

# SPINAL INJURY

**Ensure Safety  
for Self and Others**

## Signs & Symptoms

*Some or all of the following:*

- Evidence of head injury or trauma
- Abnormal position of head or neck
- Nausea, headache, dizziness
- Tenderness, pain
- Altered sensations - numbness, tingling, pins and needles in the hands or feet
- Loss of movement and/or feeling to arms and/or legs
- Altered conscious state
- Breathing difficulties
- Shock
- Change in muscle tone (flaccid or stiff)
- Loss of bladder or bowel control



**HAZARD = FURTHER MOVEMENT**  
Causing further injury

**RISK = DAMAGE TO SPINAL CORD**  
Causing loss of movement and feeling

## Urgently Call Triple Zero (000)

**Do not move location unless in a dangerous situation**

Reassure - Tell them to keep still

## MANUALLY SUPPORT NECK

**Until the ambulance arrives - This is vital**

- Move to the casualty's head
- Position yourself so you are stable
- Gently hold the casualty's head
- Support without movement

## IF UNCONSCIOUS

- Align and immobilise the neck with your hands
- Roll on his/her side
- Position neck to neutral to ensure an adequate airway
- Manually support the neck.