



# Applying an Upper Body Motion Restriction Device

## 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 (patient should already be fitted with a cervical collar).
2. Explain the procedure to the patient.
3. Assign a responder to maintain spinal motion restriction of the head and neck, until the other equipment is applied.
4. Position the device behind the patient.
5. Secure straps in proper order, starting with middle and lower torso straps.
6. Position and secure each groin/leg strap.
7. Pad head appropriately.
8. Secure head to device.
9. Secure upper torso strap.
10. Communicate with other responders and safely move patient to a backboard as a team.
11. Once supine and positioned on a backboard, release leg straps and slowly lower patient's legs to an in-line position.

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

#### Skill Notes

- This requires a minimum of two responders.
- The torso straps should be snug enough that fingers cannot be slipped beneath them.