

FIRST AID IN RUGBY

Skill 1 - Opening the airway with the jaw thrust procedure

1. Kneel at the head end of the casualty supporting the head with MILS.
2. Place both thumbs on the casualty's cheek bones.
3. Place the index and middle fingers behind the angle of the jawbone.
4. Gently lift the jaw forward - ensuring minimal movement of the head and neck.
5. Reassess the patient for airway sounds.
6. If you let go, the airway will close.



The jaw thrust procedure for opening the airway

FIRST AID IN RUGBY

Skill 2 - Opening the airway. Head tilt / chin lift (not if you suspect a head or neck injury)

1. Kneel at the side of the casualty's head and neck.
2. Place one hand across the forehead of the casualty.
3. Put two fingers of the other hand under the chin.
4. Lift the chin forwards whilst stabilising the forehead - so tilting the head backwards.
5. Look in the mouth and assess the airway noises.

Putting fingers into the mouth to grab the slippery tongue will not help open the airway and may make it worse. **Do not do it!**



*Head tilt / chin lift manoeuvre to open airway
(do not use if there is a head or neck injury)*

FIRST AID IN RUGBY
Skill 3 - HAINES style emergency roll manoeuvre

1. Place the player's nearest hand on their chest.
2. Raise the player's opposite arm alongside their head.
3. Place your hand under the player's head.
4. Place your second hand on the player's nearest shoulder / upper arm.
5. Supporting the head, roll the casualty away from you and tilt the head back.
6. Allow liquid to drain away with gravity.
7. Return to original position.
8. Reassess airway.



Emergency roll with HAINES manoeuvre for vomit that is obstructing airway

FIRST AID IN RUGBY

Skill 4 - Manual in-line stabilisation (MILS)

1. Kneel or lie behind the head.
2. Place one hand on each side of the head.
3. Try not to completely cover the ears.
4. Continue with DR ABC assessment.
5. Instruct the player not to move their head.



Manual in-line stabilisation (MILS)

FIRST AID IN RUGBY

Skill 5 - HAINES emergency roll (face down)

1. Release MILS.
2. Kneel alongside the casualty at the level of the upper back.
3. Raise the nearest arm so it lies alongside the head.
4. Place your hand to support the head.
5. Place your other hand on the opposite or uppermost hip or shoulder.
6. Support the head as you pull the hip towards you, turning the casualty over onto their side and then their back.
7. Repeat DR ABC, consider MILS and airway opening manoeuvre, e.g. MILS.
8. Shout for help as appropriate.



FIRST AID IN RUGBY
Skill 6 - HAINES emergency roll (face up and airway compromise - vomit)

1. Release MILS.
2. Kneel alongside the casualty at the level of the upper back.
3. Raise the opposite arm so it lies alongside the head.
4. Tuck the casualty's other arm close to the chest.
5. Place your hand to support the head.
6. Place your other hand on the hip or shoulder on your side.
7. Support the head as you roll the casualty away from you onto their side. Support their body with your knees and open the airway.
8. Repeat DR ABC, consider MILS and airway opening manoeuvre, e.g. MILS.
9. Shout for help as appropriate.



HAINES emergency roll

FIRST AID IN RUGBY

Skill 7 - HAINES recovery position (face up)

1. Release MILS.
2. Kneel alongside the casualty at the level of the upper back.
3. Raise the nearest arm so it lies alongside the head.
4. Bend the opposite knee up to act as a lever.
5. Place your hand to support the head.
6. Place your other hand on the opposite bent knee.
7. Support the head as you pull the knee towards you, turning the casualty over onto their side.
8. Use the bent knee and the uppermost arm to brace the casualty on their side.
9. Repeat DR ABC, consider MILS and airway opening manoeuvre, e.g. MILS.
10. Shout for help as appropriate.



Step 1: Kneel by the casualty.
Raise the arm on your side to the side of the head.

Skill 7 - HAINES recovery position (face up)



Step 2: Support the head and roll onto side by pulling the opposite knee towards you.



Step 3: Support the weight of the casualty with the bent knee and place the hand under the cheek. Ensure the head is tilted back and the casualty is breathing normally.

FIRST AID IN RUGBY
Skill 8 - Controlled log roll

1. Lead rescuer at head with MILS (if face down, cross hands).
2. Largest rescuer at level of upper back.
3. Middle rescuer at buttocks.
4. Smallest rescuer at thighs.
5. "3 hands over, 3 hands under" technique.
6. Clear commands from lead rescuer - "Prepare to roll, and roll".
7. On the command, roll towards rescuer onto casualty's back.
8. Repeat DR ABC assessment and maintain MILS. Consider jaw thrust if casualty appears unconscious.



Controlled log roll

FIRST AID IN RUGBY

Skill 9 - Performing chest compressions

1. Kneel by the side of the victim.
2. Place the heel of one hand in the centre of the chest / lower half of breastbone.
3. Place the heel of your second hand on top of the first.
4. Interlock the fingers. Make sure you press only on the breastbone, not the ribs or upper stomach.
5. From a vertical position above the chest and with straight arms, press down 5-6cm.
6. After each compression, relax the pressure, but maintain contact with the skin. Repeat for 30 compressions at a rate of 100 to 120 beats per minute (roughly 2 per second).
7. Compression and release should take equal amounts of time.



PUSH HARD, PUSH FAST, DON'T STOP



Place hands in centre of chest for cardiac compressions

FIRST AID IN RUGBY

Skill 10 - Performing rescue breaths

1. After 30 compressions, open the airway with head tilt / chin lift.
2. Pinch the soft part of the casualty's nose – using the index finger and thumb on the casualty's forehead.
3. Maintain chin lift but open the mouth.
4. Take a normal breath in and place your lips around the casualty's to make a seal.
5. Blow steadily into the mouth for about 1 second until the chest rises.
6. Maintain head tilt / chin lift, move your mouth away and watch as the chest falls.
7. Repeat for a second rescue breath. The two breaths should be completed in less than 5 seconds.
8. Without delay, place your hands back on the chest and deliver 30 more compressions. Then repeat the ventilations again.



Mouth-to-mouth ventilation

FIRST AID IN RUGBY

Skill 11 - Using a pocket mask

1. Open the device and unfold the central portion.
2. Attach the filter to the narrow port of the mask.
3. Place it over the mouth and nose with the narrow part covering the nose.
4. With your thumbs holding the mask over the cheekbones, reach all of your fingers under the line of the jaw.
5. Pull the jaw forward – towards the mask to help open the airway.
6. Deliver rescue breaths as described previously.



Rescue breaths via a pocket mask