

## **First Aid in Rugby**

### **Skill 5 – HAINES emergency roll (face down)**

1. Release MILS.
2. Kneel alongside the casualty at the level of the upper back.
3. Raise the nearest arm so it lies alongside the head.
4. Place your hand to support the head.
5. Place your other hand on the opposite or uppermost hip or shoulder.
6. Support the head as you pull the hip towards you, turning the casualty over onto their side and then their back.
7. Repeat SABCDE, consider MILS and airway opening manoeuvre, e.g. MILS.
8. Shout for help as appropriate.