reach the squad exactly when it can be best obeyed. Only experience can teach an instructor how or where to give a word of command under different conditions. The following table shows on which foot the executive word of command should be given under normal conditions and at a reasonable distance.

As a guide, a cautionary Word of Command, given on the march, should start as the left foot comes to the ground. It should be drawn out four paces and should end as the right foot comes to the ground. An interval of about four paces in quick time and three in slow time should be left between the end of the "cautionary" and the "executive."

TABLE OF WORDS OF COMMAND

Word of Command	Quick Time Given as the:	Slow Time Given as the:	Remarks
"Halt" (marching)	Right foot passes the left	Left foot passes the right	—
"Quick (or slow) march" in time with the troops already marching	"Quick" on the left foot, "March" on the right foot, on successive feet	"Slow" on the left foot, "March" on the right foot, on successive feet	—
"Right-turn" (incline)	Right foot passes the left	Left foot passes the right	"Left-turn" is given on opposite feet
"About-turn"	Left foot level with and passing	As the right foot passes the left	—
"Mark-time"	Left foot passes the right	As the right foot passes the left	—
"Halt" (marking time)	Left foot being raised	Right knee fully raised	—
"For-ward"	Left foot being raised	Right knee fully raised	—
"Change-step" (left foot leading)	"Change" on the left foot, "Step" on the right foot, on successive feet	"Change" on the left foot, "Step" on the right foot, on successive feet	For right foot leading the opposite applies
"Break into quick time, quick-march"	—	"Quick" on the left foot, "March" on the right foot, on successive feet	—
"Break into slow time, slow-march"	Left foot level with and passing the right	—	—
"Open (close)-order"	—	As the right foot passes the left	—
All compliments except: Salute to the front	Left foot reaches the ground As for halt	Right foot reaches the ground As for halt	—
On the march: Cane drill	Left foot reaches the ground	Right foot reaches the ground	—

Note:—Instructors should make a practice of calling out the time (Left—Right—Left—Right—Left) after stepping off a squad.

SECTION 4: SEQUENCE OF INSTRUCTION

Example of teaching by numbers.

Instructor: "Stand at Ease"—half circle round me—move. Pay attention. I am going to teach you how to 'Turn to the right.'"

Instructor gives two complete demonstrations of the "Right turn"—judging the time. Word of command being:—

"Squad will Move to the Right—Right-turn."

Instructor then gives two complete demonstrations by numbers, word of command being:—

"Turning by numbers: Right turn—One—Squad two."

Instructor then explains each movement, e.g., "One." On the command "One" keeping both knees straight, I turned through 90 degrees to the right, on my right heel and left toe. Raising my right toe and left heel in doing so and keeping the weight of my body on the right foot. On completion of this movement the right foot is flat on the ground, the left leg to the rear with heel raised, both knees braced back, and the body in the position of "Attention."

"Is that clear? Any questions?"

The squad practise first stage, each man independently, and the instructor checks faults. When satisfied, practise squad by words of command. When the instructor is fully satisfied that the squad can do the first movement he will demonstrate the second movement with explanation.

"Squad—two": On the command "Two" I completed the movement by bending my left knee and bringing my left foot smartly in to the right foot in the correct position of "Attention." During the movement my body remained still.

The Instructor carries out the same procedure as in the first movement.

Finally when the instructor is satisfied that the squad can perform both movements correctly, he will practise the complete movement, judging the time, with a pause of "Two-three" between each movement.

CHAPTER II

SQUAD DRILL AT THE HALT

SECTION 5: SQUAD FORMATIONS

Three types of Squad can be formed.

1. A Squad of one rank, the number of men as required is termed "**As in File.**"

2. A Squad of two ranks, of 10 men or under, is termed "**In File.**"

The distance between ranks is "Two" paces in "Close Order" and "Four" paces in "Open Order."

3. A Squad of three ranks of 11 men or over is termed "**In Threes.**"

The distance between ranks is "One" pace in "Close Order" and "Two and a half" in "Open Order."

4. In each case, the intervals between men will be obtained by "*Dressing.*"

5. Recruit Drill will be carried out in: "One, Two or Three" ranks according to the numbers available, but "Three" ranks should be the normal practice in Squad Drill for trained men.

6. Squad Drill will always be carried out in "*Open-Order.*"

SECTION 6: ATTENTION—STAND AT EASE— STAND EASY

1. "**Squad—attention.**"

Move sharply to this position: Heels together and in line; feet turned out to an angle of 30 degrees; knees braced; body erect and with the weight balanced evenly between the ball of the feet and the heels; shoulders down and back (so as to bring the chest to a normal position without straining or stiffening), level, and square to the front; arms hanging straight from the shoulders, elbows close to the sides, wrists straight, hands closed (not clenched), backs of the fingers close to the thighs, thumbs straight and to the front, close to the forefinger and just behind

the seam of the trousers; head up, neck feeling the collar, eyes open, steady and looking their own height.

Common faults:—

- (i) A strained and exaggerated position, causing breathing to be restricted.
- (ii) Feet and body not square to the front, heels not closed.
- (iii) Backs of the hands to the front, thereby opening the shoulder blades and constricting the chest.

2. "**Stand at—Ease.**"

Keeping the right foot still and the leg braced back, "*bend the left knee*" and carry the left foot to the left so that the feet are about 12 inches apart; at the same time force the arms by the nearest way behind the back, keeping them straight, and place the back of the right hand in the palm of the left, thumbs crossed, fingers and hands straight and pointing towards the ground; at the same time transfer the weight of the body slightly to the left, so as to be evenly balanced.

Common faults:—

- (i) Failure to carry the foot off 12 inches and not square to the left.
- (ii) Movement of the right foot with consequent loss of dressing.
- (iii) Bending at the waist when picking the foot up.

3. "**Stand—Easy.**"

Relax the limbs, body and head.

Common faults:—

- (i) Moving the feet, thereby losing dressing.
- (ii) Slouching and talking.

Note.—(i) On the word of command "**Squad**" the position of "*Stand at Ease*" will be resumed. This is the only executive word of command that has no cautionary word before it.

SECTION 7: FORMING UP IN THREE RANKS

"Form up in three ranks—move."

The men position themselves in three ranks (front, centre and rear), with 30 inches between ranks, and an interval of one arm's length (with fist clenched) between each man. The men stand at ease.

Note.—The above word of command is sufficient for the initial lesson. Section 11 must, however, be taught early during the instruction.

SECTION 8: DRESSING

Dressing includes not only being in line by the right or left but also being correctly covered off from front to rear, at the correct distance from the rank in front and at the correct interval from the man on the right or left.

Whenever a squad or unit halts in line, dressing will be taken up by word of command.

When a squad or unit gets on parade, dressing will be taken up automatically, i.e., with no word of command.

To take up dressing by word of command:—

1. "Right—dress."

The squad, except the right-hand man of each rank, will turn his head and eyes to the right, and front rank only will extend the right arm, with fist closed, back of hand uppermost, lightly touch the shoulder of the man on his right, moving forward or back with short quick steps, till he can just distinguish the lower part of the face of the man second from him on the right.

Care must be taken to carry the body backwards or forwards with the feet, keeping the shoulders square with the front. The right hand man of centre and rear ranks corrects the distance between ranks, i.e., 30 inches. The centre and rear ranks cover off their front ranks.

2. "Eyes—front."

The head and eyes will be turned smartly to the front, the front rank cutting the arm away to the side and assuming the correct position of Attention.

3. To take up dressing automatically.

As above, each man working independently.

When the squad has got its dressing, head and eyes are turned to the front (and hands cut away) in succession from the right, ranks in rear taking the time from the front rank.

4. To take up dressing without intervals.

When taking up dressing without intervals, each man, without crowding, keeping his arms to his side, will lightly touch the man on his right.

Notes—

- (i) Short pace forward will not be taught.
- (ii) Dressing without intervals will be used on Ceremonial Parades when space does not permit normal dressing.
- (iii) In Ceremonial drill, the dressing should be adjusted after the word of command is given.

SECTION 9: NUMBERING

Numbering

1. In the early stages of training the instructor, who will not know the names of all men in his squad may wish to speak to a individual as "*Number — of the — rank.*" The squad will, therefore, always be numbered off.

2. "**Squad—Number.**" The front rank only of the squad will number off sharply from right to left, the right-hand man calling out "*One,*" the next "*Two,*" and so on. Each man will keep his head and eyes steady to the front. Men in the centre and rear ranks take the number of the front rank man whom they are covering.

3. When there are not enough men on parade to complete the three files, the incomplete file must be second from the left. If this file consists of one man only he should be in the front rank. If there are two in this file, they should be in the front and rear ranks with the centre rank blank.

SECTION 10: OPEN AND CLOSE ORDER

1. **Open Order**: is the formation a squad adopts for inspection, and all squad drill whether in file or threes. (This does away with open and reform ranks march.)

2. **Close Order**: is the formation a squad adopts when getting on parade or when formed up for dismissal. The march past in quick time is always done at the close order.

3. In changing at the halt from close to open order and vice versa, the front and rear ranks when in threes each take one and a half paces forward or backward as required, the middle rank standing fast. When there are only two ranks the rear rank alone moves, taking two paces forward or backward.

4. **"Open order—march."** The front rank takes $1\frac{1}{2}$ paces forward, rear rank $1\frac{1}{2}$ paces backward.

"Close order—march." The front rank takes $1\frac{1}{2}$ paces backward, rear rank $1\frac{1}{2}$ paces forward.

Note.—It is normal for **"Right dress"** to be given immediately after taking Open or Close Order. It is not necessary to give right dress in Close Order immediately before taking Open Order, e.g., when getting on parade.

SECTION 11: GETTING ON PARADE

1. The squad forms up in three ranks and stand easy, on the edge of the parade ground, facing in the direction they will be when on parade. The right guide or right-hand man of the front rank acts as right marker.

