



**Bronze Cross Exam Worksheet
Item 10 – Spinal injury management**

*Recover and immobilize a face-down breathing victim with a cervical spinal injury found in deep water. Transport to shallow water.
Recruit and direct bystander to assist. Demonstrate the ability to manage vomiting while maintaining immobilization.*

Candidate	Must See	Comments
	<input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover <input type="checkbox"/> Effective carry <input type="checkbox"/> Victim assessment – ABCs <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Effective direction of bystander <input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Ability to clear the airway while maintaining immobilization	
	<input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover <input type="checkbox"/> Effective carry <input type="checkbox"/> Victim assessment – ABCs <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Effective direction of bystander <input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Ability to clear the airway while maintaining immobilization	
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Perform a rescue involving two or more victims. One victim requires rescuer assistance, while the other victim(s) can follow directions for self-rescue and assist as bystanders once at the point of safety. The situation is designed to emphasize communication skills, victim care, removals, and follow-up including contact with EMS.

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready <input type="checkbox"/> Victim(s) secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Victim assessment (ABCs) and appropriate victim care (including CPR/AED if appropriate) <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate <input type="checkbox"/> Appropriate care of victim(s) throughout including constructive communication
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready <input type="checkbox"/> Victim(s) secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Victim assessment (ABCs) and appropriate victim care (including CPR/AED if appropriate) <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate <input type="checkbox"/> Appropriate care of victim(s) throughout including constructive communication
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready <input type="checkbox"/> Victim(s) secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Victim assessment (ABCs) and appropriate victim care (including CPR/AED if appropriate) <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate <input type="checkbox"/> Appropriate care of victim(s) throughout including constructive communication



Perform a rescue of a submerged, non-breathing victim. The situation is designed to emphasize victim care, removal and follow-up including contact with EMS.

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry <input type="checkbox"/> Protection of victim’s airway during ascent and thereafter <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance <input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder 	<ul style="list-style-type: none"> <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED-trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victims shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate
Additional information (victim type, conditions, etc.):		
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry <input type="checkbox"/> Protection of victim’s airway during ascent and thereafter <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance <input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder 	<ul style="list-style-type: none"> <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED-trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victims shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate



Perform a rescue of a victim suffering injuries or conditions in a situation that emphasizes rescuer response to deteriorating circumstances and requires the use of bystanders. The rescue requires a 20 m or yd. approach and a 20 m or yd. return.

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and tow or carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance <input type="checkbox"/> Activate Emergency Medical Services (EMS)	<input type="checkbox"/> Victim assessment (ABCs) and appropriate care (including effective CPR/AED if appropriate) until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Systematic head-to-toe survey <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and tow or carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removals with bystander assistance <input type="checkbox"/> Activate Emergency Medical Services (EMS)	<input type="checkbox"/> Victim assessment (ABCs) and appropriate care (including effective CPR/AED if appropriate) until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Systematic head-to-toe survey <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate
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