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| **Procedure: Lifting and Restraining a Dog in Sternal Recumbency**  **Time Limit: 3 minutes** |
| Washed hands to ensure proper hygiene  1 point each:   * Washed with soap and warm water * Washed to the wrist and interdigital spaces * Washed for 15 seconds * Dried hands with paper towel * Turned off faucet with paper towel |
| Spoke to the animal in a calm reassuring manner  1 point each   * Spoke to animal * Spoke in a calm and reassuring manner * Allowed dog to sniff hand * Observed dog’s body posture   Stroked dog’s head or body |
| Placed one arm in front of the patient’s chest and the other arm behind the rear legs (at stifle level) or under the abdomen   * 2 points – Placed arm in front of dog’s chest * 3 points – Placed arm under dog’s abdomen **OR** * 2 points – Placed arm behind dog’s rear legs * 1 point – Placed arm at stifle level |
| Handler held animal close to his/her body and lifted from a squatting position (using legs to prevent back injury)   * 2 points – Handler assumed squatting position * 2 points – Held animal close to handler’s body * 1 point –Handler’s arms remain in correct position |
| Had patient sit on the exam table, and then slid the patient’s front limbs forward, encouraging him or her to lie down   * 1 point – Kept one hand on dog at all times * 1 point - Grasped dog’s forearms, not paws * 2 points - Gently slid legs forward until dog was lying * 1 point - Reassured dog by speaking and/or stroking |
| Draped one arm across the patient’s back and cradled the patient’s body, keeping the sternum on the table. |
| Slid the opposite hand under the patient’s neck and rested hand on the face, to control the patient’s head. |
| Handler used the weight of his/her body to lean across the patient’s back to help immobilize until the procedure or exam is finished   * 2 points - Hands remained in proper position at all times * 2 points - Used the least amount of restraint necessary * 1 point - Spoke to dog in a calm, reassuring manner |
| \*Judge states procedure is complete\* |
| Allowed patient sit up on the table   * 1 point - Released hold of dog’s front and rear legs * 1 point - Reassured dog with praise/stroking * 1 point - Allowed dog to stand/sit on table * 2 points - Kept a hand on dog at all times |
| Placed one arm in front of the patient’s chest and the other arm behind the rear legs (at stifle level) or under the abdomen   * 2 points – Placed arm in front of patient’s chest * 3 points – Placed arm under abdomen * 2 points – Placed arm behind rear legs * 1 point – Placed arm at stifle level |
| Handler held animal close to his/her body and lowered patient to the floor by squatting (using legs to prevent back injury)   * 1 point – Arms remain in correct position * 1 point – Held animal close to handler’s body * 1 point – Lowered dog using a squatting technique * 2 points - Gently placed dog on floor) |