2. **"Right—Marker."** On the command **"Right"** come properly to ease. On the command **"Marker"** the right marker comes to attention, marches in quick time 15 paces straight to his front (a lesser distance if there is not enough space), halts and stands at ease.

3. **"Get on—parade."** Marker and squad come to attention. The squad march forward straight to their front, halt on the 15th pace, dress automatically, look to the front and stand at ease in succession from the right.

Note.—A regulation pause will be made between each movement.

SECTION 12: TURNS

1. **"Turnings by numbers: right turn—one."** Keeping both knees straight, turn through 90 degrees to the right, on the right heel and left toe, raising the right toe and left heel in doing so, and keeping the weight of the body on the right foot. On completion of this movement the right foot is flat on the ground, the left leg to the rear with heel raised, both knees braced back, and the body in the position of attention.

"Squad—two." Bring the left foot in to the right.

Notes.—(i) the cautionary *"Turning by numbers"* should *not* be repeated for each turn done in succession by numbers.

(ii) In all turns the weight of the body must be kept on the forward foot.

2. **"Turnings by numbers: left turn—one."** Turn to the left as described above, turning on the left heel and right toe, raising the left toe and right heel.

The weight of the body will now be on the left foot on completion of this movement.

"Squad—two." Bring the right foot smartly in to the left foot.

3. **"About turn—one."** As above but turn through 180 degrees, bracing the legs and maintaining the balance by locking the thighs together.

"Squad—two." As above.

Note.—The about turn is always made right about.

4. **"Turnings judging the time, right—turn."** The squad carry out both movements of all turns, judging a regulation pause between each.

Notes.—(i) When ordering turns at the halt, judging the time, the instructor's word of command **"Right—turn"** will be prefixed by **"Squad will move to the right"** (or **"left"** as the case may be), and the cautionary words **"Squad will advance"** (or **"retire"**) will be given whenever the

squad is turning into line. When the squad turns to a flank, the cautionary indicates the direction in which the squad is to turn.

(ii) Throughout all turns the arms must be kept close to the sides, as in the position of attention.

SECTION 13 : DISMISSING AND FALLING OUT

1. At the end of the first parade the squad must be taught how to dismiss.

“Dis-miss.” The squad, which will be in close order, turn to the right, salute, pause and then step off. After stepping off, the whole squad march straight forward for three paces and then break off gradually and carry on independently. (When marching independently they must keep the step until clear of the parade ground.)

Notes.—(i) If dismissing with the cane, the cane must be placed under the arm before saluting. Those without canes will wait for those with canes.

(ii) If no officer is present, similar movements will be carried out except that no salute will be given.

2. **“Falling out”** differs from the dismiss in that it does not signify the end of the parade but only a break in it. The salute is not given. Men fallen out will not leave the immediate vicinity of their place of parade or line of march.

“Fall-out.” The squad turn to their right and break off in quick time, counting a regulation pause between each movement.

“Fall-in.” Squad resumes position on parade.

SECTION 14 : SIZING

1. To size a Squad, Division, or Company, for ordinary purposes, the proceeding will be as follows:—

“Tallest on the right, shortest in the centre—in three ranks—Size.”

Each rank will size independently. The tallest of each rank will move out to the flanks, going to the rear of his rank. The shortest will move to the centre.

Immediately after sizing, the squad should be numbered from the right—**“Squad Number.”**

2. If required for special Ceremonial purposes, such as a Guard of Honour, the following method should be followed:—

The Unit will first be sized in single rank. Word of command will be:—

“Tallest on the right, shortest on the left—in single rank—Size.”

The whole squad turn to their right, count a pause and then sort themselves out by size, remaining at attention. The exact grade is then checked by the instructor.

(a) **“Squad—Number.”** The squad will number off from right to left.

(b) **“Odd numbers one pace forward, even numbers one pace step back—March.”**

(c) **“Stand fast the right-hand man, odd numbers to the right, even numbers to the left, ranks right and left—turn.”**

(d) **“Form three rank—Quick March.”**

On the command **“Quick March”** both ranks will step off—the left-hand man of the even number rank will wheel to his right, and lead on behind the odd number rank; the odd number rank will begin to form three ranks as it arrives in position, i.e., No. 3 goes to the centre rank behind No. 1, No. 5 goes to the rear rank behind No. 3, No. 7 goes to the front rank, etc. (This can be simplified if the senior Non-Commissioned Officer on parade goes along the ranks detailing—front rank, centre rank, rear rank, but he must begin with the odd number rank first.)

The unit is now properly sized in three ranks with the tallest on the flanks.

CHAPTER III

MARCHING

Marching plays its part in drill as a means to discipline; a unit with "style" is usually well disciplined and of high morale. Similarly the slow march teaches balance and a good carriage.

The rate of marching for Ambulance and Nursing Divisions is 120 paces to the minute in quick time. The recruit should, however, start marching at 140 paces to the minute, in order to inculcate agility, alertness, and an instinctive obedience to orders.

The rate of marching for Cadets is 140 paces to the minute in quick time.

Slow time is 65 paces to the minute.

SECTION 15: MARCHING AND HALTING IN QUICK TIME

The Quick March

1. The Squad will start to "march" only from the position of attention. (This applies to all occasions including "Get on parade," etc.) When the word of command "Quick march" is given so as to step off the squad in time with a band or another squad, it will be given on successive beats or paces, i.e., "Quick" on the left foot, "March" on the right foot.

On the command "March" a man will always step off with the left foot, swinging his right arm.

2. In teaching recruits how to march, the following points will be emphasized:—

- (a) The length of pace, which is 30 inches, from heel to heel.
- (b) That the heel should come to the ground first and with the knee straight.
- (c) That each leg must be swung forward naturally and in a straight line.
- (d) That the arms must be swung freely and straight from front to rear, reaching the extremity of their swing each time the heel comes to the ground. The arms will be

kept straight and swung from the shoulder, as high as the belt in front and behind (for recruits as high in front as the breast pocket), wrist straight; fingers curled up; thumbs to the front; shoulders still and square to the front.

3. When marching to his front, a recruit will select some mark in front and march on it. Each man in the squad is responsible for keeping his own dressing, cover, interval, distance and correct step.

4. **Marching at Ease.** Marching at Ease in quick time differs only from marching at Attention in that head, eyes and hands may be moved freely, provided that the pace and swing of the march is unbroken.

The commands to "*March at Ease*" or to march to "*Attention*," when on the march, are spoken words of command rather than a direct word of command.

The major fault comes from stepping a pace of more than 30 inches. Instructors will constantly be on the alert for this and must check the pace frequently.

The Halt

5. "**Squad—Halt**" will be given as the right foot passes the left. Check the forward movement as the right foot comes to the ground by placing the right foot flat on the ground and using the heel as a "*brake*"; complete a short pace with the left foot, placing it flat on the ground in the same way; "*bend the right knee*" and bring the right foot in sharply to the left, to assume the position of attention. Swing the arms until the "*right knee is bent*," then cut them away to the sides to the position of attention. The arms will be kept straight while doing this, as will the body and the left leg.

SECTION 16: MARCHING AND HALTING IN SLOW TIME

The Slow March

1. Slow time is used to teach movements on the march before

demanding them in quick time. It is taught by numbers by means of a "*balance step*" as follows:—

2. "**Slow marching by balance step. Left foot—front.**" Shoot the left foot forward 15 inches, toe turned out very slightly and pointing towards the ground but just clear of it; upper part of the body erect; arms still to the sides; weight of the body on the right leg.

3. "**Squad—forward.**" Complete the pace of 30 inches by pushing the left foot forward another 15 inches; the toes must touch the ground first, not the heel nor yet the outside of the foot; bring the weight of the body on to the left leg, the right leg being to the rear and very slightly bent so as to bring the toes just clear of the ground.

4. "**Right foot—front.**" Bend the right knee further; swing the leg forward naturally before straightening and remaining 15 inches in front of the left foot, toe pointing downwards and just clear of the ground.

5. "**Squad—forward.**" Complete the pace with the right foot as detailed for the left foot, swinging the leg forward smoothly and without checking when the leg is straightened in front of the body. (Again the toe must touch the ground first and the body must be kept upright.) Arms still to the sides, and square to the front. (At the completion of this movement the weight will be on the right foot, the left leg to the rear, toe just clear of the ground.)

This movement may be continued until the squad has got its balance, and until, instead of "**Forward**" after left foot front, the command "**Squad—halt.**" is given.

The Halt

6. Complete one full pace of 30 inches with the left foot, "*bend the right knee*" and bring the right foot in to the left in double time so as to assume the position of attention.

"Slow—march"

7. In order to step off with a band or troops already marching in slow time, this command will be given on two following feet in time with the band or troops in front, "**Slow**" on the left foot, "**March**" on the right foot.

This movement is as described above, except there is no pause between the paces which will be taken at 65 to the minute.

8. "**Squad—halt.**" As above. The order is given just before the left foot comes to the ground.

Common faults: A hop instead of completing the pace properly with the left foot and "bending the right knee" smartly and bringing the right foot in at double time.

SECTION 17: MARKING TIME

Marking time is done in the same cadence as marching and the position of attention must be maintained.

To Slow Mark Time from the Halt

1. "**Slow mark—time.**" Raise the left knee so that the top of the thigh is parallel with the ground, the lower leg perpendicular and the foot at a natural angle; straighten the leg again directly to resume the position of attention and as the foot comes to the ground bend and straighten the right knee in a similar manner; body erect, shoulders square to the front, arms still to the sides.

2. The position can be taught by numbers if necessary. On the command "**One**" raise the left knee. On the command "**Two**" lower the left knee, assume the position of attention and then immediately raise the right knee and remain. On the command "**Halt**" bring the right foot down to resume the position of attention.

Common faults:—

- (i) Not remaining stationary on the same ground with consequent loss of dressing or interval.
- (ii) Looking down.

