

## First Aid for **Sprains and Strains**

Injuries to joints and muscles are common and painful. Appropriate first aid can reduce pain, shock and the risk of long-term complications from the injury.

### Management of Sprains and Strains

- 1 Follow DRABCD Action Plan (Danger, Response, Airway, Breathing, CPR and Defibrillation).
- 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 hours, 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.

