

## Spinal Injury Skills Check off

### Ping pong Tribe

#### Head Chin Support

1. \_\_\_\_\_ Call for help
2. \_\_\_\_\_ Approach the victim from the side
3. \_\_\_\_\_ Place one arm along the Victim's breast bone
4. \_\_\_\_\_ Place the other along the victim's spine
5. \_\_\_\_\_ Use hands to position victim's head in line with body
6. \_\_\_\_\_ Hold victim's jaw with one hand
7. \_\_\_\_\_ Hold the back of the head with the other
8. \_\_\_\_\_ Face down – Rotate victim toward you while you submerge
9. \_\_\_\_\_ Roll under victim slowly
10. \_\_\_\_\_ Talk to victim, "I am here to help"

Total points= \_\_\_\_\_

## Spinal Injury Skills Check off

### Tai bo Tribe

#### Head Chin Support

1. \_\_\_\_\_ Call for help
2. \_\_\_\_\_ Approach the victim from the side
3. \_\_\_\_\_ Move victim's arm up along the side of head
4. \_\_\_\_\_ Grasp the arms midway between the shoulder and elbow
5. \_\_\_\_\_ Grasp victim's right arm with your right arm and left with left
6. \_\_\_\_\_ Squeeze victim's arms against his or her head
7. \_\_\_\_\_ Walk victim forward
8. \_\_\_\_\_ Rotate victim toward you
9. \_\_\_\_\_ Position victim's head I the crook of your arm
10. \_\_\_\_\_ Talk to victim "I am here to help"

Total Points= \_\_\_\_\_