

## 10.3.7 SPINE BOARD (SUPINE POSITION)

### Indications:

The use of a spine board is indicated when a spinal injury is suspected. This occurs either when a casualty complains of pain in the neck and/or back following a traumatic event or when the mechanism or pattern of injury indicates possible spinal injury i.e.: a fall from greater than 2 metres.

### Aim:

The aim of the spine board is to immobilize the thoracic and lumbar spine, providing full spinal immobilization when used in conjunction with a cervical collar, head blocks and strapping.

### Application:

#### Step

- 1 Inform and reassure the casualty. Fit the cervical collar. Place arms against the side of the body, palms facing in, or fold the arms across the chest. A figure-of-eight bandage can be tied around the ankles for ease when rolling.
- 2 Position the spine board alongside the casualty, on the opposite side to the patrollers, the top of the board being about 50cm above the casualty's head.
- 3 Prepare to log roll the casualty. Patroller A kneels at the head, Patroller B kneels at the mid-thorax and Patroller C kneels at the casualty's knees. When log rolling the casualty, Patroller A maintains support of the head and neck, keeping an anatomical alignment. Patroller B grasps the far side of the casualty at the shoulder and waist. Patroller C grasps the far side of the casualty at the hip and lower leg or ankles.





**Figure 202 Support the head and body and roll the casualty**

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Patroller A is then in control of the roll, and the casualty is rolled towards the patrollers, at the time and pace called by Patroller A, ensuring minimal spinal movement. Slide the spine board along and against the casualty's back, either flat or slightly angled.





**Figure 203 Slide the spine board along and against the casualty's back**

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Lower the casualty and the board to the ground together. Maintaining an anatomically neutral position, gently slide the casualty up the spine board to the correct position on the board (in as straight an axial movement as possible). Without moving the head, apply padding under the occiput (base of the skull) and lumbar spine to maintain correct positioning.



- 6 Secure the casualty to the spine board using the straps. Apply strap 1 from the shoulder, across the chest, to the opposite pelvic region, strap 2 across the other shoulder, as per strap 1. strap 3 across the pelvis and strap 4 across the upper legs above the knees. (Alternatively, strap 3 & 4 can be crossed from pelvis to opposite knee area).



Figure 204 Attach straps



- 7 Strap 5 secures the ankles. Further strapping is used across the chest to secure the arms. Head supports (head blocks, towel rolls, etc) are positioned against the side of the head, from the shoulders, covering the ears.
- 8 Secure the casualty's head and the head support to the spine board by placing tape, in the following positions. (a) across the casualty's eyebrows and (b) across the cervical collar, ensuring that both pieces of tape are brought completely around the back of the spine board.





**Figure 205 Complete by supporting the head and strapping firmly**

