



General Checklist for On-Site Examination

Goals

- Rule out emergency conditions
- Assess severity of injury
- Determine transport method

Primary Survey

Begin every on-site examination with a primary survey. Sometimes it will be immediately obvious that there is or is not a problem in one or all of these areas, but whether examination simply involves moving through a checklist in your head or involves a more thorough process, never shortchange assessing

1. Consciousness,
2. ABCs (airway, breathing, circulation), and
3. severity of bleeding.

Secondary Survey

Once you have examined and cared for any immediate life-threatening problems, you may proceed with a secondary survey.

Essential History

- ☐ From athlete, if conscious
- ☐ From bystanders, if athlete is unconscious

Observation

- ☐ Position or posturing
- ☐ Respirations (rate, depth, rhythm)

☐ Trauma

- ☐ Observable signs of head injury
- ☐ Gross deformity, swelling, or discoloration of the extremities
- ☐ Signs of shock (wet, white, weak)
- ☐ Athlete's response to injury

General Screening

- ☐ Sensory and motor testing for suspected spine or nerve injury
- ☐ Neurovascular tests for suspected fracture or dislocation
- ☐ Assessment for head injury if suspected
- ☐ Limited orthopedic assessment to determine injury severity and safe removal from the field
 - ☐ Palpation
 - ☐ ROM
 - ☐ Strength examination
 - ☐ Special tests (perform ligament stress tests early to optimize accuracy)
- ☐ Continued monitoring for shock

Select Appropriate Method of Transport from the Field