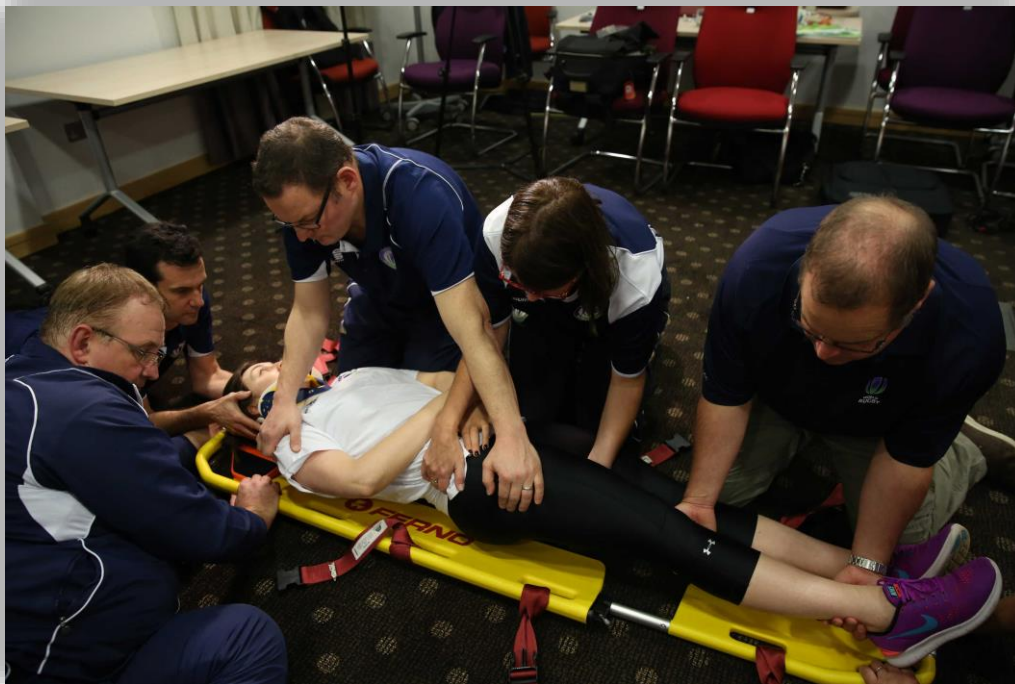


## **First Aid in Rugby**

### **Skill 8 – Controlled Log roll**

1. Lead rescuer at head with MILS (if face down, cross hands).
2. Largest rescuer at level of upper back.
3. Middle rescuer at buttocks.
4. Smallest rescuer at thighs.
5. “3 hands over, 3 hands under” technique.
6. Clear commands from lead rescuer - “Prepare to roll, and roll”.
7. On the command, roll towards rescuer onto casualty’s back.
8. Repeat SABCDE assessment and maintain MILS. Consider jaw thrust if casualty appears unconscious.



*Controlled log roll*