To Slow Mark Time from Slow Marching

3. "**Mark—time**" (given with a long cautionary word and the executive just before the right foot reaches the ground).

Complete the pace with the right foot and begin the mark time with the left foot.

4 To move forward when slow marking time the word of command will be **"For-ward,"** this being given as the right knee is fully raised. The right knee will immediately be straightened and the left foot *"shot forward"* to take up slow marching.

To Quick Mark Time from the Halt

5. **"Quick mark—time."** The left knee is raised and the movement is the same as for slow time.

Common faults :—

As for the slow time, but in addition :

- (i) A tendency to lean forward.
- (ii) Creeping forward instead of marking time on the same ground.

To Mark Time from Quick Marching

6. **"Mark—time"** (given with the cautionary well drawn out and the executive as the left foot passes the right).

Complete a short check pace of 15 inches with the right foot and begin the marking time with the left foot.

7. To move forward when quick marking time the word of command will be **"Forward."**

This being given as the left foot is being raised. The right foot completes the next pace marking time and, as the right foot comes to the ground, the left foot is *"shot forward"* and the arms are swung, to take up the quick marching.

SECTION 18 : CHANGING STEP IN SLOW AND QUICK TIME

Note.—This should be taught by numbers, starting with Slow Time.

Changing Step by Numbers. Left Foot Leading

1. **"Change step—one"** (given as the right foot reaches the ground). Complete the pace with the left foot so that the left foot is flat on the ground and 30 inches in front of the right foot.

2. **"Squad—two."** *"Bend the right knee"* so that the foot is placed flat on the ground with the hollow in the heel of the left foot.

3. **"Squad—three."** *"Shoot the left foot forward"* placing the foot flat on the ground 30 inches in front of the right foot

4. Changing step with the right foot leading can be taught in a similar manner, except that for the left read right in each case.

5. Having taught the movements by numbers the squad carry on without interruption. The first and third movements are done at the rate of marching. The second movement is done in double that time. The word of command is given on alternate and successive feet.

6. Changing step in quick time is taught by numbers in a similar way and the words of command and movements are identical except that on **"One"** the right arm is raised in front, and the left arm in rear of the body (or *vice versa* if the right foot is leading), on **"Two"** the arms are cut to the side, and on **"Three"** the heel of the left foot is placed on the ground.

7. Changing step marking time—the word of command is given on alternate and successive feet. If **"Change"** is given on the left foot, and **"Step"** on the right foot, two beats will be made with the left foot in the same time as the marching, after which normal marking time will be resumed. If given on the opposite foot, two beats will be made with the right foot.

The movements are the same in slow and quick time.

Common faults :—

- (a) *When marching—*
 - (i) Swinging the shoulders.
 - (ii) Not bending the knee.
- (b) *When marking time—*
 - (iii) Body rolling.
 - (iv) Increasing the rate of marching.

SECTION 19 : STEPPING OUT AND STEPPING SHORT

1. **"Step out."** The moving foot will complete its pace, and the recruit will lengthen the pace by three inches, leaning forward a little but without altering the time.

This step is used when a slight increase of speed, without an alteration of time, is required.

2. "**Step Short.**" The moving foot will complete its pace, after which the pace will be shortened by nine inches.

3. In both cases the normal length of pace will be resumed on the command : "**Quick (or slow) march.**"

SECTION 20 : PACES FORWARD AND TO THE REAR

" . . . Paces Forward (or "Step Back")—March "

Step forward or back 30 inches straight to the front or rear commencing with the left foot, keeping the arms to the side. The number of paces will not exceed three.

SECTION 21 : THE SIDE PACE

1. The side pace (12 inches) is used to move the squad not more than eight paces to a flank. (If greater than eight paces the squad should be "*turned*" and moved in threes.)

The exact number of paces, up to four, can be specified, when the squad will halt automatically; or the squad will continue moving until halted.

It is usual to teach the side pace to the left first as a direct "*follow on*" from the stand at ease.

2. "**. . . paces left close—march.**" "*Bend the left knee*" and carry the left foot off 12 inches to the left (as for the stand at ease), instantly closing the right foot to it, in a similar manner and in double time, thus completing the pace. Continue the movement until the specified number of paces has been completed. Except for the movement of the feet the correct position of attention will be maintained.

3. "**Left close—march.**" The number of paces being specified, continue the movement until halted.

4. "**Squad—halt.**" The word of command will be given as the heels are together. The squad will complete one more pace and remain steady.

SECTION 22 : TURNINGS IN SLOW TIME

1. Turnings on the march are first taught in slow time. They are taught by numbers and by means of a balance step.

2. Throughout all turnings on the march, the correct position of marching must be maintained, the turn must be made squarely to the new direction, and covering, dressing, distance and interval must be corrected by each individual member of the squad immediately after turning.

3. When a band is playing or on ceremonial parades, the turns will be made so that the step is retained. In squad drill the turn will be made as sharply as possible.

4. Turnings on the march comprise two movements; action to check the forward movement and at the same time to change direction; and a new movement to lead off in the new direction. Since most men are "*right-footed*" it is best to teach the left turn first.

5. "**Turnings by numbers.**" "**Left turn—one**" (given as the right foot passes the left). "*Bend the right knee*" and remain balanced on the left foot with the "*right knee bent*"; the upper part of the leg horizontal, foot hanging at a natural angle, toe pointing towards the ground, and vertically below the point of the knee; the body and arms in the position of attention.

6. "**Squad—two.**" Keep the body in the position of attention, straighten the right knee sharply, keep the head up and chest raised; force the shoulders square round (through 90 degrees) to the new direction, and at the same time turn the left foot through 90 degrees, bring the right foot in to the left to the position of attention.

7. "**Squad—three.**" Shoot the left foot forward, toe clear of the ground, as in slow marching by numbers.

"**Squad—forward.**" Complete the pace with the left foot and continue the slow march.

Note.—Turning by numbers is used to teach recruits initially and to check elementary faults in trained men.

Turnings

8. **"The squad will turn to the left, left—turn."** Judging the time, the same action takes place but retaining the time of the marching.

9. **"Turning about by numbers." "About turn—one"** (given just before the right foot touches the ground).

On the command **"One"** turn 90 degrees, keeping the weight of the body on the right foot; at the same time *"bend the left knee"* and bring the left foot into the right position of attention facing the new direction.

Note.—The *"bending of the knee"* must be done in quick time as this is what checks the forward movement and gives the power for the turn into the new direction. The squad should count out the time *"One stop."* The movement is made sharply on the count of one followed by a pause.

10. **"Squad—two."** Make a further turn through 90 degrees by *"bending the right knee"* and with the weight of the body on the left foot.

Note.—The squad count *"Two stop."*

11. **"Squad—three."** Mark time with the left foot.

Note.—The squad count *"Three stop."*

12. **"Squad—four."** The squad lead on in slow time with the right foot. Judging the time, the command **TURN** is given just before the right foot comes to the ground. The squad act as by numbers but in the marching time of 65 to the minute.

Note.—In the case of a squad with a blank file, marching in line, the blank file will mark time two paces on the word **"About,"** thus gaining the position in the new front rank before the turn is completed. Guides should act in a similar manner. (This applies equally to a blank file or a guide marching in quick time.)

13. When all these turnings have been taught and practised, instructors will explain to the squad the use of the cautionary words of command for turnings. These should be related to the position of the right-hand man and the two basic formations of line and threes.

"Squad will advance" } Used whenever turning into line.
"Squad will retire" }

"Squad will move to the right (left) in threes." Used to indicate the direction in which the squad will turn.

Examples:—

(a) *A squad moving to the right in threes:*—

(i) Required to turn to the left—**"Squad will advance."**

(ii) Required to turn about—**"Squad will move to the left in threes."**

(b) *A squad retiring:*—

(i) Required to turn left—**"Squad will move to the left."**

(ii) Required to turn right—**"Squad will move to the right."**

(iii) Required to turn about—**"Squad will advance."**

SECTION 23 : TURNINGS IN QUICK TIME

1. Before teaching turnings in quick time, the instructor must demonstrate again in slow time how the position of attention is maintained, the left required to show this off, and how a turn is made square to the new direction. Thereafter he must demonstrate these points in quick time.

Turnings in quick time are first taught by numbers, the first movements in each case being the "check pace" required to stop forward movement preparatory to changing direction.

2. **"Turnings by numbers." "Left turn—one"** (given as the left foot passes the right).

The recruit will "freeze" with the left foot forward, flat on the ground, and being used as a brake; the right foot 30 inches to the rear, heel raised; both legs braced, body balanced evenly between them; right arm swung forward, left arm swung back.

Note.—This movement, apart from teaching control and balance, is a useful check on the position in marching.

3. **"Squad—two."** Cut both arms to the side and at the same time *"bend the right knee,"* remaining raised with the toe at least six inches clear of the ground and under the point of the knee.

4. "**Squad—three.**" Straighten the right knee so as to force the body round into the new direction. As the foot comes to the ground "*shoot the left foot forward*," 15 inches, toe just clear of the ground. Hands still to the sides, body in a position of attention showing the left of head and chest, shoulders back.

5. "**Squad for-ward.**" Lead on in quick time with the left foot, swinging the arms.

6. "**Turnings by numbers.**" "**About turn—one**" (given as the left foot passes the right).

The recruit will complete the pace with the left foot, take a half pace with the right foot and "*freeze*" with his left arm forward, right arm back, and left heel off the ground.

7. "**Squad—two.**" Cut the arms to the sides, make a turn to the right on the right foot and "*bend the left knee*" to adopt the position of attention.

8. "**Squad—three.**" Make another turn to the right, this time pivoting on the left foot, and "*bend the right knee*" to adopt the position of attention.

9. "**Squad—four.**" Mark time one pace with the left foot and resume the position of attention.

Note.—The arms must be kept still to the side during movements two, three and four.

10. "**Squad—forward.**" Step off with the right foot and continue marching.

