

Skill Sheet
Helmet Removal

Skill	Pass	Needs Improvement (Please Comment)
1. Takes or verbalizes body substance isolation precautions.		
2. Instructs partner to provide in-line stabilization.		
3. Loosens chin straps.		
4. Grasps lower edge of helmet and pulls laterally to expand opening.		
5. Rotates helmet over and under occiput to clear head.		
6. Places padding under head as needed to maintain neutral neck alignment.		

Critical Criteria

- ___ Did not instruct partner to take/maintain manual immobilization of the head
- ___ Removal of helmet causes excessive manipulation of the head/spine
- ___ Did not pad adequately under head to maintain neutral alignment