

Skill Guide 15 – Straightening the Pretzel

Straightening the Pretzel

Get Into Position



- Rescuer at head assumes leadership and grasps head in manner that can be maintained as patient rotates
- Second rescuer controls shoulders and chest; third controls pelvis; and fourth will move patient's limbs.

Align Body



- Straighten and align arms and legs with body
- Working together, bring planes of shoulders and chest parallel with plane of pelvis

Log-Roll Patient



- Working together, log-roll patient on to side and check alignment
- Finish log-roll, positioning patient on back

Continue to attend to ABCDEs; plan strategy for evacuation

Skill Guide 16 – BEAM Move

BEAM Move

When a spine injured patient is not secured and has to be moved, use Body Elevation and Movement (BEAM).

Get Into Position



- Rescuer above head assumes leadership and maintains immobilization of head and neck
- BEAM requires several additional rescuers positioned on both sides of the patient

Prepare to Lift Patient



- Rescuers on sides gently push hands under patient

Lift Patient



- On lead rescuer's command, lift patient as a single unit without bending or twisting
- Carry and move patient using shuffle steps to minimize movement of patient's spine

Lower Patient



- On lead rescuer's command, lower patient as a single unit without bending or twisting

Continue to attend to ABCDEs; plan strategy for evacuation