Common faults:—

- (i) Creeping forward on the second and third movements.
- (ii) Stamping the right foot on the fourth movement and failing to swing the arms, i.e., failing to "*lead on*" with the right foot.

SECTION 24: WHEELING

1. Whether marching in threes or sixes, the inner man will wheel on the circumference of a circle four feet in *diameter* and will change direction though 90 degrees. *Radius*

The speed of the wheel is governed by the ability of the outside man to keep pace by stepping out. The man on the

inner flank will glance outwards from the corner of his eye and will shorten his pace accordingly.

2. Files in rear will march straight to their front and will follow on the ground covered by the leading files. If the squad is halted or ordered to mark time when only a part of the men have wheeled into a new direction, the men who have not yet wheeled will cover off on those who have, moving to their places by the shortest route.

3. "**Right—wheel.**" (There will be no cautionary "*Change direction*" or "*Squad.*")

If it is desired to wheel less than through a right angle, the word of command "**Forward**" will be given when the leading section is facing the required direction. They will then lead straight on.

If it is desired to wheel through more than a right angle, the word "**Right-wheel**" will be given a second time.

4. It is not a practical proposition to wheel more than six men in line, unless the wheel is a gradual one, e.g., in a ceremonial procession through streets.

Chief faults:—

A tendency for the files in rear to swing out and away from the wheeling point. This must be checked.

Great care should be taken in wheeling to avoid a tendency in column of route turning corners, to spread over the off-side in going round.

If the man on the inner flank marches straight up to the turning point before beginning his turn on the circumference of a circle with a radius of 4 feet and stepping short to allow the remainder of his file to get round, this may be avoided.



CHAPTER IV MISCELLANEOUS

SECTION 25: SALUTING

1. The acknowledgment of Officers by saluting is not one of subservience, but of courtesy and respect to the office held. It is one of the outward signs of a well-disciplined and efficient unit. Officers will always return the salute.

The Salute will be given with the Right Hand, unless a physical disability prevents this.

The position of the hand and arm at the salute is as follows:—

The right arm is kept straight and raised sideways until it is horizontal, palm of the hand to the front, fingers extended, thumb close to the forefinger.

Keeping the upper arm still and the hand and wrist straight, bend the elbow until the forefinger tip of the right hand is one inch above the right eye. Points to note are:—

- (a) Upper arm horizontal and at right angles to the side; forearm, wrist and fingers all in one straight line.
- (b) Palm of the hand vertical.

2. Saluting with the hand at the halt is taught by word of command at first by numbers, and afterwards judging the time. When taught by numbers the words of command are:—

Saluting to the front

“Saluting by numbers,” “Salute to the front—one.”

Bring the right hand up smartly with a circular movement to the head, the arm is straight till it reaches the horizontal and then bends at the elbow.

“Squad—two.” The arm is cut away to the side by the shortest route and checked at the position of Attention.

The word of command for saluting judging the time is:—

“Salute to the Front—Salute,” on which the squad will carry out the movements as detailed by numbers, the salute being held for a pause of two seconds.

Salute to the flank

“Salute to the Right—One” or “Salute to the Right—Salute.”

This is best taught from the correct position of the salute to the front. Get the member to turn his head and eyes square off to the right and, without upsetting the position of the right arm, wrist or hand, to shift the hand so that the right eye can just look along the palm of the hand. The member should look his own height or into the eyes of the officer he is saluting. This must be practised until the movement of the head, eyes, and hand becomes simultaneous.

Common faults:—

- (i) Leaning forward, looking along the back of the hand or not looking the officer squarely in the face.
- (ii) Hand too high.

“Salute to the Left—One” or “Salute to the Left—Salute.”

Taught as above, the right hand, wrist and arm being pushed further over to the left to the correct position above the right eye.

Common faults:—

- (i) Turning the shoulder to the left and allowing the right elbow to drop forward.
- (ii) Not allowing the right hand to move over to its correct position.

3. Saluting on the march.

Saluting with the hand on the march is taught by marching files to a flank in open order, either separately or as a squad and giving to them the word of command:—

Salute to the—Right, Front or Left—Salute.

If the order be to salute to a flank, the next time the left foot comes to the ground after the executive word of command, the right hand is brought up to the position of the salute and the head and eyes turned smartly towards the person saluted. The left arm is kept still to the side.

Other forms of saluting are not authorised and may not be used by the members of the St. John Ambulance Brigade.

4. If delivering a message and saluting to the front the person saluting will halt on the word “Salute,” salutes, and salutes again after delivering message, turns about, and steps off in the opposite direction to that in which he has been marching; a uniform pause is observed between each movement.

SECTION 26: SALUTING CARRYING A CANE

1. The action of saluting for Rank and File is the same as given above but with additional movements added to transfer the cane to and from the right hand. All movements are done at the rate of 40 to the minute.

At the halt

1. Take the cane by the right hand from the position of attention and place it horizontally underneath the left armpit, ferrule to the rear. Keep the left hand to the side and cut the right hand away to the side before saluting. As soon as the salute is completed, reach across the body with the right hand, and seizing the cane, return it to the position of attention.

On the march—saluting to a flank

2. The word of command will be normal. As the left foot first comes to the ground, place the cane under the left arm; as the left foot again comes to the ground, cut the right hand away to the side; start the salute as the left foot next comes to the ground.

Note.—The Salute lasts for six paces. On the 11th pace (left foot) seize the cane by the right hand; on the 13th pace cut it away to the side; on the 15th pace swing the arms again.

On the march—salute to the front

3. The word of command is given as for "*Halt.*"

Halt; put the cane under the left arm; cut the right arm away; salute; salute again; turn about; step off seizing the cane with the right hand; as the left foot comes to the ground cut the cane to the side on the third pace; start swinging the arms on the fifth pace.

Common faults:—

- (i) Failure to keep the cane horizontal under the arm.
- (ii) Failure to grasp the cane at the point of balance after saluting.

When carried by Officers

4. The cane will be carried under the left arm, handle to the rear, cane pointing downwards, left forearm horizontal, cane at an angle of about 45 degrees to the ground, the left hand grasping the cane at a point nine inches from the extremity, with all four fingers and thumb around the cane.

The cane will be carried in this position when the Officer is standing at attention, marching, saluting, and standing at ease.

When he is at attention, or standing at ease, the right arm will be at the right side as in the position of attention without a cane.

SECTION 27: EYES RIGHT AND FRONT

A formed body requiring to pay a compliment to a flank will receive the order to march by the desired flank and will then get "**Eyes—right.**"

The guide will look to his front in order to keep direction. All officers, warrant officers and those non-commissioned officers in command will salute. The remainder will turn their head and eyes to the desired flank.

The executive word of command will be given as the left foot touches the ground in quick time or as the right foot touches in slow time. In either case the whole will work when the left foot next comes to the ground.

"**Eyes—front**" is given in a similar manner.

These commands will be given so that the officer in front is at the salute as he comes level with the rear end of the saluting base and so that the rear rank is just clear when they get "**Eyes—front.**"

Common faults:—

- (i) Looking down.
- (ii) Closing in to the flank of direction.
- (iii) Shortening the length of pace.
- (iv) When in column of route failure of the commander to give his order from a position in which the rear of his command can hear. The commander must drop back to the flank to do this if necessary.

SECTION 28: COMPLIMENTS, GENERAL REMARKS

All Officers should be saluted whether in uniform or mufti. When passing an Officer, the salute should be commenced three paces before reaching the Officer, and the hand cut away three paces after having passed. During the salute the person saluting should look the other in the face. Officers of Ambulance

Divisions should salute Senior Officers of Nursing Divisions, and the other ranks of Ambulance Divisions salute all Officers of Nursing Divisions.

Officers and Rank and File passing uncased Colours will salute the Colours. **Cased Colours will not be saluted.** When passing Funerals the bier will be saluted. Officers will salute when the Last Post is sounded. Immediately the opening roll of the National Anthem is heard all will spring smartly to Attention. On hearing the first note of the Anthem all Male Officers will salute. If in charge of parties, Officers, Warrant Officers or Non-Commissioned Officers will call their parties to Attention on hearing the preliminary roll of the drums. Officers and other ranks in plain clothes will stand at Attention and remove hats.

Male Officers will salute when introduced to an Inspecting Officer on a Ceremonial Parade.

Instructions for Nursing Personnel

Officers and members will not salute with the hand, but will on all occasions when passing, turn head and eyes in the required direction.

Officers will acknowledge this in the same manner.

Nursing personnel addressing or reporting to a Senior Officer will remain at attention and salute by bowing (a slow slight inclination of the head forward) which will be acknowledged. When introduced or spoken to on a Review by Royalty, Officers will curtsy, Members will bow.

SECTION 29: ROLL CALL

At a Divisional Parade, the Divisional Secretary should be instructed to **"Call the Roll."**

The Parade will be called to Attention.

As each name is called the member will answer in a clear voice **"Here."**

When the list has been completed, the Divisional Secretary will present the Register to the Commanding Officer, who will sign it at the foot of the column as being correct.

SECTION 30: DISMISSING

At the conclusion of all parades, the Unit concerned will be dismissed in an orderly manner.

The Senior Officer present will call the parade to attention, and will order **"Fall Out the Officers."**

Officers present will immediately disengage from the Parade and march up together to a position in front of the Senior Officer, facing him, with the senior on the right of the line, and less senior to the left.

Taking time from the Senior Officer on the right, who will take one pace forward, all Male Officers will salute, Nursing Officers will bow, and when this has been returned by the Senior Officer all Officers will take up position behind the Senior Officer, facing the Parade (i.e., they will march in line to a position in rear of the Senior Officer present and then turn about).

SECTION 31: NOTES ON MARCHING

Except for short distances, all movements of bodies of men from place to place should be in Column of Route not more than three abreast, including Officers and Supernumeraries.

Columns should always march on the left of the roadway, unless some specific order is given to the contrary.

If on arrival at the destination it is intended to form up on a marker, it is better to advance from the flank on which it is intended to form up. Forming up on a Right Marker it is better to advance with the right flank leading, and in forming on a Left Marker, with the left flank leading. An Officer or Senior Non-Commissioned Officer should march in the rear of the Unit.

In order to ensure road safety, Officers and Non-Commissioned Officers responsible for organised parties marching or walking in the roadway should ensure that "look-outs" be posted at suitable distances at the front and rear, and at night for these "look-outs" bearing a white light in front of the party and a red light at the rear.

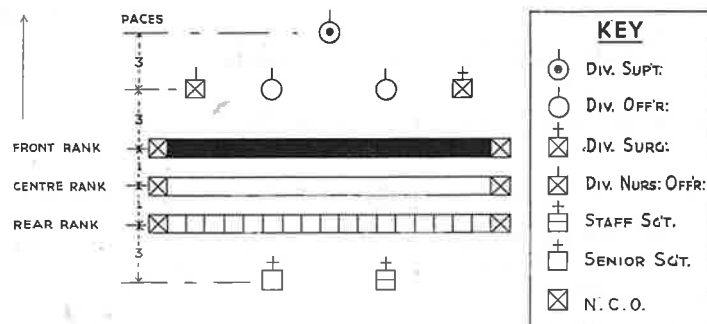
SECTION 32: ANNUAL INSPECTIONS

1. Formation.

The formation to be adopted by a Division for the above or for any specially ordered parade is:—

LINE

Plate I



Notes:—

(a) If there are more Officers, including Supernumerary Officers on parade than shown above, they will divide the frontage between them.

(b) If no Staff Sergeant is borne on Divisional strength, the Senior Sergeant will be in the centre of the Supernumerary rank.

2. Inspection.

The Division will fall in on a right marker, and will be sized as taught in Squad drill. Ranks will be opened and the Division dressed by the right and stood at ease. The Parade will be called to attention to receive the Inspecting Officer who will walk down the ranks. After the inspection, ranks will be

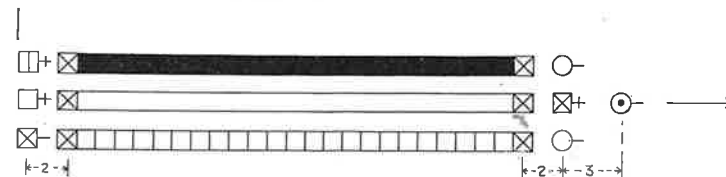
closed and the parade stood at ease. If a march past is required, the formation in which it will be carried out is "*Column of Route.*"

3. Column of Route.

The detail of a Division in "Column of Route" is shown in Plate II below:—

COLUMN OF ROUTE

Plate II



Notes:—

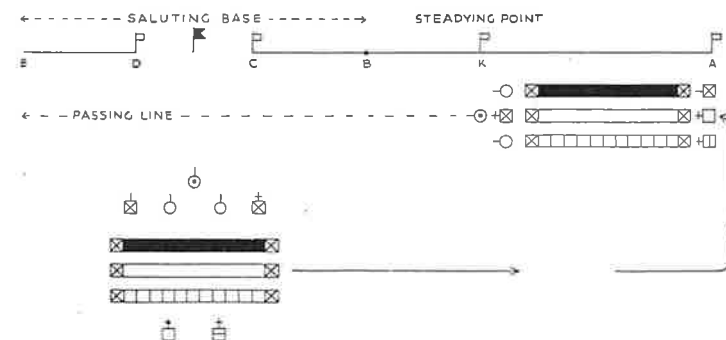
(a) If there are more Officers on parade than shown above, they will take up position in rear of the Division.

4. The March Past.

The March Past will be carried out as shown in Plate III below:—

THE MARCH PAST

Plate III



Procedure will be as follows:—

Moving into Position

1. "**Attention.**" 2. "**Move to the right in Column of Route—right turn.**" 3. "**By the left—Quick march.**" 4. "**Division—Left wheel**"; given at points I and J, the Division wheels square on to the "Passing Line." 5. "**Division—Halt—rear threes cover**"; given when Divisional Superintendent reaches point K (the Steadying Point).

Marching Past

6. The Divisional Superintendent will give "The Division will march past in Column of Route by the right—**By the right—Quick march.**" 7. When the Divisional Superintendent reaches point C he will give "**Division—eyes right.**" All except the right hand "**man of each rank**" will turn their head and eyes to the right, keeping their heads up and looking the Inspecting Officer in the face. All male Officers will salute. 8. "**Division—eyes front**" will be given when the rear of the Division reaches point D. 9. The Division will either resume its position on the Inspection line or march off parade.

CHAPTER V

To be used in conjunction with St. John Ambulance Brigade Handbook "First Aid to the Injured," 40th Edition 1950.

STRETCHER EXERCISES

To ensure that both discipline and orderliness are maintained, Stretcher Exercises are taught as a drill. This will give confidence both to the patients and everyone concerned.

Movements, while not being exaggerated, should be carried out with precision and marching will either be in quick time or at the double.

SECTION 33: GENERAL RULES

With an open stretcher, movements will be co-ordinated to work with a slow careful and measured orderliness.

Marching will be in a relaxed manner with knees and shoulders slightly bent so as to reduce to a minimum the jar of the body and the swing of the stretcher.

Another principle to be taught is that in all circumstances:—

(a) With a closed stretcher, bearers always turn towards the stretcher, but

(b) with an open stretcher, bearers always turn away from the stretcher. This will mean that some of the bearers turn left about while others at the same time turn right about.

No. 1 bearer of the stretcher squad is the leader of the squad, and is responsible for the welfare of the patient until that patient is seen by a doctor or handed over to a responsible person.

All stretcher bearers should be trained so that each may be able to undertake the duties of a No. 1 bearer. All stretcher bearers must be well trained in ordinary squad drill.

The normal formation of a stretcher squad is four bearers.

Ground sheets should be provided for patients for the protection of their clothing.

Stretchers must be kept in good condition, ready for use. Special attention should be paid to the metal traverse bars, which should be firm but not immovable. Canvas must be kept clean and dry and when showing signs of wear should be repaired or replaced.

The stretcher should be tested before a patient is placed on it.

SECTION 34: STRETCHER SQUADS

1. The Formation of Stretcher Squads.

For Stretcher Exercises—Fall In.

The Parade will fall in in two ranks and dress by the right. **Sizing.**

Tallest on the Right, Shortest on the Left, in Single Rank—Size.

All turn to the right, and break away.

The tallest will go to the right, and the shortest to the left. This will be checked by a Non-Commissioned Officer.

From the Right, at Half-Pace Intervals—Extend.

The right-hand man will stand fast. The remainder will place their right hand on the right hip, turn head and eyes to the right, move with short quick steps, until just clear of the man on their right, and just able to see the lower part of the face of the man next but one on their right.

By fours—Number.

Number from the right in fours, i.e., 1-2-3-4 . . . 1-2-3-4 . . . and so on down the line.

Each man drops his hand to his side, and turns his head and eyes to the front as he numbers.

Nos. 3 and 4 Bearers—3 Paces Step Back—March.

To Cover—Right Close—March.

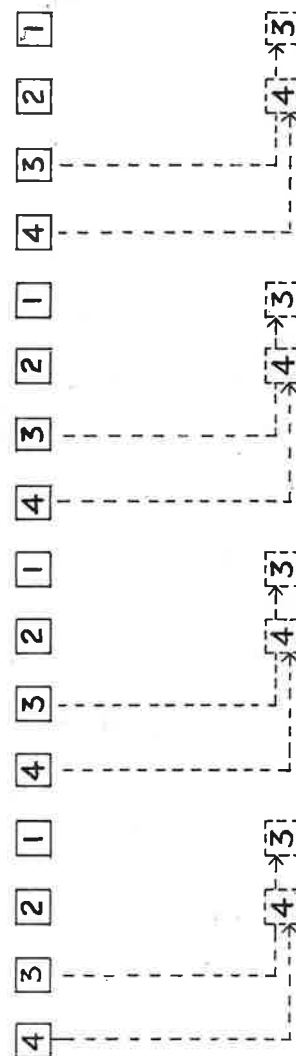
When this order has been carried out, thus forming the stretcher squads, the bearers will be already numbered and extended. Proving bearers will therefore be unnecessary.

By Squads—Number.

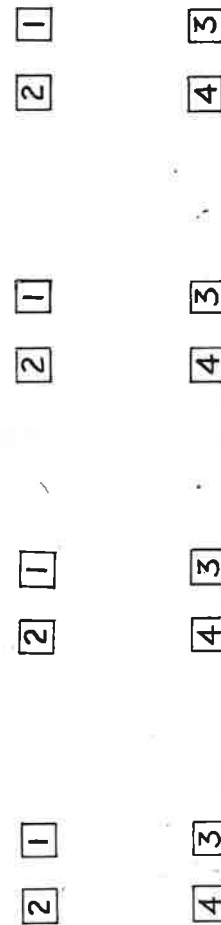
The No. 1 bearer of the right-hand squad will call out in a clear voice "No. 1 Squad," the remainder of the No. 1 bearers will call out "Two-Three-Four," and along the line till the last No. 1, who will call out "No. . . . Squad." This will indicate the left of the line of squads.

←

-sizing in single rank and numbering in fours



MOVEMENT COMPLETED. SQUADS EXTENDED.



2. **Collecting Blankets and Stretchers** (see page 204 Handbook).

No. 3 Collect Blankets. No. 4 Collect Stretchers.

Nos. 3 and 4—Right Turn—Quick March.

They follow one another round to the pile, collect their blankets and stretchers and, keeping in the same order, return to their places from the other end of the squads, thus making a complete circuit with no halting or turning.

The blankets will be neatly folded and carried over the right arm.

