



Amherst Fire District Procedure

Spinal Immobilization

Clinical Indications:

- Need for spinal immobilization as determined by protocol

Procedure:

1. Gather a backboard, straps, C-collar appropriate for patient's size, tape, and head rolls or similar device to secure the head.
2. Explain the procedure to the patient
3. Place the patient in an appropriately sized C-collar while maintaining manual in-line stabilization of the C-spine. This stabilization, to be provided by a second rescuer, should not involve traction or tension but rather simply maintaining the head in a neutral, midline position while the first rescuer applies the collar.
4. Once the collar is secure, the second rescuer should still maintain their position to ensure stabilization (the collar is helpful but will not do the job by itself.)
5. Place the patient on a long spine board with the log-roll technique if the patient is supine or prone. For the patient in a vehicle or otherwise unable to be placed prone or supine, place them on a backboard by the safest method available that allows maintenance of inline spinal stability.
6. For a standing patient, apply the long board from the back and assisting the patient backwards on the board as you tilt the board and the patient to the ground.
7. Stabilize the patient with straps and head rolls/tape or other similar device. Once the head is secured to the backboard, the second rescuer may release manual in-line stabilization.
8. NOTE: Some patients, due to size or age, will not be able to be immobilized through inline stabilization with standard backboards and C-collars. Never force a patient into a non-neutral position to immobilize them. Such situations may require a second rescuer to maintain manual stabilization throughout the transport to the hospital.
9. Document the procedure in the patient care report (PCR).

Note:

- Emergency Medical Responders may assist with placing a c-collar and long board. EMR's who have prior approved training and written approval from the Medical Director may perform c-collar and long board application.

Certification Requirements:

- Successfully complete an annual skill evaluation inclusive of the indications, contraindications, technique, and the possible complications of the procedure.