



Head to Toe Examination

Key things to remember during a head to toe examination:

- Try to protect the child's dignity and ask permission if possible
- Wear protective gloves and do not move the child more than necessary while you carry out the examination

IMPORTANT: Don't move them to check their spine as they may have a spinal injury

- ☐ Breathing and pulse
- ☐ Bleeding
- ☐ Head and neck: bleeding, swelling, sensitivity, dents in the bone
- ☐ Ears: hearing, blood or clear fluid
- ☐ Eyes: open or closed, size of pupils
- ☐ Nose: blood or clear fluid
- ☐ Mouth: blockages, injuries, burns, line of teeth
- ☐ Skin: colour and temperature
- ☐ Neck: swelling, sensitivity or deformity
- ☐ Chest: breathing, deformity or sensitivity
- ☐ Collar bone, arms, fingers: swelling, sensitivity, deformity
- ☐ Arms and fingers: unusual feeling or colour
- ☐ Spine: loss of movement or sensation, swelling or soreness
- ☐ Abdomen: stiffness or soreness
- ☐ Pelvis: bleeding, incontinence, signs of fracture
- ☐ Legs: bleeding, swelling, deformity or soreness, movement
- ☐ Toes: movement and feeling, colour