Subject: Procedures – BLS
Prehospital Helmet Removal Procedure

Associated Policies:

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.