



Helmet Removal

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

Steps

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

1. Ensure that the patient is supine.
2. If patient is responsive, explain the procedure.
3. Responder A: hold both sides of the helmet, maintaining manual spinal motion restriction (SMR) throughout.
4. Responder B: remove any face piece that may interfere with normal breathing.
5. Responder B: loosen the chin strap or any other securing devices.
6. Responder B: place one hand on the patient's mandible at an angle, with the thumb on one side and the middle and index fingers on the other.
7. Responder B: with your other hand, hold the back of the patient's head (occipital region) as high up as possible without lifting the head off the ground.
8. Responder A: carefully slide the helmet gently up until it just clears the patient's ears, then pause while Responder B re-adjusts his or her hand position under the patient's head.
9. Responder A: remove the helmet the rest of the way, making sure to tilt it backwards to avoid hitting the patient's nose.
10. Responder B: maintain manual SMR from below to prevent the head from tilting during the helmet removal. After the helmet has been removed, Responder A lowers the head to the ground while maintaining manual SMR.

Organizational/local protocol for _____ :

Skill Notes

- This requires a minimum of two responders.
- If the patient is wearing glasses, remove them before removing the helmet.
- Responder A may need to use a gentle forward and backward motion to slide the helmet off, but care should be taken to avoid causing any motion of the head.