

IMPORTANT INFORMATION

What To Do if Someone has Fallen and has a Possible Neck Injury

FROM THE STAFF OF
PIONEER MEDICAL
CENTER
AND
SWEET GRASS
AMBULANCE



PROTECT YOUR
GUESTS
AND STAFF

Anything that puts too much pressure or force on the neck or back can result in a neck and/or spinal injury.

Why Is This Important?

Your spinal cord contains the nerves that carry messages between your brain and body. The cord passes through your neck and back. A spinal cord injury is very serious because it can cause paralysis below the site of the injury.

When someone has a spinal injury, additional movement may cause further damage to the nerves in the cord and can sometimes mean the

difference between life and death.

If you think someone could possibly have a spinal injury, DO NOT move the injured person even a little bit, unless it is absolutely necessary (like getting someone out of a burning car).

If you are in doubt about whether a person has a spinal injury, assume that he or she DOES have one.

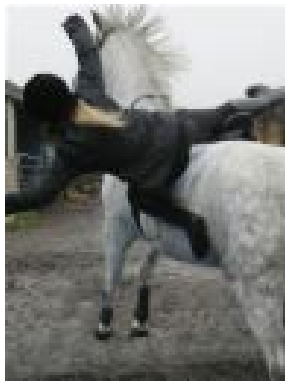


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Some Causes

- Direct trauma to the face, neck, head, or back (e.g., car accidents)
- Diving accident
- Electric Shock
- Extreme twisting of the trunk
- Bullet or stab wound
- Sports injury (landing on head)
- Major blow to the head or chest, car accident, fall from a great height

Fall from a Horse or ATV



Assume a person has a spinal injury if:

- There's evidence of a head injury with an ongoing change in the person's level of consciousness.
- The person complains of severe pain in his or her neck or back.
- The person won't move his or her neck.
- An injury has exerted substantial force on the back or head.
- The person complains of weakness, numbness or paralysis or lacks control of his or her limbs, bladder or bowel.
- The neck or back is twisted or positioned oddly.

First Aid

If you suspect someone has a spinal injury:

Dial 911 or call for emergency medical assistance.

The goal of first aid for a spinal injury is to keep the person in much the same position as he or she was found.

Keep the person still.

Immobilize the neck by holding the head, neck and shoulders perfectly still.

USE BOTH HANDS, ONE ON EACH SIDE OF THE HEAD.

Provide as much first aid as possible without moving the person's head or neck.



If the person shows no signs of circulation (breathing, coughing or movement), begin CPR, but do not tilt the head back to open the airway. Use your fingers to gently grasp the jaw and lift it forward.

If you absolutely must roll the person because he or she is vomiting, choking on blood or in danger of further injury, use at least two people.

Work together to keep the person's head, neck and back aligned while rolling the person onto one side.

If at all possible, do not transport by private vehicle, call for the ambulance to come to the scene.