

# Forceps Application

## A-J

- A** **A**sk for help  
**A**ddress the patient  
**A**nesthesia adequate?
- B** **B**ladder empty?
- C** **C**ervix must be completely dilated
- D** **D**etermine position of the head.  
Think of shoulder **D**ystocia.  
Review the HELPER<sup>4</sup> Mnemonic.
- E** **E**quipment ready
- F** **F**orceps application
- G** **G**entle traction
- H** **H**andle elevated to follow the J-shaped pelvic curve
- I** **I**ncision: Evaluate for episiotomy (avoid if possible)
- J** Remove forceps when the **J**aw is reachable