



Rolling a Patient onto a Backboard: From a Supine Position

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

Steps

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

1. Establish a plan with the other responders and work as a team.
2. Explain the procedure to the patient, if appropriate.
3. Apply cervical collar, if appropriate.
4. Responder A: maintain manual spinal motion restriction (SMR) and in-line stabilization of patient's head and neck throughout procedure.
5. Responders B and C: place backboard beside patient and kneel on other side of patient.
6. Responder B: grasp patient's far shoulder and hip to stabilize patient.
7. Responder C: grasp patient's far hip and knee to stabilize patient.
8. Responder A: give a pre-arranged command to roll patient.
9. Responders roll patient as one unit onto patient's side.
10. Responder B: examine patient's back while keeping one hand on patient's shoulder and supporting patient against your thighs.
11. Responders B and C: position backboard against patient.
12. Responder A: give pre-arranged command to roll patient as one unit onto backboard.
13. Responders roll patient as one unit onto backboard.

Organizational/local protocol for _____ :

Skill Notes

- This requires a minimum of two responders: one to maintain in-line stabilization and another to position the backboard and roll the patient's body onto it while keeping the spine in a straight line. If possible, it is preferable to perform this technique with at least three responders.