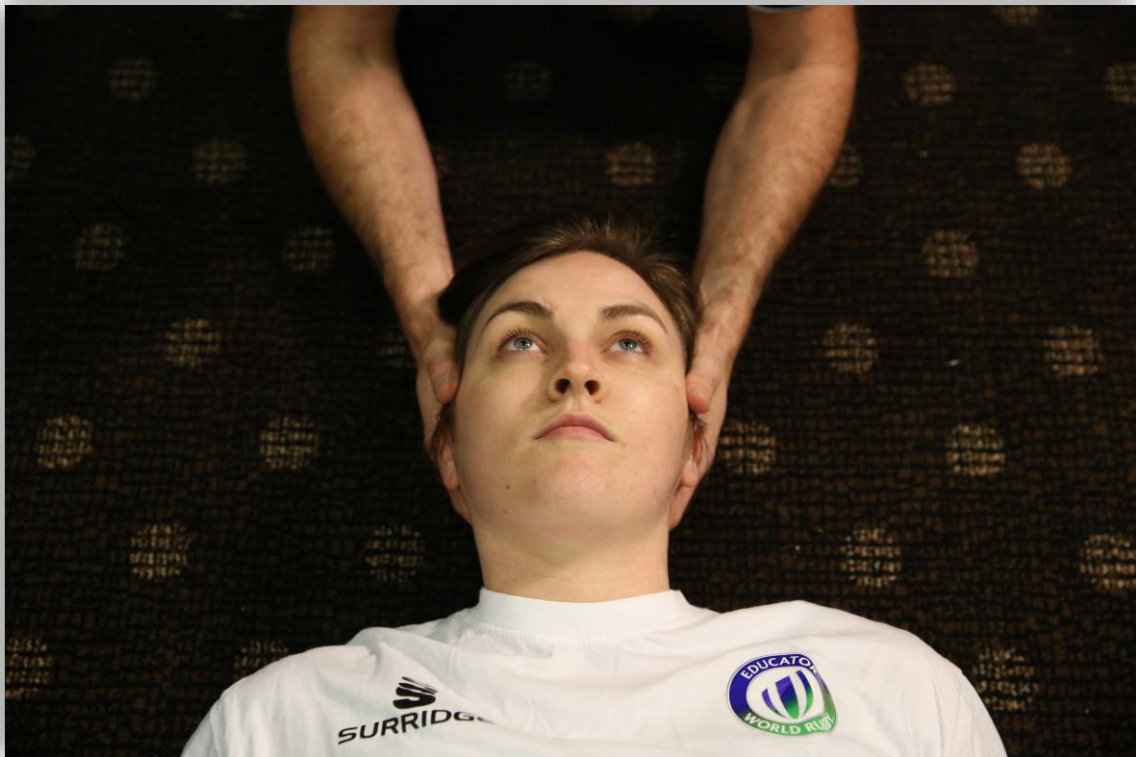


## **First Aid in Rugby**

### **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 SABCE assessment.
5. Instruct the player not to move their head.



*Manual in-line stabilisation (MILS)*