

# FULL BODY VACUUM MATTRESS

“RETHINKING SMR WITHOUT  
A LONG BOARD”

# FULL BODY VACUUM MATTRESS

- Articles And Studies From 1996
- Different Manufacturers with - Different Designs and Straps
- Why Full Body Vacuum Mattresses/Splint
- Advantages and Disadvantages

# ADVANTAGES:

- Comfort
- Adaptable to all traumas
- Patient is held securely
- Easier to transport short distances
- Easier to use in confined spaces
- Pressure is evenly distributed on the body so lower risk of pressure ulcers

# DISADVANTAGES:

- Relatively fragile
- Vacuum must be maintained at all times for effectiveness
- More costly than a long board (\$800 to \$1600 depending on manufacturer and components)
- Resistance to “something” new

# HOW TO TRAIN IF YOU DON'T HAVE ONE

- Videos
- Discussion
- Sleeping bag that you have adapted to simulate use
- Be creative

# KEY POINTS:

- If your patrol has one – become familiar with how to use it
- Practice on your fellow patrollers to see how it feels to use one vs long board
- Each manufacturer is different (one valve vs two valves, straps vary)
- Remember when using the pump – air is removed
- Opening the valve puts air in and makes the splint pliable
- Pad any areas (especially near the head/shoulders)

# VIDEO LINKS

Evac-U-Splint:

<https://www.youtube.com/watch?v=sYfzZAofuT8>

Mad River Mountain Ski Patrol:

[https://www.youtube.com/watch?v=H8Xt5\\_dZNmc](https://www.youtube.com/watch?v=H8Xt5_dZNmc)