Dislocation and Fractures

Only do the following if you have to move the victim, and if you can do so without hurting them any further.

Never try to relocate a displaced joint or bone, you could cause more damage.

If the bone has broken the skin do not splint. Treat for bleeding and Call 911.

Place something under the injured body part to give it support.

Place bandages above and below the injury. NEVER over the injured area.

Check the limb for circulation. Do not tie too tight.

Use another bandage to keep the body part from moving.

Tie off the ends.

Check the limb for circulation. Use another bandage to keep the body part from moving.

Place something under the injured body part to give it support.

Bleeding

Before handling any wounds, gloves and any other appropriate barriers should be used.

Direct Pressure with a clean sterile dressing.

Bandage wound with overlapping layers. If the blood soaks through, do not remove; place another layer of dressing on top.

Embedded Objects

If something is embedded in the body, bandage around the object.

Do not remove the object from the body. Call 911.

Closed Wounds

Treat with R.I.C.E.

Rest

Immobilize

Cold

Elevation

Rest the injured body part.

Stabilize the injured area in the same position found. Only splint the injured area if the victim must be moved and it doesn’t cause more pain.

Apply an ice pack for only 20 minutes. Never put ice directly on the skin, wrap it in a cloth first.

Elevate the injured body part above the heart. DO NOT elevate the area if it causes more pain.

Burns

Do not remove any clothing stuck to a burn.

Stop the burning.

Cool with running water. Do not apply water to a 3° degree burn. (NEVER USE BUTTER) (NEVER USE ICE)

Cover 1° & 2° degree burns with a clean sterile dressing. Do not apply bandages to a 3° degree burn.