



## **Full Face Helmet Removal**

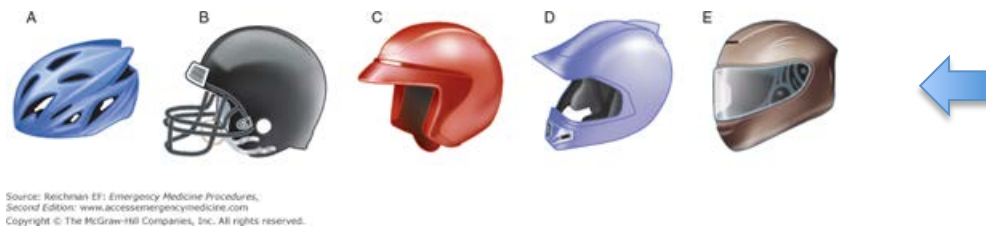
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**Accident Scene Management**  
AKA: Road Guardians  
Largest and most  
recognized motorcycle  
trauma training  
organization in the  
world

Technique as recommended by the  
“American Academy of Orthopedic Surgeons”

**Note: In most circumstances the helmet should remain on until the patient arrives at the hospital.**

Pre-hospital instruction is that the helmet should be removed only if it interferes with the rescuers ability to control the person’s airway. In most circumstances this would be the result of the injured person not breathing or if they were having trouble with secretions or vomiting. Since the only helmet that interferes with access to a person’s mouth and jaw is the full-face helmet, removal of the full-face helmet will be explained.



If the helmet is full-faced, look to see if the chin bar can be lifted or removed. Even with the chin bar lifted, the helmet may still prevent you from performing a jaw thrust maneuver.

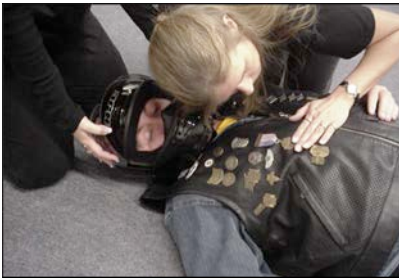
**Principle: The helmet must be maneuvered over the nose and past the ears while the head and neck are held as still as possible.**

According to the American Academy of Orthopedic Surgeon’s, two people are necessary to safely remove the helmet. Be sure to lift the face shield. The head should be **pivoted** to a neutral position. If resistance is met at any time while moving the neck, you must stop at that point and continue removing the helmet with the head in that position.

**Rescuer One:** Controls the Helmet (Puller)  
**Rescuer Two:** Stabilizes the Head and Neck (Catcher)

- Rescuer ONE stabilizes the helmet by placing hands on each side of the helmet with the fingers on the victim’s jaw. This prevents movement as the strap is loosened.
- Rescuer TWO loosens or cuts the strap and hands the straps to rescuer ONE.

- Rescuer TWO places one hand under the neck near the helmet and the other hand on the jaw with the thumb on one side of the jaw and the index and middle finger on the other side. Note: be sure your grasp is on the jaw, not the neck.
- Rescuer ONE pulls the helmet off straight back pulling out on the helmet at the straps to clear the ears. Rescuer TWO moves the hand at the back of the neck along with the helmet as it is removed in order to accept the weight of the head.  
Note: support your forearm on the ground to help support the weight of the head.
- Rescuer ONE returns to place hands on either side of the head once the helmet has been removed. Rescuer TWO assists with head to lower to ground before removing hands. Rescue breathing may now be initiated.



1. Look, Listen , & Feel



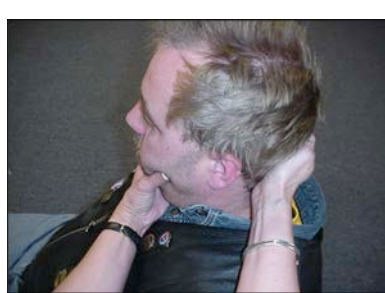
2. Remove chin strap



3. Remove glasses & other items



4. Pivot head to in line position



5. Hand position for rescuer two



6. Watch for nose and ears



7. Bottom hand moves to catch head



8. Fill space – do not lift head!

#### Additional hints:

- Look to see if chin bar can be removed or flipped up.
- Some helmets have a fog guard that needs to be removed before taking the helmet off.
- Helmet straps can be found in several styles: clip, push button, and D-Ring.
- If cut, do so with a bandage or trauma sheer using care not to poke the skin as the strap will likely be pulled tight from the impact.
- Some helmets have cheek pads that can be removed to make removing the helmet easier
- Some helmets have cheek “pillows” that must be deflated before removing the helmet
- Some helmets have an inflation device that can be used to gently remove the helmet. This typically requires a Blood Pressure cuff bulb or similar device.
- Be aware of earrings. Do not attempt to remove the earrings. Do not pull on them unnecessarily.
- Eyeglasses must be removed.
- Look for microphones or other listening devices on the inside of the helmet.
- Helmet may need to be tilted back slightly to clear the nose. Be careful not to catch and pull on the back of the neck.
- Have a pillow ready to place under the head after the helmet comes off. There will be 4-6 inches of space between the bed and the person’s head



“Do not remove” stickers may also contain medical information. They are located on the left rear of the helmet, left inside windshield, or left handlebar. Some cyclists also have medical information in the left pocket of their windshield glove box or next to their drivers license.

#### Links to videos:

[One person helmet removal](#)

[Two person helmet removal](#)

[Inflation assist device](#)

Contact information: [www.roadguardians.org](http://www.roadguardians.org)  
262-706-3278