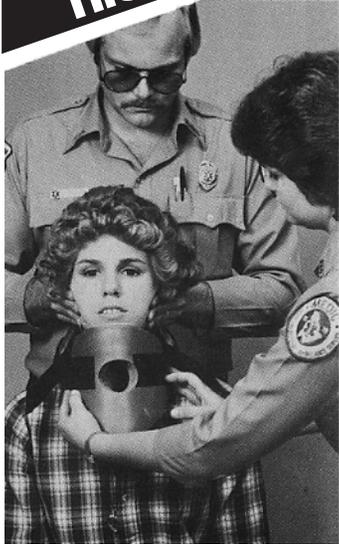


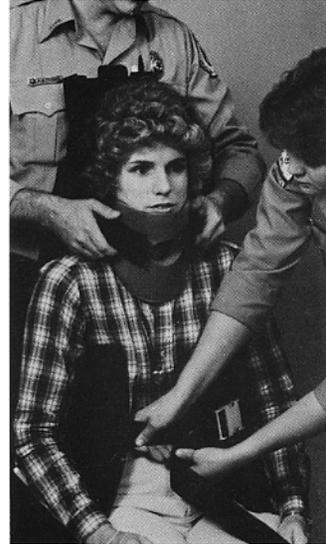
XP One instructions



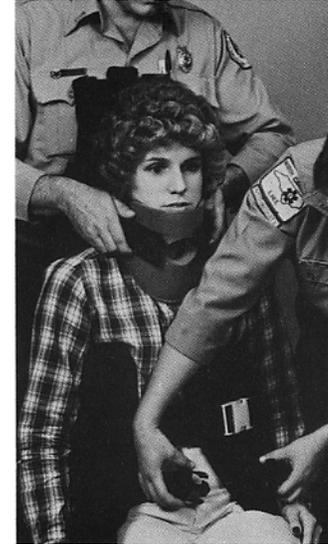
Step 1: Immobilize the patient's head. Place the back of the extrication collar against the back of the patient's head. Using a scooping method, apply the properly sized front of the collar to the patient. Ensure that the chin rests properly. Secure the Velcro fasteners.



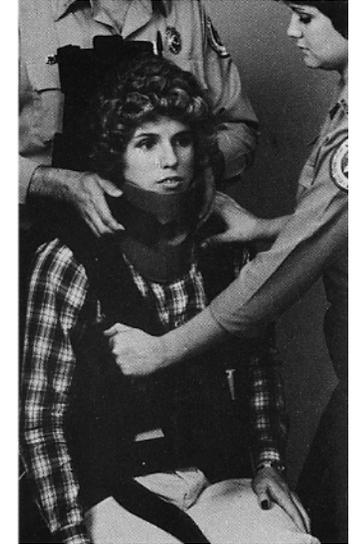
Step 2: Slip the XP One device behind the patient. Bring the sides high up under the patient's armpits.



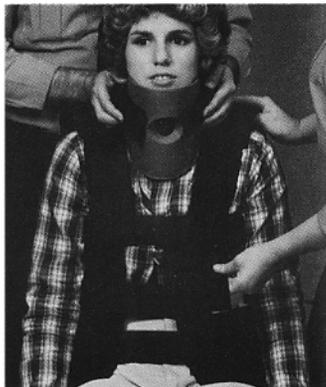
Step 3: Fasten the center chest strap. This will hold the device in place.



Step 4: Fasten the bottom chest strap.



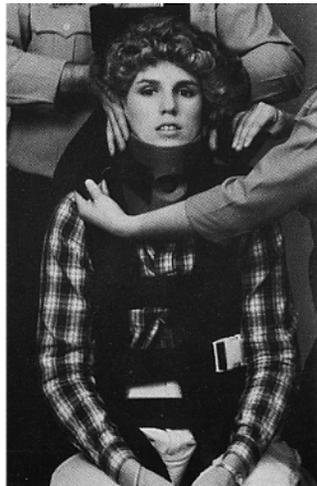
Step 5: Lay the shoulder straps over the patient's chest.



Step 6: Fasten the top chest strap after checking for shoulder injury. Lace the shoulder straps under the top chest strap and secure Velcro. For shorter trunked patients, you may wish to lace through the center or bottom strap.



Step 7: Fasten both groin straps using the best method suited for the situation. Remember: check for groin injuries.



Step 8: Secure the collar to the device by bringing the appropriately aligned strap from the back of the device around and fasten to the collar.



Step 9: Place the head strap on the patient's forehead and secure the ends of the Velcro on the back of the device. Please go back to all straps and tighten if necessary. Additional straps are included to secure hands and feet.

The XP One is designed for use in both automobile and close quarter extrication where cerebral spine immobilization is desired. Rescue personnel using the XP One are expected to use the utmost care, expertise, and common sense when applying and removing the device, keeping in mind that no spinal injury or extrication procedure is routine.

Please remember:

- Buckles are quick-release design, allowing easy access to the chest area.
- Check shoulders for injuries before applying shoulder straps.
- Use handles secured to the back of the device to assist in moving the patient.
- Device will clean with mild soap and water. Air dry.

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Instructor's Comments on Vest-type Extrication Devices

It makes no difference whether you choose the Kendrick Extrication Device (KED) or XP-1 when performing spinal immobilization of a seated patient. It is a matter of personal preference. There are some differences in the two devices:

- 1) The KED does not have shoulder straps.
- 2) The KED has a pad that may be folded to fill the void between the patient's head and the head harness.
- 3) The XP-1 relies on Velcro on the outside of the cervical collar, which may not be present if you use a collar that is not part of the device (as is usually the case); in this case, you may have to use 2-inch tape or some other similar securing of the head straps to the collar.

Regardless of the device you choose, the manufacturer suggests a specific method of securing the device to the patient. An easy way to remember what steps to follow for either device is this mnemonic – “My Baby Sure Looks Hot Tonight”.

My	Middle
Baby	Bottom
Sure	Shoulder/top
Looks	Legs
Hot	Head
Tonight	Tighten

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