



Emergency Care Instruction Services



FIRST-AID: BONE & JOINT INJURIES



- ✓ Perform **Scene Survey**. Call **911**.
- ✓ Do not remove casualty from scene site unless necessary.
- ✓ Perform **Primary Survey**.
- ✓ **Control external bleeding** – carefully if the bone is protruding.
- ✓ **Support and steady** the injured part while waiting for Emergency Medical Care to arrive.
- ✓ To reduce pain and swelling, **apply an ice pack** – fifteen (15) minutes ON and fifteen (15) minutes off.
- ✓ If possible, **elevate** the injured part to reduce swelling.
- ✓ Apply gentle **compression** with bandage.
- ✓ **Reassure** casualty, monitoring closely for any change in condition.
- ✓ Do not give the casualty anything to eat or drink.
- ✓ **Provide ongoing care** until medical help arrives.

R.I.C.E.

REST • ICE • COMPRESSION • ELEVATION

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