

First Aid in Rugby

Skill 3 – HAINES style emergency roll manoeuvre

1. Place the player's nearest hand on their chest.
2. Raise the player's opposite arm alongside their head.
3. Place your hand under the player's head.
4. Place your second hand on the player's nearest shoulder / upper arm.
5. Supporting the head, roll the casualty away from you and tilt the head back.
6. Allow liquid to drain away with gravity.
7. Return to original position.
8. Reassess airway.



Emergency roll with HAINES manoeuvre for vomit that is obstructing airway