



**REGION 11  
CHICAGO EMS SYSTEM  
SKILLS**

Title: Spinal Motion Restriction (SMR)  
 Section: Trauma Management  
 Approved: EMS Medical Directors Consortium  
 Skill Level: BLS/ALS

Name:	Date:
Resource Hospital:	Training Site:
Evaluator:	Signature:

	Points Possible	Points Awarded
Actual Time Started:		
<b>Selects, checks, and assembles equipment</b>		
Cervical Collar	1	
Scoop Stretcher or Padded Long Backboard	1	
Ambulance cot	1	
<b>States Indications for Procedure</b>		
Acutely altered level of consciousness (GCS <15, evidence of intoxication)	1	
Midline neck or back pain and/or tenderness	1	
Focal neurological signs or symptoms (i.e. numbness or motor weakness)	1	
Severe or painful distracting injury (unreliable examination or assessment)	1	
For pediatric patients: torticollis	1	
<b>States Contraindications for Procedure</b>		
Penetrating Traumatic Injury	1	
<b>Performs Procedure</b>		
Applies PPE: gloves	1	
Limit motion of spine by keeping head, neck, and torso in alignment	1	
<b>Determine appropriately sized cervical collar</b>		
Use fingers to measure the patient's lateral neck from the base of the shoulder to the bottom of the chin	1	
Adjust cervical collar based on measured neck size	1	
Apply cervical collar and secure it in place	1	
Assess cervical collar after application as it should not occlude mouth opening, obstruct airway, breathing or be loose as to allow the chin to sink below the collar chin piece	1	
<b>If extrication is not required:</b>		
Children in a booster seat and adults should be allowed to self extricate	1	
Place patient on ambulance cot. For infants and toddlers already strapped in a car seat with a built-in harness, extricate the child while strapped in the car seat	1	
<b>If extrication is required:</b>		
For infants and toddlers already strapped in a car seat with a built-in harness, extricate the child while strapped in the car seat	1	
For other situations, use a padded long backboard or scoop stretcher	1	
<b>Reassessment:</b>		
If head elevation required, elevate 30 degrees, maintain neck/torso alignment	1	
Minimize flexion, extension, rotation of spine during patient transfers	1	



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Padding used for pediatric patients or severe kyphosis to maintain SMR	1	
Secure patient to ambulance cot appropriately	1	

Actual Time Ended: \_\_\_\_\_

Total / 23

**Critical Criteria:**

- Failure to take or verbalize personal protective equipment
- Failure to minimize flexion, extension, rotation of the spine
- Failure to secure patient appropriately
- Failure to manage the patient as a minimally competent EMT or Paramedic
- Exhibits inappropriate affect with patient or other personnel
- Uses or orders a dangerous or inappropriate intervention
- Failure to achieve a score of 18 or greater

**Successful**    **Unsuccessful**