

Spine-Boarding Procedures

Short board

Place an athlete on a short board (figure 26.11) according to the following procedure, with the person in charge controlling the head and neck of the injured person.

1. Control the head from behind.
2. Call 911.
3. Place a cervical collar on the injured athlete.
4. Prepare the short board:
 - Make sure all straps are in place.
 - Match the straps, buckle, and clip (usually these are color coded to avoid confusion).
5. With the person in charge maintaining tension on the head and neck, wedge the short board between the athlete and the chair.
6. Put the chest straps in place.
7. Control the head from the front and strap the head to the board.
8. Strap the legs with the hips flexed.
9. Place a long backboard perpendicular to the athlete's chair.
10. Rotate the athlete onto the long backboard, keeping the knees drawn up toward the chest.
11. Release the leg straps so that the legs can lie flat on the backboard.
12. Place a strap across the chest (but not over the heart area).
13. Place a hip strap.
14. Place a foot strap.

Backboarding

One person will be in charge and direct the others. Backboard an athlete according to the following procedure, with the person in charge controlling the head throughout the operation.

1. Control the head.
2. Call 911.
3. Place a cervical collar on the injured athlete to immobilize the spine.
4. Prepare the backboard:
 - Make sure all straps are in place.
 - Match the straps, buckle, and clip (usually these are color coded to avoid confusion).
 - Remove the head block (or sandbags or rolled blanket) and keep it ready for placement.
5. Under the direction of the person in control of the head, roll the athlete 90° and position the board by sliding it just behind the him; once the board is in position, roll the athlete back onto the backboard so that his head is at the top, and he is centered on the board.
6. Place both cross-chest straps over the collarbones and tighten.
7. Put the head block (or sandbags or rolled blanket) in place.
8. Tape the head to the board, one strip over the forehead and another over the chin. (Local EMS may or may not require a chin strap.)
9. Place a hip strap.
10. Place a foot strap.