

EAP Broken Bone

FIRST AID

1. Call for emergency help if the injury is severe.
2. Put on Personal Protective Equipment
3. Stop any bleeding by holding a clean, absorbent material over the injury and apply gentle, direct pressure. Add more gauze if bleeding saturates through. Do not remove bloodied gauze.
4. Immobilize the injured area by placing hands gently above and below the injury. Do not move it from its original position.
5. If bone is protruding, do not attempt to straighten or push back under the skin
6. Do not allow the victim to bear weight on the affected limb
7. Ice the injured area to slow swelling while waiting for emergency help.