



Head to Toe Examination

Key things to remember during a head to toe examination:

- Try to protect the casualty's dignity and ask permission if possible
- Wear protective gloves and do not move the casualty more than necessary while you carry out the examination
- REMEMBER that protecting a clear airway is always your priority – turn the casualty into the recovery position if you need to and complete the examination from that position

IMPORTANT: Don't move them to check their back if you suspect a spinal injury

- Breathing and pulse
- Bleeding
- Head and neck: bleeding, swelling, sensitivity, dents in the bone
- Ears: hearing, blood or clear fluid
- Eyes: open or closed, size of pupils
- Nose: blood or clear fluid
- Mouth: blockages, injuries, burns, line of teeth
- Skin: colour and temperature
- Neck: swelling, sensitivity or deformity
- Chest: breathing, deformity or sensitivity
- Collar bone, arms, fingers: swelling, sensitivity, deformity
- Arms and fingers: unusual feeling or colour
- Spine: loss of movement or sensation, swelling or soreness
- Abdomen: stiffness or soreness
- Pelvis: bleeding, incontinence, signs of fracture
- Legs: bleeding, swelling, deformity or soreness, movement
- Toes: movement and feeling, colour