

BACK PAIN AFTER AN INJURY

Suspect a back injury if pain results from:

- Falls over 10 feet or falling on head
- Being thrown from a moving object
- Sports
- Violence
- Being struck by a car or fast-moving object

Has an injury occurred?

NO

See
"BACK
PAIN"

YES

Did the student walk in or was student found lying down?

WALK IN

- Let the student rest.
- Contact parent/guardian to inform them of the injury.

LYING DOWN

Did the pain improve after resting?

NO

YES

- Do not move the student unless there is IMMEDIATE danger of further physical harm.
- If the student must be moved, support head and neck and move student in the direction of the head without bending the spine forward.
- Do NOT drag the student sideways.

- Have student lie down on his/her back.
- Support head by holding it in a "face forward" position.
- Try NOT to move neck or head.

- Allow the student to return to class. Instruct student to return if pain worsens.

- Keep the student quiet and warm.
- Hold the head still by gently placing one of your hands on each side of the head.

Contact responsible authority & parent/guardian.
URGE IMMEDIATE MEDICAL CARE.

Call EMS/911.
 Contact responsible school authority & parent/guardian.

Document the care that was provided.