



# TEST YOURSELF SPINEBOARD

## Structure of pamphlet

Test your own knowledge on the subject SPINEBOARD - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 51-53 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

**Stay up-dated**

**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

**You may phone us at  
**+45 7219 6004****

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**You may want to read Chapter 6 in “Medical Guide for Seafarers” and watch video number 3.**

### **Assignment 1**

Why would you choose to strap on a casualty to a spine board?

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### **Assignment 2**

Describe the sequence of the procedure (which straps first):

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2. 

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3. 

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4. 

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### **Assignment 3**

When can you un-strap the casualty from the spine board?

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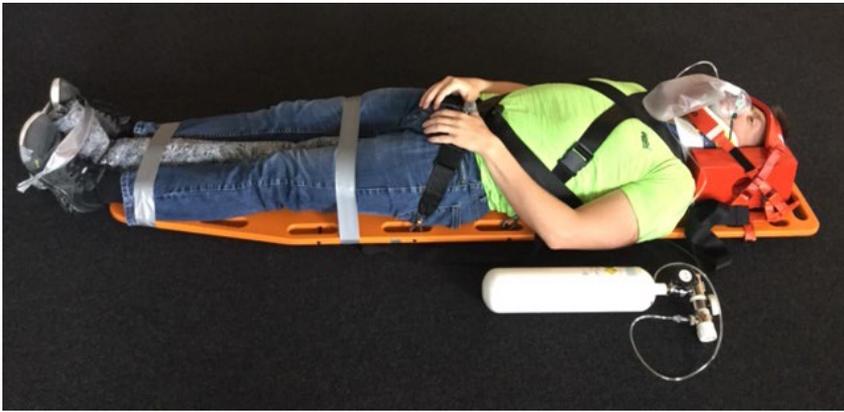
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*Strapped on to a spine board.*



*A person on spine board, placed in a hoist able stretcher.*

## **Did you know ?**

If it is necessary to hoist the injured person into a helicopter, the rescuers will always use their own equipment.

The casualty needs to be (re)located to Spineboard and stretcher from the helicopter.

## **Remember**

If the casualty needs to vomit while on the spine board – simply tilt the spine board sideways with the patient strapped onto it, preventing patient from choking in his own vomit.

## Answers to the assignments:

### Assignment 1

Why would you choose to strap on a casualty to a spine board?

If you think there is risk of injuries to the cervical/spinal region e.g. injuries caused by great outer force.

”Medical Guide for Seafarers”, p 75.

### Assignment 2

Describe the sequence of the procedure (which straps first):

1. Fixate the chest region with 2 crossing straps. The cross should support and firmly strap down the rib cage.
2. The pelvic area is fixated with another 2 crossing straps. The cross should be south of belly-button and north of genitals.
3. Feet, legs and arms are strapped down with duct tape. Keep kneecap free of tape. Keep elbows “inside” spine board to avoid damage during transport through door-openings or other narrow places.
4. Lastly fixate head with proper head-support and Velcro-straps across the forehead and chin region/neck collar.

”Medical Guide for Seafarers”, pp 52-53.

### Assignment 3

When can you un-strap the casualty from the spine board?

Consult Radio Medical Denmark first.

If evacuation is delayed or if Radio Medical Denmark can rule out risk of cervical/spinal injury, they will advise you to un-strap the patient.