

Spinal Injury First Aid

This playbook outlines the key steps to safely administer first aid for suspected spinal injuries including immobilization, transportation, and providing care until the emergency response team arrives.

Step 1: **Ensure Safety**

Assess the environment to ensure the safety of yourself and the injured person. Remove any imminent dangers without moving the injured if possible.

Step 2: **Immobilize Head**

Keep the person's head and neck still; if necessary, kneel behind their head and use your hands to stabilize. Do not apply a cervical collar unless qualified.

Step 3: **Call Emergency**

Dial emergency services immediately. Provide clear information about the location, nature of the injury, and the condition of the person.

Step 4: **Monitor Vital Signs**

If trained, monitor and record the person's vital signs (breathing, pulse, responsiveness). Re-assure the injured person, keeping them calm.

Step 5: **Prepare for Transport**

Assist emergency responders in preparing the person for transport. Follow their instructions precisely to safely move the injured person if necessary.

Step 6: **Handle with Care**

If you must move the person due to an immediate danger (like a fire), keep their spine aligned and move them as a single unit.

General Notes

Do Not Move

Unless absolutely necessary, do not move the person suspected of having a spinal injury, as movement can exacerbate the injury.

Qualified Assistance

First aid for spinal injuries must ideally be administered by someone with appropriate first aid training. Always defer to qualified emergency personnel when they arrive.