



# CHAPTER 33

## SKILL GUIDES

### Outdoor Emergency Care: A Patroller's Guide to Medical Care, Sixth Edition

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## Skill Guide 33-1

Date: \_\_\_\_\_

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

### Physical/Mechanical Restraint of a Patient

Objective: To demonstrate Physical/mechanical restraint of a patient.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Make a plan involving all the rescuers and then have one person speak calmly with the patient.	1		
The team moves into position upon receiving a preestablished signal. Each member of the team should restrain either a single limb or the head.	1		
Firmly support the patient as you lower the person to the ground or onto a backboard.	1		
Secure the patient with the right arm over the head and the left arm along the torso.	1		
Tie the patient down completely, using as many straps as needed; be prepared to tilt the board if the patient should vomit.	1		
Must receive 5 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL