

SHALLOW WATER BACKBOARDING WITH HEAD SPLINT METHOD

R1=RESCUER 1	R2=RESCUER 2
1. Provides in-line stabilization with head splint.	1. Clear pool.
2. Provide in-line stabilization - move towards pool wall.	2. Retrieve backboard.
3. Move elbow that is under the victim toward the top of backboard; continue applying pressure on both arms to maintain in-line stabilization.	3. Submerge backboard with long edge at 90 degree angle to water, under victim w/head near top edge of board. Raise backboard to support victim.
	4. #####
4. Release grip on victim's arms; lower victim's arms.	
5. Move to head of backboard and place a rescue tube under the head end of the backboard.	
6. Stand with back to pool wall and support board with forearms/chest.	5. Secure chest strap-high and under armpits.
7. Provide head, in-line stabilization with hands.	6. Secure hip strap across boney portion with arms/hands also secured.
	7. Secure thigh strap above knees.
	8. Recheck all straps.
	9. Secure head blocks next to side of head and shoulder area and forehead strap.
8. Hold board securely while moving from the head end of the backboard to the side of backboard	11. Hold board securely from the side while R1 moves from the head end of the backboard to the side of backboard.
9. With R2 lift head end of backboard to rest on pool edge.	12. With R1 lift head end of backboard to rest on pool edge.
10. With R2 lift head end of board to rest on pool edge beyond head immobilizer.	13. With R1 lift head end of backboard to rest on pool edge beyond
<u>Use rescue tubes at either end of the board for support as needed</u>	
11. Exit water.	14. Securely support board while R1 exits water.
12. Secure board by holding the head end of the board.	15. Exit water.

Each rescuer holds a corner, at the head end of the board.

Slide/pull the board out of the water and lower gently-->back straight, knees bent, smooth movement

Reference: American National Red Cross. (2012). Caring for head, neck and spinal injuries. *Lifeguarding manual*. USA: Krames StayWell.