

Backboard Saturday

TO: OEC Students, Instructors and Patrollers

FROM: Mike Smith - phone 510-525-0405; mike@taxbreak.com

DATE: September 23, 1999

SUBJECT: Backboard Saturday = 10/16/99 ⇨ The Scoop (BBAgenda.pdf)

1. **For All.**

- a. Directions for getting to the Piedmont Campus are available on Bill's web site. Allow time to find parking. If you are there early, it shouldn't be too bad. We are booked for Middle School Multipurpose Room, down 4 - 5 flights of stairs to lowest classroom level.
- b. Bring lunch! Our lunch will be a working lunch, discussing the tips and traps of backboarding - lessons learned during the morning session.
- c. At Bill's web site, please find the following (review and bring with you):
 - i. BBRandom.pdf: "*Random Reflections on Backboarding Mechanics.*"
 - ii. BBSkills.pdf: "*Spine Immobilization - Leadership.*"
- d. Planned agenda:

8:30	-	9:15	Instructor demonstration - how to do it fast and right.
9:15	-	10:15	Step-through demonstration - revealing the "gotchas."
10:15	-	12:30	Student teams practicing mechanics.
12:30	-	1:15	Working lunch - discussion - what works, what doesn't.
1:15	-	4:15	Leadership drills. By day-end, the patient has to be packaged in under 10 minutes. Every student will LEAD 2 - 4 problems, and work 7 - 10 problems during the course of the day.
4:15	-	4:45	Wrap up, clean up, take aspirin, go home.
Breaks - when necessary and feasible.			

2. **For Instructors.**

- a. Please show up between 8:00 - 8:15, especially if you are going to be involved in the demos. Late arrivals (with whom I've talked), should be there by 10:15.
- b. Please review the handouts ahead of time, and come with your own suggestions and comments.
- c. Bill's web site: <http://www.best.com/~billp/base/backboard.shtml>.

3. **For Students.**

- a. Please be on site by 8:15, ready to go by 8:25, hauling and organizing equipment, etc.
- b. Make sure you bring your first aid supplies. Every student should have at least 4 cravats (big ones). If you don't already have it, pick up a roll of 2" medical tape.
- c. Review the handouts ahead of time, and be thoroughly confident about the following subjects in your OEC Text: anatomy of nervous system and spine; injuries to head, neck, back; assessment, especially assessment of unresponsive patients (most of your "patients" will come with respirations and a pulse; we won't be revisiting CPR issues); backboarding and rescue techniques; O₂ administration and suction; knots (basically all pertinent material in Chapters 2, 5, 6, 9, 13, 14, 22 and Appendix G).