

SPRAINS & STRAINS

1. Follow DRABCD Action Plan.
2. Follow the RICE Management Plan:
 - R** REST the casualty and the injured part.
 - I** ICEPACKS (cold compress) wrapped in a wet cloth may be applied to the injury for 15 minutes, every 2 hours for 24 hour, then for 15 minutes every 4 hours for 24 hours.
 - C** COMPRESSION apply elastic bandage, firmly to extend well beyond the injury.
 - E** ELEVATE the injured part.
3. Seek medical aid.



NOTE If there is a lot of pain, manage the injury as a fracture and seek medical aid.

The **Medium Leisure Kit** contains an **Instant Disposable Cold Pack** perfect for use as a cold compress. Call St John on 1300 360 455 for further information on the full range of first aid kits.