



# Applying a Cervical Collar

## Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

### Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Determine the need for spinal motion restriction (SMR).
2. Explain the procedure to the patient.
3. Instruct the patient not to move and to inform you if there is any pain and/or resistance.
4. Responder A: apply manual SMR throughout the procedure.
5. Responder A: move the patient's head into the neutral position.
6. Responder B: remove or cut away any items (e.g. shirt collars, necklaces, etc.) that could interfere with the placement of the collar.
7. Responder B: measure the patient accurately and select the correct size of cervical collar.
8. Responder B: apply and secure the collar with minimal movement to the patient's head and spine.
9. Responder B: visually check the collar to make sure it is correctly placed and fitted properly.
10. Responder A: maintain SMR until the patient is fully secured to a spinal restriction device, if required.

Organizational/local protocol for \_\_\_\_\_ :

### Skill Notes

- When holding in-line stabilization, Responder A's fingertips should not extend beyond the patient's earlobe.
- If moving the patient's head into neutral alignment is not safe or possible, use manual stabilization instead of a cervical collar.
- Determine the correct collar size by measuring the distance between the top of the patient's trapezius and the bottom of the patient's chin and comparing this to the manufacturer's sizing specifications.
- The chin piece should rest snugly beneath the patient's chin, supporting it gently. The lower portion of the collar should be centered and resting on the patient's sternum.
- Gently tug the collar where it meets the sternum, then check the collar at the sternum, at each shoulder, and at the chin to ensure that the collar is positioned correctly at each point. If the patient is responsive, ensure that the patient is comfortable and can breathe normally.