The stretchers will be carried at the slope on the right shoulder, runners to the front.

On the re-arrival at their places all turn to the front together on a given signal from the last No. 4; the Nos. 4 slide the stretchers forward between the bearers of their respective squads with the runners to the right, and resume the position of attention.

3. **Returning Blankets and Stretchers** (see page 218 Handbook).

Nos. 3 Return Blankets, Nos. 4 Return Stretchers.

Nos. 4—Slope Stretchers.

Nos. 3 and 4—Right Turn—Quick March.

The procedure is similar to Collecting.

SECTION 35: EXERCISES WITH CLOSED STRETCHERS USING BLANKETS

1. **Lifting and Lowering** (see page 205 Handbook).

Lift—Stretcher.

Nos. 2 and 4 bearers stoop together, grasp the poles of the stretcher with their right hands, knuckles to the right, and rise together.

Lower—Stretcher.

The reverse of Lift—Stretcher.

2. **Moving to a Flank with a Closed Stretcher.**

Squads—Right Turn—Quick March.

All bearers turn right, Nos. 2 and 4 holding the handles of the stretcher in their right hands. The stretcher will now be in front of them, with the runners away from the body.

Squads—About Turn.

All bearers turn about.

Nos. 2 and 4 bearers will now hold the stretcher behind them with the runners away from the body. Stretcher in left hand.

Squads—Right Turn.

All bearers will turn right and face the original front. The stretcher will be in the right hand with the runners to the right of the Company.

Squads will Retire—About Turn.

All bearers will turn about.

All bearers turn towards the stretcher. Nos. 2 and 4 bearers will pass the stretcher from right to left hand.

Squads will Advance—About Turn (Left About).

When turning again to the front, the stretcher must be in the right hand.

Stretcher squads formed up in line will be known as Bearer Formation.

The Parade will fall-in in two ranks and dress by the right.

3. **Squads in Line forming Column of Route by Sections.**

Tell Off the Sections.

By Sections—Number.

The No. 1 bearers of each of the odd number squads will call out clearly:—

No. 1 of No. 1 squad, No. 1 section.

No. 1 of No. 3 squad, No. 2.

No. 1 of No. 5 squad, No. 3.

And the last No. 1 of the end section No. . . . Section.

Into Column of Route—By Sections.

Right Wheel—Quick March.

Each section of two squads will wheel to the right in succession.

No. 1 bearer of No. 1 squad will act as the pivot man

No. 1 will wheel as laid down in Squad Drill, stepping short till the section is in position.

As soon as No. 1 section is clear, No. 2 section will follow, and the other sections in turn.

The Column will now be 4 abreast.

A distance of one pace will be preserved between the sections.

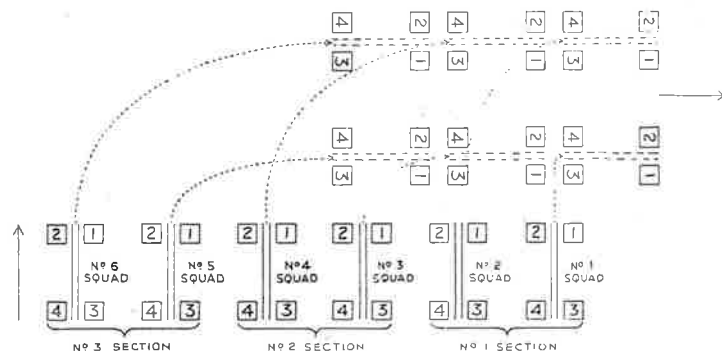
Not more than four will be marching abreast at any part of the column.

The Company Commander will be 6 paces in front of the centre of the leading section; Section Commanders will be as detailed.

The Second-in-Command should be opposite the centre of the rear of the end section.

MARCHING BY SECTIONS OF STRETCHER SQUADS, WITH CLOSED STRETCHERS IN COLUMN OF ROUTE

Plate V



Marching by Sections in Column of Route.

From Squads in Line.

4. Forming Line to the Front from Column of Route.

On the Left—Form Line.

The leading section will lead on 4 paces and mark time.

The remaining sections will make a left incline and march on.

When each section is clear of the section in front, it will make a right incline, take up its position in line looking to the right to adjust the dressing.

If it is intended to halt on the new front, the caution *At the Halt* will precede the order.

For-ward.

The sections in line will advance by the right, in the same direction in which they were previously in column of route.

SECTION 36: STRETCHER EXERCISES WITH PREPARED STRETCHERS

1. Collecting Wounded (see page 205 Handbook).

At the Double—Collect Wounded.

The squad will double to the patient and halt when the leading bearers are one pace from the head of the patient. Nos. 2 and 4 will lower the stretcher and place it on the ground in line with the patient. No. 1 will then double out to the right of the patient, and prepare him for removal. He may instruct No. 3 to assist him.

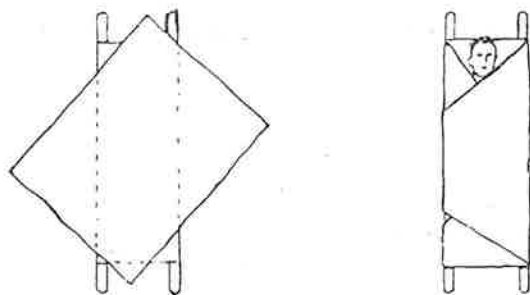
2. Preparing and Blanketing Stretcher (see page 207 Handbook).

Prepare and Blanket Stretcher.

Nos. 2 and 4 will open the stretcher, see that the traverse bars are secure, test it and blanket it by one of the methods shown below, according to the number of blankets available.

(a) BLANKETING STRETCHER WITH ONE BLANKET.

The blanket should be placed diagonally across the stretcher, and the patient wrapped in the blanket.



(b) Blanketing Stretcher with Two Blankets.

(1) Place the first blanket lengthwise across the stretcher with one edge covering half the handles at the head end, and with the whole of the blanket slightly more to one side of the stretcher than the other (Plate IV (a)).

(2) Fold the second blanket lengthwise in three and lay it on the stretcher with the upper edge about fifteen inches below the first blanket.

(3) Open out the folds of the second blanket at the lower end for about two feet (Plate IV (b)).

Wrapping Patient

Place the patient on the four thicknesses of blanket on the stretcher and:

(1) Bring the foot of the second blanket up over the feet, tucking in a small fold between the feet (Plate IV (c)).

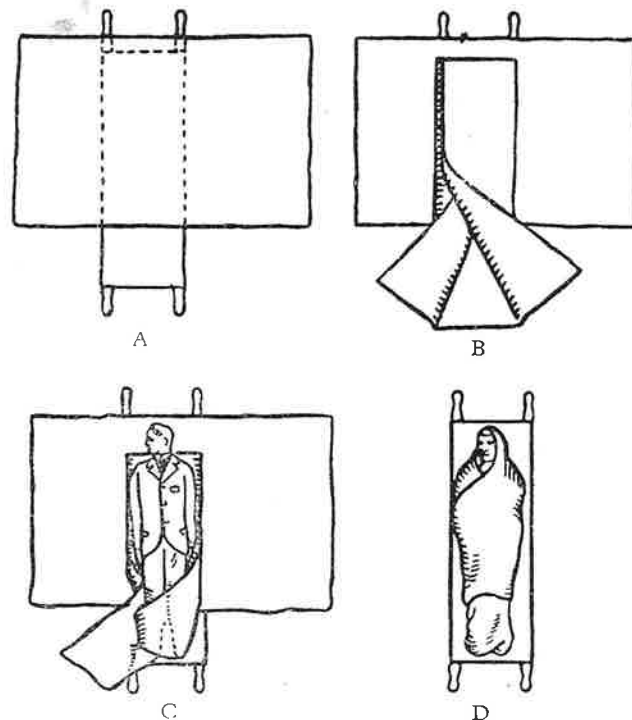
(2) Bring the sides of the folds of this blanket over the feet and lower part of the legs and tuck in.

(3) Turn in the upper corners of the first blanket and bring the shorter end over the patient, then the longer end over and tuck in well (Plate IV (d)).

(c) Blanketing Stretcher with Three Blankets.

If a third blanket is available, it should be doubled lengthwise and laid over the patient before the patient is tucked in.

BLANKETING STRETCHER WITH TWO BLANKETS



SECTION 37: LOADING STRETCHERS

1. **Loading Stretcher** (see pages 209-214 Handbook).

(a) **When the patient is lying on a blanket or rug.**

The edges of the blanket or rug must be firmly rolled close up to the patient.

Load Stretcher.

The bearers, two on either side, will grasp the rolls and, unless the fifth bearer is available to slide the stretcher underneath the patient, will move by side paces over the stretcher and lower the patient carefully on to it.

(b) When the patient is not lying on a blanket or rug and a spare one is available.

The patient must be placed on a blanket or rug as follows:—

Place the blanket or rug on the ground in line with the patient and roll it lengthwise for half its width. Nos. 2, 3 and 4 will turn the patient carefully on to his side. No. 1 will place the rolled portion of the blanket or rug close to the patient's back and all the bearers will gently roll the patient over until he is lying on the opposite side on the blanket or rug. The blanket or rug will then be unrolled and the patient gently turned on to his back so that he lies in the centre of the open blanket or rug. On the command "**Load Stretcher**" proceed as at 1. (a) above.

Provided four or more bearers are available, the blanket-lift or rug-lift is the method of preference for loading a patient on to a stretcher owing to the smoothness of the whole operation.

(c) **When the patient is not lying on a blanket or rug and none is available.**

Load Stretcher.

Nos. 4, 3 and 2 will place themselves on the left of the patient; No. 4 facing the shoulders, No. 3 facing the hips, and No. 2 facing the knees; No. 1 will place himself on the right of the patient facing No. 3. All will go down on their left knees and place their forearms beneath the patient, paying particular attention to the seat of the injury. Using the hook grip, No. 1 joins his left hand with the left hand of No. 4 and his right hand with the right hand of No. 3. No. 4 supports the head and shoulders, No. 2 the lower limbs.

