

TRAUMA

C SPINE IMMOBILISATION



HOW TO FIT A CERVICAL SPINE IMMOBILISATION COLLAR

1. Hold head

- 1 person should hold the patient's head still & in line throughout

2. Remove shirts, jewellery & jackets

3. Size Collar

- Hold your 4 fingers extended with your thumb tucked in
- Place your fingers against the lateral aspect of the patient's neck with your little finger at the base of the neck
- Count how many fingers it takes to reach the chin
- Now place this number of fingers on the side of the cervical collar including the size label with the little finger at the bottom edge (on the plastic)
- Determine which collar is best suited when the number of fingers extends from the lower plastic to a pin

4. Apply collar

- Ensure in line immobilisation
- Form the mandibular support by pushing the black pin through the lateral hole
- Flex the collar a few times to mould it slightly
- Push the collar from right to left under the patients neck with the Velcro strap folded over
- Fold the mandible support over the front of the neck
- Velcro in position

5. Apply blocks & tape

- Ensure the tape is applied to the frame of the bed with 1 piece across the forehead & another under the mandible

Collar flat packed

