

# First Aid for Strains and Sprains



The person suffering the injury may sense that the area is not broken—especially if a similar injury had occurred through a sport. If there is no other injury, then the best treatment is:

**Rest.** Place the injured part at rest. This prevents any further damage. Help the person into a comfortable position—for a leg injury, this will usually be lying down with head and shoulders supported.

**Ice.** Apply a cold compress. Wrap ice in a triangular bandage or other clean piece of material and hold gently on the site of the injury. This will help relieve pain and reduce swelling. Do not apply ice directly to the injury because this may damage the skin. Cool the injury for 10-15 minutes, keeping the compress cold with refills as necessary.

**Compression.** Apply a compressing gauze wrap. This will help reduce

pain and swelling and will provide support for the injury.

**Elevation.** Elevate the injured part. Elevation will help reduce swelling and pain. If the arm is injured, use either the other arm or elevation sling as appropriate to provide additional support.

**Seek medical assistance** and make sure the victim keeps the limb raised and supported until help arrives.

Research your topic to answer simple questions that help you focus on **SAFETY HAZARDS/ACTIONS** and **steps** for getting your safety meeting off on the right foot!

Safety Meeting Purposes:

List at least two **hazards** that put you and others at risk from prior activities and work practices. **Discuss:**

- ✓ What hazards or issues cause the most injuries and/or accidents in your workplace?
- ✓ How do hazards affect you and co-workers?
- ✓ Why do shortcuts lead to injuries and/or accidents?

List what **actions** are needed to avoid such hazards, using improved steps to keep your workplace safe.

**Discuss:**

- ✓ How can hazards be avoided or eliminated?
- ✓ What safety specifics and precautions should be taken to prevent any future injuries and/or accidents in your workplace?

## Safety Meeting Resource

<http://www.firstaid.ph/first-aid-procedures/sprains-and-strains.html>  
<http://www.survival-center.com/firstaid/bleed.htm>