



FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

FRACTURES AND DISLOCATIONS

SIGNS AND SYMPTOMS

- Pain at or near site of injury
- Loss of movement and strength
- Deformity
- Tenderness, swelling
- Bruising

MANAGEMENT:

1. DRSABC.

2. Control any bleeding and cover any wounds.
3. Check for fracture: open, closed or complicated. See the images opposite.
4. Ask patient not to move injured part.

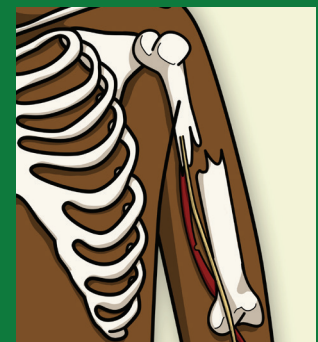
Immobilize the fracture by:

5. Using broad bandages, prevent movement at the joints above and below the fracture and joints.
6. Place a padded splint along the injured limb.
7. Leg fractures immobilise feet and ankles.
8. Check bandages are not too tight by checking blood supply to the end of the limb. Blood should return in less than 2 seconds.



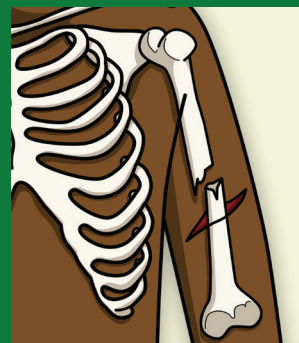
Closed fracture:

A break in the bone under the skin.



Complicated fracture:

A break in the bone under the skin causing bleeding.



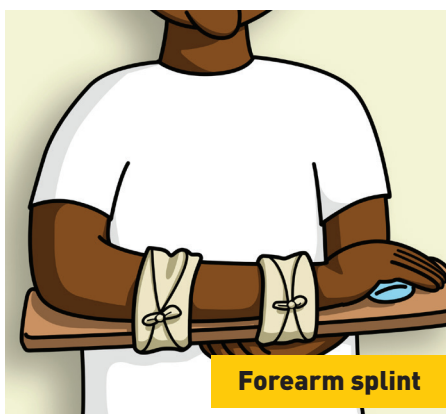
Open fracture:

A break in a bone that has broken through the skin.



Cominuted fracture:

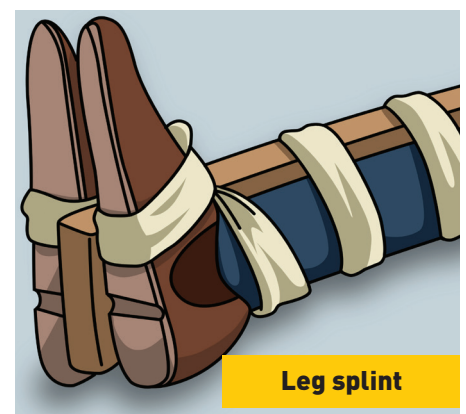
A break where the bone is fragmented



Forearm splint



St John sling



Leg splint



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