HEAD TO TOE ASSESSMENT

- **Eyes**
  - Look in all the "holes"
- **Nose**
  - Mouth
- **Look for blood or fluids**
- **Check the Clavicle**
- **Push gently on the breastbone**
- **Feel the pulse at the wrist on the thumb side**
- **Squeeze each arm**
- **Feel the rib cage**
  - Push gently in all four quadrants of the abdomen
  - Push gently down and in on the tip of the pelvis bone above the hip
- **Feel the head for depressions**
- **Look for blood**
  - Ears
  - Nose
- **Feel the back of the neck gently**
  - Mouth
- **Feel each leg front and back**
- **Ask “Where am I touching you” and squeeze a finger**
- **Feel the inside of the ankle bone for a pulse**
  - Ask them to squeeze two of your fingers
  - Ask “Where am I touching you” and squeeze a toe

If you are able to log roll the person, inspect their back for injury
If you can’t log roll them, feel their back with one hand as best as you can
HEAD TO TOE ASSESSMENT

Feel the head for depressions
Look for blood
Look in all the “holes”
Eyes Ears Nose Mouth
Look for blood or fluids
Feel the back of the neck gently
Push gently on the breastbone
Feel the rib cage
Push gently in all four quadrants of the abdomen
Push gently down and in on the tip of the pelvis bone above the hip
Feel each leg front and back
Ask them to push and pull against your hand
Ask “Where am I touching you” and squeeze a toe
Feel the inside of the ankle bone for a pulse
Squeeze each arm
Ask them to squeeze two of your fingers
Ask “Where am I touching you” and squeeze a finger
Feel the pulse at the wrist on the thumb side
If you are able to log roll the person, inspect their back for injury
If you can’t log roll them, feel their back with one hand as best as you can