

INJURIES TO MUSCLES, BONES AND JOINTS

FIRST AID CARE FOR ANY AGE:

R = REST -- AVOID MOVEMENT

I = IMMOBILIZATION

C = COLD

E = ELEVATION (IF YOU CAN WITHOUT CAUSING
MORE PAIN)

SPLINT:

1. KEEP BODY PART FROM MOVING
ONLY IF YOU MUST MOVE OR TRANSPORT
PERSON
2. ONLY IF YOU CAN DO SO WITHOUT CAUSING
MORE PAIN OR DISCOMFORT
3. RECHECK FEELING, WARMTH AND COLOR IF AND
WHEN YOU CAN.
4. IF LOST FEELING IN TOES(EXTREMITIES)—COOL,
AND PALE SKIN/BLUSH----LOOSEN SPLINT.
5. TYPES
 - A. ANATOMIC- BODY PART
 - B. SOFT—FOLDED BLANKET, PILLOW, TOWEL,
TRIANGULAR BANDAGE(SLING AND BINDER)
 1. WEARING A SHOE—ONLY CHECK FOR
FEELING
 - C. RIGID—BOARD, MAGAZINE, CARDBOARD,
NEWSPAPER.
 2. PADDING PALM: KEEP HAND IN
NATURAL POSITION
6. DON'T MOVE OR STRAIGHTEN BODY PART
7. JOINT —IMMOBILIZE BONES ABOVE AND BELOW
JOINT
8. BONE—IMMOBILIZE JOINTS ABOVE AND BELOW
BONE