**HEAD SPLINT—SUBMERGED VICTIM**

1. Approach the victim from the side. In deep water, release the rescue tube if the victim is more than an arm’s reach beneath the surface.

2. Grasp the victim’s arms midway between the shoulder and elbow. Grasp the victim’s right arm with your right hand and the victim’s left arm with your left hand. Gently move the victim’s arms up alongside the head.

3. Squeeze the victim’s arms against his or her head to help hold the head in line with the body.

4. Turn the victim face-up while bringing the victim to the surface at an angle. To turn the victim face-up, push the victim’s arm that is closest to you down and away from you while pulling the victim’s other arm across the surface toward you. The victim should be face-up just before reaching the surface or at the surface.

5. Position the victim’s head close to the crook of your arm with the head in line with the body. Another lifeguard can place a rescue tube under your armpits to help support you and the victim.

6. Check for consciousness and breathing.
   - If the victim is not breathing, immediately remove the victim from the water using a technique, such as the two-person-removal-from-the-water, and provide resuscitative care. Do not delay removal from the water by strapping the victim in or using the head immobilizer device.
   - If the victim is breathing, hold the victim with the head in line with the body and move toward safety until the backboard arrives. In deep water, move the victim to shallow water, if possible.

7. Continuously monitor for consciousness and breathing. If at any time the victim stops breathing, immediately remove the victim from the water then provide appropriate care.

Note: If the victim is submerged but face-up, approach the victim from behind and follow the same steps in the skill sheet, Head Splint—Face-Up Victim at or Near the Surface while you bring the victim to the surface.