



Pelvic Binding

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	

Steps

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

1. Explain the procedure to the patient.
2. Remove patient's outer clothing.
3. Bring the legs together.
4. Place a narrow, folded sheet—20 to 30 cm (8 to 12 in.) wide—across a multi-level stretcher.
5. Pad the spaces between the knees and ankles, and secure the legs together.
6. Using a scoop stretcher (clamshell stretcher), lift the patient onto the prepared folded sheet on the multi-level stretcher.
7. Ensure that the top of the sheet is level with the patient's iliac crest.
8. Cross the ends of the sheet on the anterior side of the pelvis and apply gentle tension, or twist the sheet's end until the desired tension is reached.
9. Secure the binding to prevent loss of tension.
10. Reassess sensation and distal circulation in the lower extremities.

Organizational/local protocol for _____ :

Skill Notes

- This requires a minimum of two responders.
- The width of the sheet should correlate with the distance between the patient's iliac crest and pubis symphysis.
- If a stretcher is not readily accessible, insert the folded sheet from under the knees, and slide it up and under the pelvis.
- Synchronize the movements of each side of the sheet to ensure even pressure is applied. Avoid any movement of the patient.
- Secure the binding with clamps (or by knotting the ends). If using clamps, position clamps laterally to avoid obstructing X-ray views.
- Tuck any loose ends of the sheet away so they will not interfere with the transporting of the patient.
- Reassess the binding periodically to ensure the tension is maintained.