

2024 OEC Refresher Cycle B

STATION 1 - Instructor Guide pg. 1 of 4

Stabilized Extrication and Transfer
Jams and Pretzels - 1:10 minutes

Initial Talk To 30 Patrollers (Station Lead) 10 Minutes

- Rescuer Safety
- Review Positions
- Review Proper Patient Movement
 - Stabilize Head, Shoulders and Hips
 - Move One Plane, One Joint at a Time
 - Move From Higher to Lower Number
- Team Operation
 - Leader Directs Movements
 - Team Maintains Patient Stability at all Times

- Collar Application Timing - Position 1
- Always Tie Legs
- Patient Assessment Completed - SMR Criteria Met

SUBSTATIONS - 4

1st 30 Minutes

Patient (position 1A) on Steep/on fall line head down

- Reposition Patient across the hill
- Log Roll Patient onto Backboard
- Use Patroller Packs to Support Board

SUBSTATIONS 4

2nd 30 Minutes

Patient (position 2A) Steep Incline Head UpHill

- Reposition Patient across the hill
- Log Roll Patient onto Backboard
- Use Patroller Packs to Support Board

Additional Exercise (if needed to complete 1:10 time)

Patient (position 3A) on patio, unwitnessed fall

- Move Patient: Position 3a - 3, 2a - 2, 2 - 1
- Log Roll Patient onto Board

Notes:

1. Initial Talk - To All Patrollers in the Group
2. Four Outdoor SubStations - 7/8 Patrollers/One As Patient
3. Instructor Stays with same Group
4. Keep Substations to 60 minutes - stop back boarding in second exercise when time has been reached
5. No Patient Assessment - Assume SMR criteria met
6. Instructors will demo positions first, then patrollers

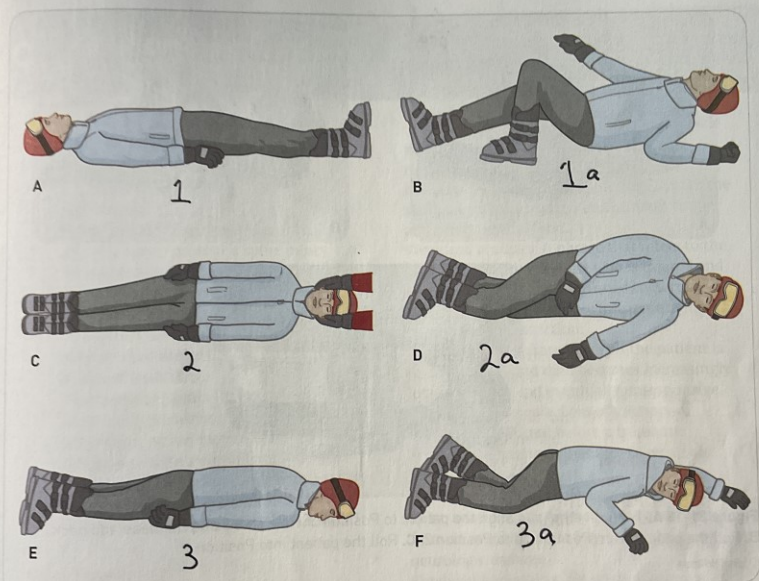


Figure 21-17 A. Position 1. B. Position 1a. C. Position 2. D. Position 2a. E. Position 3. F. Position 3a.

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2024 OEC Refresher Cycle B STATION 1 - Instructor Guide pg. 3

Outdoor Emergency Care, Sixth Edition

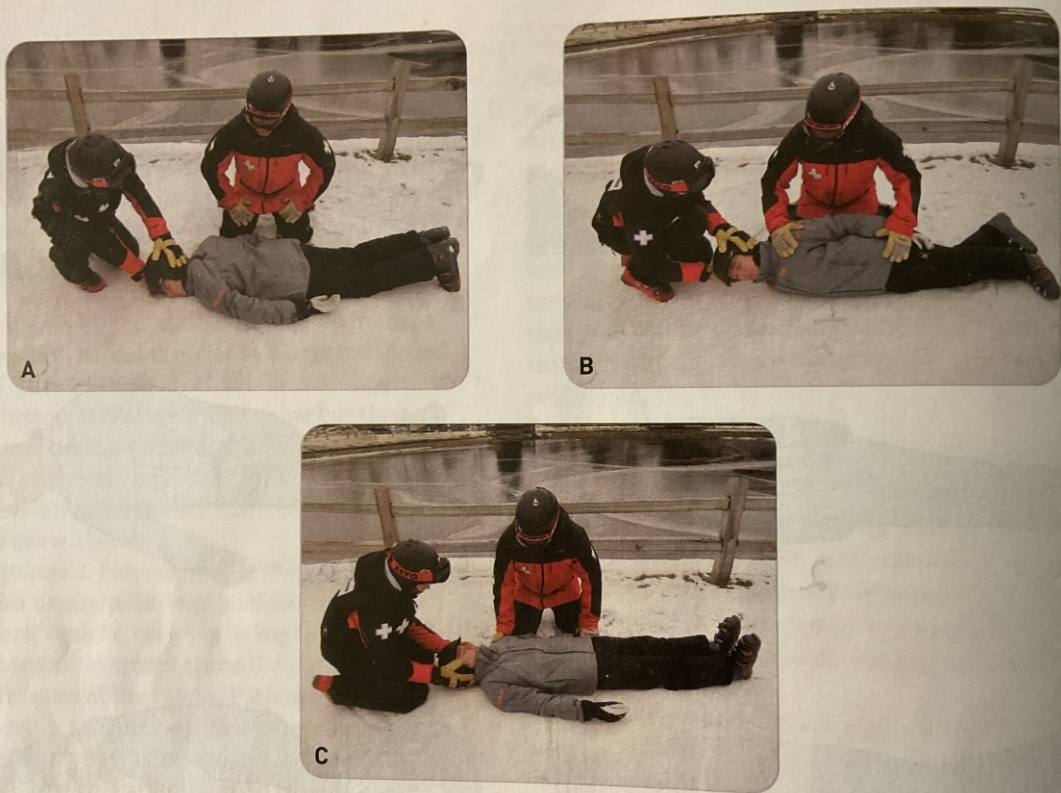


Figure 21-18 A. The first step is to align the patient to Position 3 while stabilizing the head and neck. B. Roll the patient from Position 2a to Position 2. C. Roll the patient into Position 1.

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2024 OEC Refresher Cycle B STATION 1- Instructor Guide pg. 4



One of several jams and pretzels positions.
Goal: move the patient into a supine position.



1 Stabilize the head, shoulders, and hips.



2 Continue stabilizing when moving.



3 Move one plane, one joint at a time.



4 From this position, log roll onto a spinal restriction device.

