

First Aid in Rugby

Skill 6 – HAINES emergency roll (face up and airway compromise – vomit)

1. Release MILS.
2. Kneel alongside the casualty at the level of the upper back.
3. Raise the opposite arm so it lies alongside the head.
4. Tuck the casualty's other arm close to the chest.
5. Place your hand to support the head.
6. Place your other hand on the hip or shoulder on your side.
7. Support the head as you roll the casualty away from you onto their side. Support their body with your knees and open the airway.
8. Repeat SABCDE, consider MILS and airway opening manoeuvre, e.g. MILS.
9. Shout for help as appropriate.



HAINES emergency roll