

Helmet Removal

Student's Name: _____

Date: _____

√	Performance Step(s)	Comment(s)
	Take BSI precautions.	
	Approach patient from front and instruct him or her not to move.	<i>Gain consent to treat the patient.</i>
	Direct one EMT to maintain manual stabilization at the top of the patient's head, holding the helmet stable.	<i>Palms should be on the helmet with fingers on the jaw.</i>
	Evaluate distal pulses, motor function and sensation (PMS) in all extremities.	
	Open, remove or cut the chinstrap.	
	Assume manual stabilization from the first rescuer by placing one hand on the occiput behind the patient's head and another on the mandible.	<i>The first rescuer can now release manual stabilization to you.</i>
	Direct the other rescuer to slowly remove the helmet by pulling out the sides so that they clear the ears.	
	Manual stabilization should be maintained throughout the entire process.	
	A cervical collar should be applied and full spinal immobilization completed when possible.	
	Reassess pulses, motor function and sensation (PMS) in all extremities.	
	Document the procedure.	