



Head To Toe Exam

Head To Toe Exam

A thorough Head To Toe Exam of an Injured person will enable to assess injuries that are not immediately apparent. Carry out this exam only after life-threatening injuries have been taken care of.



Head To Toe Exam

Head

Step One

Look at the injured person's head and face and note any abrasions, bruising , open wounds, discoloration or bleeding. Pay special attention to the area of the skull behind the ear, because bruising often occurs here as a result of brain injuries.

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Step Two

Look in the injured person's nose and ears for any blood or clear fluid.

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Step Three

Look at the injured person's facial bones for any asymmetry or deformities. These may be especially apparent when you look at the cheekbones.

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Step Four

Feel the injured person's head lightly for any swelling, depressions, tenderness or pain.

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Eyes

Step One

Assess the injured person's level of consciousness.

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Eyes

Step Two

Shine a flashlight or headlamp into the injured person's eyes.

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Eyes

Step Three

Note whether the pupils contract symmetrically when exposed to the light.

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Eyes

Step Four

Note whether the pupils are equal in size.

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Eyes

Tips

If you don't have a flashlight or headlamp, cover the injured person's eyes with your hand for 15 seconds, then remove the hand, exposing the eye to the environmental light.

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Eyes

Tips

The pupils of healthy people contract when exposed to light and dilate once they become accustomed to the light, or when the light dims.

Head To Toe Exam

Neck, Torso and Pelvis

Step One

Look at and feel the neck for any tenderness, bruising or deformity.

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Neck, Torso and Pelvis

Step Two

Look at and feel the shoulders, collarbone, chest and abdomen. Note any asymmetries, tenderness or bruising.

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Neck, Torso and Pelvis

Step Three

Slide your hand carefully under the injured person, and feel along the back and spine for any tenderness, pain, bleeding or irregularities.

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Neck, Torso and Pelvis

Step Four

Press on both of the protruding bones in the pelvis and see if there is any pain or deformity.

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Arms, Legs and Feet

Step One

Look and feel along the injured person's arms and legs for any bruising or deformity.

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Arms, Legs and Feet

Step Two

Check the pulse in both wrists and at the top of each foot, and see if the pulse is the same in each place.

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Arms, Legs and Feet

Step Three

Scratch both hands and feet and ask the injured person if he or she can feel the sensation.

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Arms, Legs and Feet

Step Four

Ask the injured person to move his or her arms, legs, fingers and toes, and check for a full range of motion.