SPINAL INJURY

Ensure Safety for Self and Others

Signs & Symptoms

Some or all of the following:

Evidence of head injury or trauma

Abnormal position of head or neck

Nausea, headache, dizziness

Tenderness, pain

Altered sensations - numbness, tingling, pins and needles in the hands or feet

Loss of movement and/or feeling to arms and/or legs

Altered conscious state

Breathing difficulties

Shock

Change in muscle tone (flaccid or stiff)

Loss of bladder or bowel control

HAZARD = FURTHER MOVEMENT
Causing further injury

RISK = DAMAGE TO SPINAL CORD
Causing loss of movement and feeling

Urgently Call Triple Zero (000)

Do not move location unless in a dangerous situation

Reassure - Tell them to keep still

MANUALLY SUPPORT NECK

Until the ambulance arrives - This is vital

Move to the casualty's head

Position yourself so you are stable

Gently hold the casualty's head

Support without movement

IF UNCONSCIOUS

Align and immobilise the neck with your hands

Roll on his/her side

Position neck to neutral to ensure an adequate airway

Manually support the neck.

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