



Securing a Patient on a Backboard

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 immobilization.
2. Explain the procedure to the patient.
3. Apply cervical collar and manual spinal motion restriction, and maintain in-line stabilization.
4. Place hands in appropriate position.
5. Using a minimum of two responders, roll the patient onto the backboard as one unit, using the appropriate technique.
6. Position the patient in centre of the backboard, using the appropriate technique.
7. Secure the patient's body to the backboard, using the appropriate strapping devices in the correct sequence.
8. Pad any natural hollows.
9. Secure the patient's head to the backboard, using the appropriate equipment.
10. Confirm the patient is secure before moving.

Organizational/local protocol for _____ :

Skill Notes

- Spinal motion restriction may be accomplished with a long backboard or a scoop stretcher (clamshell), although in some cases it may be sufficient to apply a hard cervical collar and then place the patient supine on a soft mattress; follow local protocol.
- The top of the patient's head should not go beyond the end of the board.
- The backboard straps should be snug, but not so tight that they cause discomfort or restrict the patient's respiration.
- You may have a commercially made head restriction device available. Follow the manufacturer's directions when using these devices, along with local protocol.
- If necessary, reapply/adjust the cervical collar and secure the patient's arms and hands in front of their body.
- There may be instances in which SMR must be performed for a patient in a prone or lateral position. In these cases, follow local protocol.