


Subject: Treatment Guidelines – BLS  
**Prehospital Helmet Removal Procedure**

Associated Policies:

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- I. Indications
  - A. Patients wearing a helmet should have spinal motion restriction evaluation performed with the helmet in place.
  - B. Determine if patient has neck or back pain and meets the criteria to omit Spinal Motion Restriction. If patient meets criteria, allow the patient to remove the helmet.
  - C. Patients with airway compromised should have their helmet removed immediately.
  - D. Qualified prehospital personnel should remove all helmets prior to transport of their patients.
- II. Removal Procedure
  - A. One (1) rescuer at the patient's head directs the procedure.
  - B. Rescuer at the patient's head maintains spinal motion restriction. (cradle the helmet between the forearms while holding the neck) while another rescuer(s) removes the helmet.
  - C. Gently remove the helmet and reevaluate patient for need to maintain spinal motion restriction.
- III. Precaution
  - A. Securing a patient to a backboard with a helmet in place requires excessive time and does not adequately protect patients spine.

Approved: 

Approved as to Form: 