

# SPINAL INJURY QUIZ

NAME: \_\_\_\_\_

**1** What is the spine?  
\_\_\_\_\_

**2** List three causes of a spinal injury:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**3** Number these sentences in the correct order to show how to treat someone who may have a spinal injury:

- a Continue to support the casualty's head until medical help arrives.
- b Kneel behind the casualty's head.
- c Monitor vital signs until medical help arrives.
- d Without moving the casualty's head, support it at either side, making sure not to cover the casualty's ears.
- e Steady the casualty's head so it does not move.
- f Advise the casualty not to move.
- g Dial 999 or 112 for an ambulance.

**4** You are alone with a casualty who has a spinal injury and is struggling to breathe. What would you do? *Tick the correct box.*

- Leave them in their current position.
- Put them in the recovery position.
- Leave them and phone for help.
- Move their head to a position that might help them to breathe.

# SPINAL INJURY QUIZ ANSWERS

**1** What is the spine?  
**The backbone**

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**2** List three causes of a spinal injury:

- 1 A fall**
- 2 A sporting injury**
- 3 An injury to the head or neck, including whiplash**

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**3** Number these sentences in the correct order to show how to treat someone who may have a spinal injury:

- 6** a Continue to support the casualty's head until medical help arrives.
- 3** b Kneel behind the casualty's head.
- 7** c Monitor vital signs until medical help arrives.
- 5** d Without moving the casualty's head, support it at either side, making sure not to cover the casualty's ears.
- 4** e Steady the casualty's head so it does not move.
- 1** f Advise the casualty not to move.
- 2** g Dial 999 or 112 for an ambulance.

**4** You are alone with a casualty who has a spinal injury and is struggling to breathe. What would you do? *Tick the correct box.*

- Leave them in their current position.
- Put them in the recovery position.
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