DO NOT FORGET · THE SHORT CHECKLIST



Fitting a cervical collar

Sizing and applying a rigid cervical collar, as part of spinal motion restriction, in a trauma patient with suspected cervical spine injury.

EM Orbit

Patient reference	Date	Time	Completed by

The 2 steps that must not be missed

- [ ] DURING
Stop moving the head if the patient reports pain, you feel resistance, there is spasm, or neurological symptoms or airway compromise develop; hold it where it is.

- [ ] DURING
Do not tape the head down in a patient who is vomiting or combative without a plan to protect the airway.
Have suction ready; be prepared to log-roll.

The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement.