



Spinal injury

Always assume that a person who is unconscious has a spinal injury until proven otherwise.



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

Should you suspect a person has a spinal injury dial Triple Zero (000) immediately and ask for Ambulance.

A spinal injury usually involves neck or back pain. Other signs include pins and needles, loss of feeling or loss of movement below the injury.

Some common causes of spinal injuries include diving and surfing injuries, as well as motor vehicle accidents.

SAFETY TIPS

- > Never dive into shallow or unknown water. Always check depth first.
- > Always drive carefully, don't speed, and wear seatbelts at all times.
- > Ensure small children travel in properly fitted, approved car seats.
- > Do not move a conscious person complaining of spinal pain or numbness of the legs, unless they are in immediate danger or have a blocked airway.
- > Ensure the injured person does not move their head or neck.
- > If the injured person is unconscious but breathing roll them gently on to their side while supporting the head

and neck in a midline position.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the

For further information please contact: