

NECK & BACK PAIN

Suspect a neck/back injury if pain results from:

- * Falls over 10 feet or falling on head.
- * Being thrown from a moving object.
 - * Sports.
 - * Violence.
- * Being struck by a car or fast moving object.

Has an injury occurred?

NO

A stiff or sore neck from sleeping in a "funny position is different than neck pain from a sudden injury. Non-injured stiff necks may be uncomfortable but they are not emergencies.

YES

Did student walk in or was student found lying down?

WALK IN

If student is so uncomfortable that he or she is unable to participate in normal activities, contact responsible school authority & parent/legal guardian.

LYING DOWN

- Do NOT move student unless there is immediate danger of further physical harm.
- If student must be moved, support head and neck and move student in the direction of the head without bending the spine forward.
- Do NOT drag the student sideways.

Have student lie down on his/her back. Support head by holding it in a face up position.

Try NOT to move neck or head.

- * Keep student quiet and warm.
- * Hold the head still by gently placing one of your hands on each side of the head.



CALL EMS 9-1-1
Contact responsible school authority & parent or legal guardian.