

## FRACTURES & DISLOCATIONS

1. Follow DRABCD.
2. Control any bleeding and cover any wounds.
3. Check for fractures:
  - open, closed or complicated.
4. Ask casualty not to move injured part.
5. Immobilise fracture:
  - use broad bandages (where possible) to prevent movement at joints above and below the fracture
  - support the limb, carefully passing bandages under the natural hollows of the body
  - place a padded splint along the injured limb (under leg for fractured kneecap)
  - place padding between the splint and the natural contours of the body and secure tightly
  - check that bandages are not too tight (or too loose) every 15 minutes.
6. For leg fracture, immobilise foot and ankle:
  - use figure of eight bandage.
7. Watch for signs of loss of circulation to foot or hand.
8. 📞 Call 000 for an ambulance.

### SIGNS & SYMPTOMS

#### Fracture and dislocation

- pain at or near the site of the injury
- difficult or impossible normal movement
- loss of power
- deformity or abnormal mobility
- tenderness
- swelling
- discolouration and bruising

### NOTE

- If collarbone fractured, support arm on injured side in a St John sling.
- If dislocation of a joint is suspected, rest, elevate and apply ice to joint.
- It can be difficult to tell whether the injury is a fracture, dislocation, sprain or strain. If in doubt, always treat as a fracture.

*The **Medium Leisure Kit** contains bandages suitable for immobilising fractures.  
Call St John on 1300 360 455 and ask for further information  
about the full range of first aid kits.*