

# 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.