Manual Inline Neck Stabilization

Grasp tops of shoulders
“Lock” victim’s head between your hands and forearms
(Remove victim glasses before rolling)
DOFFING
GLOVES
(if you are on SAR/Transport
place open ziplock disposal
bag nearby before touching
victim)

Pinch palmar area
of first glove

Peel off first glove

Hold removed
glove in gloved hand

Slide two
ungloved fingers
under cuff of glove 2.
Be careful not
to touch outside
of glove 2 with bare skin.

Peel glove 2 over glove 1.
Dispose of gloves
properly.

Sanitize hands x 20 sec
Tourniquets

When direct pressure is not possible or not effective at controlling heavy bleeding from a limb, apply a tourniquet as a last resort.

Commercial tourniquets have been found to be safer and more reliable than improvised ones. Always follow the manufacturer's directions for use when using a commercial tourniquet. Tourniquets can also be improvised by using a triangular bandage and a rigid object, such as a stick or screwdriver, as a windlass.

Proper training in the use of a tourniquet is important. Incorrect application can result in serious injury or loss of limb. Practice using the tourniquet as part of your training.
Using an Improvised Tourniquet

**Place Tourniquet**
- Fold triangular bandage lengthwise, approximately two inches wide.
- Place center of bandage at least two inches above wound site and not over a joint.

**Secure to Limb**
- Keeping it flat against skin, wrap bandage tightly around limb, bringing both ends back to top.
- Tie half a knot over top of bandage and place a rigid stick-like object on top of half-knot.
- Tie a full knot over top of object.

**Twist to Stop Bleeding**
- Twist rigid object until bleeding stops.
- Secure rigid object so it does not loosen or unwind.

**Document Time**
- Document time of application and inform EMS personnel when they arrive.
- Unless directed by qualified medical personnel, do not remove or loosen tourniquet once applied.
Using a Commercial Tourniquet

**Place Tourniquet**
- Wrap self-adhering band around injured limb and feed through buckle.
- Place band at least two inches above wound site and not over a joint.

**Secure to Limb**
- Pull self-adhering band tight.
- Securely fasten band back on itself.

**Twist to Stop Bleeding**
- Twist the windlass rod until bleeding stops.
- Lock rod with windlass clip.

**Document Time**
- Document time of application and inform EMS personnel when they arrive.
- Unless directed by qualified medical personnel, do not remove or loosen tourniquet once applied.
### CERT TRIAGE TAG

#### STEP 1: Confirm Triage Status
- **Move the Walking Wounded**: MINOR
- **No Respirations after Head Tilt**: DECEASED
- **Respirations**: Over 30
  - IMMEDIATE
- **Perfusion: Capillary Refill**
  - Over 2 Sec
  - IMMEDIATE
- **Mental Status**: IMMEDIATE
  - Unable to follow simple commands
  - Otherwise
  - DELAYED

#### STEP 2: Rapid Treatment for Life Threatening Injuries
- **Airway**: (If not open, do head tilt & chin lift)
- **Breathing**: (If rapid, treat for shock)
- **Circulation**: (Control severe bleeding)

#### STEP 3: Personal Information
*(Fill out if victim is moved from original location)*
- **Name**: ______________
- **Address**: ______________
- **Tele #**: ______________
- **ICE contact name**: ______________
- **ICE contact Tel #**: ______________
- **Male**  **Female**
- **Description**: ______________

---

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- **Description**: ______________
Simple Triage & Rapid Treatment (START) Using TRIAGE TAG

**Search and Rescue team (SAR team) locates victim(s)...**

1. Do Simple Triage & Rapid Treatment (START), assess RPM and fill out **Step 1** of TRIAGE Tag.

2. If necessary, mark Rapid Treatment actions in **Step 2**. (Note: if no actions are performed, **Step 2** is left blank)

3. Securely attach TRIAGE tag to victim. At this point, do NOT spend time on **Step 3 Personal Information**.

4. Repeat START, **Step 1, 2** for each victim. Continue search.

**IF Victim is moved from location:**
(Transport may be done by non-CERT):

5. If necessary, perform RPM again. If there is a change of Triage Status in **Step 1**, mark changes. Initial the TRIAGE Tag next to the change.

6. Mark any additional rapid treatment actions in **Step 2**. Perform Head-to-Toe Assessment to determine if victim(s) is safe to move & transport.

7. Fill in the **Personal Information Step 3** (if possible have non-CERT fill in). **ICE = In Case of Emergency. Leave tag on victim.**

8. Leave **BLACK Tag** victim(s) in place. Transport tagged **RED/YELLOW** victim(s) to Incident Command Post or to Medical Facility per CERT Area protocol.

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**CERT TRIAGE TAG**

<table>
<thead>
<tr>
<th><strong>STEP 1: Confirm Triage Status</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Move the Walking Wounded:</td>
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**STEP 2: Rapid Treatment for Life Threatening Injuries**

- Airway (If not open, do head tilt & chin lift)
- Breathing (If rapid, treat for shock)
- Circulation (Control severe bleeding)

**STEP 3: Personal Information**

(Fill out if victim is moved from original location)

Name
Address
Tel #
ICE contact name
ICE contact Tel #
Male  Female
Description

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