2. Lift.

When all are ready, the patient must be lifted gently and slowly and placed on the knees of Nos. 4, 3 and 2. No. 1 will disengage, take hold of the stretcher (left hand across, resting the near pole on his left hip) and place the stretcher beneath the patient, so that when he is lowered on to it, his head will just be clear of the metal bar at the top, and will rest on the pillow if one is available. No. 1 will then resume his position.

Lower.

The patient will be raised slightly from the knees of Nos. 4,

3 and 2, lowered gently and carefully on to the stretcher and covered with coats. The bearers then rise and turn to face the foot of the stretcher.

If it is necessary to lift the patient from the right side, Bearers 4, 3 and 2 will go to the right, and No. 1 to the left of this patient. All will go down on their right knees, and proceed as directed.

When standing to stretcher in this case, Bearers 1 and 3 will be on the left and Bearers 2 and 4 on the right.

3. Standing to Stretcher.

Stand to Stretcher.

No. 1 will take up a position level with the handles at the foot of the stretcher; No. 2 will step forward opposite No. 1 and No. 3 will double round the head of the stretcher and position himself on the right of the stretcher opposite No. 4.

SECTION 38: CARRYING A LOADED STRETCHER

(See Pages 215-218 Handbook)

No. 1 will decide whether the stretcher is to be carried by four or two bearers.

1. Hand Carriage by Four Bearers—Lift Stretcher.

All four bearers stoop together, grasp the poles with their inner hands and rise together holding the stretcher at the full extent of their arms.

Advancing

Advance.

All bearers will step off with the inner foot. The bearers must keep their knees slightly bent and walk with a relaxed gait.

Retiring

Retire.

A squad will retire by wheeling and not by turning.

Lowering a Loaded Stretcher

Lower Stretcher.

The four bearers will stoop, gently lower the stretcher to the ground, and rise together.

2. Hand Carriage by Two Bearers.

Hand Carriage by Two Bearers—Lift Stretcher.

Nos. 2 and 4 will take a side pace over the handles of the stretcher, and if they decide to use slings will pick them up, place them over their shoulders and on the handles of the stretcher. They will then rise steadily together keeping the stretcher level. Nos. 1 and 3 will turn inwards to assist. No. 1 particularly can help to prevent the patient's feet catching on the buttocks of No. 2. Nos. 1 and 3 will then turn to face the foot of the stretcher.

Adjusting Slings (if used)

Adjust Slings.

Nos. 1 and 3 turn to the left and adjust the slings of Nos. 2 and 4 respectively.

Advancing

Advance.

Nos. 1, 2 and 3 bearers step off with the left foot, No. 4 with his right, marching with knees slightly bent, and with a relaxed gait.

Retiring

Retire.

A squad will retire by wheeling and not by turning.

Lowering a Loaded Stretcher

Lower Stretcher.

Nos. 2 and 4 stoop slowly, gently lower the stretcher to the ground and rise together. If slings are in use Nos. 2 and 4 will remove them after lowering the stretcher, step over the handles to their former positions, and place the loops of the folded slings over the near handles and the ends over the handles.

3. Relieving Bearers by Changing Numbers.

Change Numbers.

Nos. 1 and 3 will turn about and the whole will then step off together, Nos. 3 and 2 wheeling round the ends of the stretcher and all moving round two paces clockwise. Each bearer will halt in the position of the bearer whose place he

has taken and the new No. 1 and 3 turn about so that all again face the foot of the stretcher.

SECTION 39: UNLOADING STRETCHERS

(See Page 218 Handbook)

1. Unloading.

Unloading patients from stretchers will be carried out by handling the patient in a similar manner to that adopted for loading the stretcher.

2. Close Stretcher.

Nos. 2 and 4 turn inwards, and proceed to close the stretcher by pushing in the poles, after the traverse bars have been unlocked.

The canvas will be folded on itself.

The slings will be picked up, one by each bearer, and each will pass the buckle end to the other. The slings should be placed on the canvas, and the straps buckled round the stretcher, behind the traverse bars, tightly.

When closed, the stretcher should be turned on to its side, with the runners to the right of the squad.

Nos. 2 and 4 will rise together, and turn to the front.

Returning to the Original Ground with the Closed Stretcher Fall In.

After the patient has been handed over to medical care or ambulance, No. 1 will instruct his squad to **Lift—Stretcher. Squad will Retire—About—Turn.**

All will turn towards the stretcher.

Nos. 2 and 3 will transfer the stretcher to their left hands.

Halt—About Turn.

On reaching their original place in line, No. 1 bearer will give the order **Halt—About Turn.**

Nos. 2 and 4 will transfer their stretcher to the right hand, as they turn about, turning towards the stretcher, and the squad will take up its dressing by the right.

3. Returning Blankets and Stretcher. (See Page 218 Handbook).

At the end of the exercise, No. 1 will give the command—

"No. 3 Return Blankets, No. 4 Return Stretcher, Nos. 3 and 4 Right Turn—Quick March." The procedure to be followed by Nos. 3 and 4 is similar to that carried out for collecting blankets and stretcher.

SECTION 40: STRETCHER LOADING WITH TWO OR THREE BEARERS

1. Stretcher Loading with Two Bearers.

The Parade will be drawn up in two ranks as for stretcher exercises, and sized.

The front rank will be No. 1 bearers.

The rear rank will be No. 2 bearers.

Each squad will therefore consist of two bearers only; this will provide twice the number of squads.

Squads should be extended to two paces interval.

2. Collecting Blankets and Stretchers.

Nos. 1 Collect Blankets.

Nos. 2 Collect Stretcher, Quick—March.

They will be collected as previously explained, and the bearers return to their positions, Nos. 2 sliding the stretcher forward, runners to the right. In this case Nos. 1 will carry the blankets neatly folded over the left arm, i.e., the arm furthest from the stretcher, in order to leave the right arm free to carry the closed stretcher.

3. Collect Wounded.

At the Double—Carry On.

On hearing this order, No. 1 of each squad orders—**Follow Me.**

Each squad (of two) will double out to their respective patient, halting at one pace from the head of the patient, and with the stretcher in line with the patient.

No. 1 doubles out to the patient and proceeds to diagnose his injuries.

If carriage by stretcher is necessary, he will assist No. 2 to prepare the stretcher, blanketing it as previously explained.

4. Lifting Patient to Stretcher.

(For use in mines and narrow cuttings where space is limited.)

Lift.

Both bearers will stand astride the patient, No. 2 at the head, placing his forearms beneath the patient's shoulders. No. 1 about the knees, placing his left hand beneath the patient's thighs and his right elbow below the knees. When both are ready No. 1 will give the command—"Lift."

Advancing

Advance.

Both step off together with the left foot, taking short even paces and stooping, so that the body of the patient is not far from the ground. They will advance till the patient is over the stretcher, when No. 1 gives the order—**Halt—Lower.**

Lowering the Patient

Halt—Lower.

The patient is gently lowered on to the stretcher.

The blanket or blankets are folded over and tucked in by both bearers.

Both bearers then take up position on the left of the stretcher, ready for lifting; No. 2 at the head, No. 1 at the foot.

Lift Stretcher.

The order will be given by No. 1 when ready.

Both step over the handle-bars, stoop and grasp the handles of the stretcher and rise together.

Advance.

No. 1 bearer will step off with his left foot.

No. 2 bearer will step off with his right foot.

Wheel About.

Squads with loaded stretcher will not turn about, but wheel into the new position if it is necessary to retire.

If slings are not available, they may be improvised from straps, triangular bandages, etc.

5. **When Three Bearers are Available** (See Page 209 Handbook).

The stretcher will be placed at the patient's head, in the same line as his body. No. 1 kneels on the left knee on the injured side opposite the patient's knees and passes his hands under the patient's legs; Nos. 2 and 3 kneel on their left knees opposite sides of the patient, facing each other, and passing their hands under his shoulders and hips, lock their fingers by the hook-grip. On the command "**Lift,**" the bearers will rise to the erect position, and moving by side-paces, carry him head foremost over the foot of the stretcher, the horizontal position of his body being maintained throughout the movement, and lower him carefully on to the stretcher. When unloading, the patient will be lifted and carried head foremost over the head of the stretcher.

CHAPTER VI

**HAND SEAT DRILL AND LOADING OF
AMBULANCES**

SECTION 41: METHODS OF CARRYING

Carrying of Injured

1. Methods of carrying, including Hand Seats, are fully described in the St. John Ambulance Association First Aid Textbook, 1950, pages 190 to 201.

Hand Seat Drill

2. When teaching methods of carrying as a Drill, the procedure will be as under.

The Divisions may be drawn up:—

- (a) In single rank;
- (b) In two ranks;
- (c) In three ranks;

according to the number present, or the convenience of the drill space available.

Before commencing the Hand Seat Drill, the squad should be sized and numbered.

**Odd Numbers Turn Left. Even Numbers Turn Right. Files
Right and Left Turn.**

All files, either in two or three ranks, will turn as directed. Although single rank is not really a file, the odd and even numbers will turn as directed.

CHAPTER VII

SECTION 42: GENERAL

Ambulance Transport in Civil Life

1. This is a rapidly expanding service and each year more and more St. John men and women are being called on either to run this very necessary local service or at any rate to man the ambulance as stretcher bearers and attendants whenever it is called out.

It is here proposed to set out a few of the main principles the observation of which will enable the work to be done with the least possible distress to the patient and as easily as possible to the bearers.

The usual personnel of an ambulance is a driver (who should where possible be a trained bearer), a bearer, and if the patient is known to be a woman, a nursing member.

Generally the driver and bearer must be able to do the carrying and loading with such untrained help as they can obtain and instruct on the job.

