

SPINAL INJURY



Ensure Safety
for Self & 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 the casualty unless the situation is dangerous such as on the road or in the surf

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 head and neck without movement

IF UNCONSCIOUS

Align and immobilise the neck with your hands.

Gently roll on their side, with no twisting.

Position neck to neutral to ensure an adequate airway.

Manually support the neck.

Monitor breathing.

Airway management takes priority over spinal injury.