

SPINAL INJURY

Ensure the safety of everyone
Call the ambulance on Triple Zero (000)

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

Priapism (erection in males)



Do not move location unless in a dangerous situation

Urgently Call Triple Zero (000)

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

Gain assistance, as much as possible - Handle extremely carefully - Consider spinal alignment at all times - No twisting
Manage airway, breathing and circulation as required

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