The methods of loading and carrying accident or outdoor patients have already been explained, but in practice it is found that for every one accident there are about 20 cases of illness requiring to be moved from their homes to hospital or from one hospital to another.

In the hospital some expert help and advice is generally available—it is in the homes where difficulties have to be overcome.

Small bedrooms and worst of all narrow stairs with sharp corners make it impossible to manœuvre a stretcher, and sometimes it is not possible to move a loaded stretcher inside the house at all. The patient must be carried to the most convenient place for loading, by means of a carrying sheet or similar substitute.

General Rules

On arrival at the house :—

(a) Contact the person in charge of the house.

(b) Ask permission to inspect the approaches to the patient's room, and so decide the best position for loading, etc.

(c) Ask to see the patient (if the patient is a woman the female attendant will already have done this and be getting her ready), and tactfully enquire as to his condition or injuries with particular reference to any seats of pain or any instructions which may have been left by the Doctor as to position to be maintained during transport.

(d) Make plans for loading (without any fuss and out of hearing of the patient); if necessary, ask if you may remove pieces of furniture or other impedimenta such as pictures on the wall of a narrow stairs which might obstruct or be dislodged during the carrying process; loose mats are a particular danger.

The Carrying Sheet

Whatever the injury or physical disorder it is better for the patient that he be kept as rigid as possible during carrying, and it is definitely much easier for the bearers if a carrying sheet is used.

There are several types in use; a suitable one is made of very strong canvas, the main weight-carrying part being about 6 ft. 3 in. long by 20 in. wide. Along the whole main length and round the head a strong rope is fixed in tight loop fashion, which strengthens and supports as well as providing its main function—an excellent hand-hold for the bearers.

Once a patient is placed in a carrying sheet it is much better that he remain so, as it also materially assists the unloading on to a bed at the hospital.

Loading from the Bed

Blanket the carrying sheet as you would the stretcher.

According to the injury, the elbow room available, and the type of bed, experience only will teach the best method, but in general it will be found best to use the same method as a nurse does in changing the bottom sheet.

Carrying Downstairs

Rarely are there sufficient bearers and more rarely are the stairs wide enough to permit bearers on both sides of the patient.

Generally it means two trained people to take the weight with a third (possibly untrained), preferably one who understands the geography of the house.

A decision should therefore be made before lifting off the bed as to which side is advisable for the bearer carrying the trunk. The chief consideration is sharp turns en route with narrowing steps, bearing in mind:—

(a) The bearer can be squeezed but the patient must not be;

(b) A wall at the bearer's back is helpful in support.

The stretcher also will have been placed in the hall or room downstairs (or even outside if it is inexpedient to load inside) in such a position that the middle bearer approaches it clearly without any obstruction to his feet.

The patient is almost invariably carried downstairs feet first, No. 1 taking the head, No. 2 the trunk, and No. 3 the legs and feet.

No. 3 can walk sideways or backwards as circumstances permit, and should count aloud every downward step he takes to warn the others of their number and position.

No. 2 must move all the time by side paces, grasping a loop on both sides of the sheet with either hand as he finds most convenient to take the weight.

No. 1 moves forward facing his front, carrying the sheet by a loop on both sides of the head or shoulders in either hand, arms fully extended once the stairs are being negotiated.

When the patient has been placed on the stretcher another blanket or blankets should be placed over him as desired.

In inclement weather a ground sheet or an umbrella may be held over the patient to protect him.

Improvised Stretchers

2. Stretchers may be improvised as follows:—

(a) Turn the sleeves of two or three coats inside out; pass two strong poles through them, button the coats. The poles at both ends of the bed formed by the coats.

(b) Make holes in the bottom corners of one or two sacks and pass stout poles through them, keeping them apart as in (a).

(c) Tie broad bandages at intervals to two poles.

(d) Spread out a rug, piece of sacking, tarpaulin or a strong blanket, and roll two stout poles up in the sides. Two bearers stand on each side and grasp the middle of the covered pole with one hand, and near the end with the other. They walk sideways.

(e) A hurdle, broad piece of wood, or shutter may be used: rugs, clothing, hay or straw should be placed on it and covered with a piece of stout cloth or sacking which is useful for taking the patient off the stretcher.

Always test an improvised stretcher before use.

3. Rules for Carrying Patients on Stretchers.

As a general rule, carry a patient feet first. The exceptions are:—

(a) When carrying a stretcher upstairs.

(b) When going uphill with a patient whose lower limbs are uninjured.

(c) When going downhill with a patient whose lower limbs are injured.

(d) When carrying a patient to the side or foot of a bed.

(e) When loading an ambulance, when it is advisable to ask the patient if he has any preference.

(f) When both sides of lower jaw are fractured always load feet first.

To Cross a Ditch

4. The stretcher is lowered with its foot one pace from the edge of the ditch. Nos. 1 and 2 bearers then descend. The stretcher is now advanced, Nos. 1 and 2 in the ditch supporting the front end while the other end rests on the edge of the ground above. Nos. 3 and 4 then descend. All the bearers now carry the stretcher to the opposite side, and the foot of the stretcher is made to rest on the edge of the ground, while the head is supported by Nos. 3 and 4 in the ditch. Nos. 1 and 2 climb out. The stretcher is lifted forward on the ground above, and rests there while Nos. 3 and 4 climb up.

To Cross a Wall.

5. The stretcher is lowered with the foot about one pace from the wall; the bearers then stand to stretcher, Nos. 2 and 4 on the left, Nos. 1 and 3 on the right. They turn inwards, stoop down, grasp the poles with both hands and rise slowly, lifting the stretcher, holding it level at the full extent of the arms. Then by side-paces they advance to the wall, raise the stretcher and lift it on to the wall, so that the front runners are just over the wall. No. 2 then crosses the wall and takes hold of the front handles; No. 1 then crosses the wall; they grasp the poles, lift the foot of the stretcher; all the bearers then advance and lift the rear runners over the wall, resting the rear handles on the wall; No. 4 then crosses the wall and takes hold of the left pole; No. 3 then crosses the wall and takes hold of the right pole. The bearers then advance until the stretcher is clear of the wall. The stretcher is then lowered to the ground.

Lifting into Bed

6. The stretcher is lowered at the side of the bed. The bearers take position as for unloading stretcher, Nos 2, 3 and 4 being on the side furthest from the bed. The patient is unloaded on to the knees of Nos. 2, 3 and 4. No. 1 will disengage and remove the stretcher (this may be done by pushing it under the bed). He then joins hands with No. 3. All the bearers rise to a standing position, supporting the patient on their forearms. No. 1 disengages and goes to the patient's head and supports it. All bearers then step forward and gently place the patient on the bed. If the bed is narrow and there is room, the stretcher may be placed on the floor with the head close to the foot of the bed. The injured person may then be lifted over the foot and placed on the bed.

If the patient is lying on a blanket and if the bed is narrow and there is room, the blanket lift should be used, the bearers lifting the patient over the foot of the bed.

To Load an Ambulance

7. The stretcher will be lowered with its foot or head one pace from the end of the ambulance, according to the patient's desire to travel feet or head first.

The bearers will now stand to stretcher.

"Load." The bearers turn inwards, stoop, grasp the poles of the stretcher, hands wide apart, palms uppermost; they rise slowly, lifting the stretcher, holding it level at the full extent of the arms. They then take a side-pace to the ambulance, raising the stretcher evenly to the level of the compartment to be loaded. The front bearers place the runners in the grooves and then assist the rear bearers to slide the stretcher into its place and secure it. If slings have been used, they should be kept with their stretcher.

Many ambulances are provided with upper and lower berths. In such cases the upper berths should be loaded first, beginning on the off-side.

To Unload an Ambulance

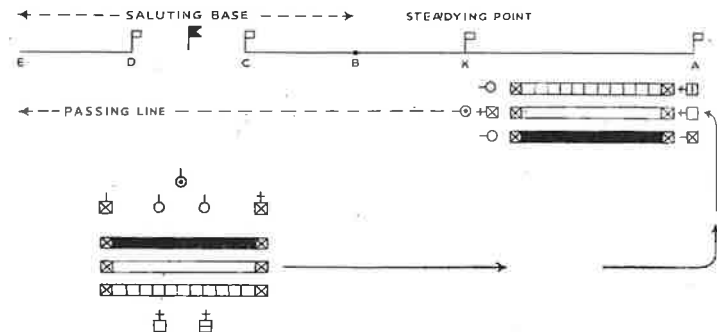
8. Two bearers will take hold of the handles at the rear and gently withdraw the stretcher. As it is withdrawn, the other two will take hold of the handles at the front, and, taking the weight, lower it to the full extent of the arms; then by side-paces march clear of the ambulance, lower the stretcher to the ground, and take up their "permanent" positions.

The St. John Ambulance Brigade

AMENDMENTS TO DRILL PAMPHLETS

No. 1 Drill Pamphlet

- Page 7. Open Order—third line: “three paces” to read “two and a half paces.”
- Page 16. Section 11, para. 3, line 3: “15th pace” to read “3rd or 4th pace.”
- Page 18. Section 14, third line: “Tallest on the Right” to read “Tallest on the flanks.”
- Page 26. Section 21, para. 3, line 1: “specified” to read “unspecified.”
- Page 34. Section 26, para. 4: Delete first sub-paragraph and substitute “The cane will be carried under the left arm, handle to the ground, ferrule in the rear, upper arm close to the side, left hand grasping the cane at a point nine inches from the extremity, with all four fingers and thumb around the cane.”
- Page 39. Section 32, para 4: “The March Past.” Delete Plate III and substitute the following plate.



- Page 40. Para 6, line 5: “man of each rank” to read “Guide of each rank.”

No. 2 Drill Pamphlet

- Page 33. Para. 7, line 3: “right-hand man of each rank” to read “right-hand guide of each rank.”
- Page 57. Section 26, para 1, line 1: “Medals Ribbons” to read “Medals” and line 3 delete words “Medals but.”