

# Use of Collars

## Context

- Application of a semi-rigid collar is indicated on any casualty where there is possibility of c-spine injury
- Collar is adjunct to immobilisation, not sufficient in itself – immobilisation needs to also be manual until correctly strapped to board

## Equipment

Different types available:

- One piece, fixed size (e.g. Stifneck). Robust, functional.
- Two piece (e.g. Nec-Loc). In principle allows matching of different size front and back. Easier to apply in some situations.
- Adjustable (e.g. Stifneck select). Only chin is adjustable – back is fixed size. Useful as backup in case of failure/loss of fixed size collar.

## Process (Nec-Loc)

- Obtain access to neck and shoulders, removing or cutting clothing and hair as necessary
- Guide head into neutral position, provided no resistance felt, or pain/neurology experienced by casualty
- If patient not upright, gently pull arms caudally
- Size casualty by vertical distance (in fingers) from top of trapezius muscle to tip of bony chin
- Size collar from base of plastic to sizing hole
- Assemble front of collar
- Place front of collar on chest, slide up under chin
- Bring retaining strap around and fix
- Place rear of collar in place
- Fasten collar in place, pulling equally on both straps
- Check casualty can protrude tongue

Warn casualty what is going to happen

Before pulling or tightening collar advise assistant to keep firm hold