

FRACTURES & DISLOCATIONS



Managing fractures & dislocations

Signs & symptoms

- pain at or near the site of the injury
- difficult or impossible normal movement
- loss of power
- deformity or abnormal mobility
- tenderness
- swelling
- discolouration and bruising

NOTE

- If collarbone is fractured, support arm on injured side in a St John sling
- If dislocation of a joint is suspected, rest, elevate and apply ice to joint
- It can be difficult for a first aider to tell whether the injury is a fracture, dislocation, sprain or strain. If in doubt, always treat as a fracture

Management

- 1. Follow DRSABCD**
- 2. Control any bleeding and cover any wounds**
- 3. Check for fractures — open, closed or complicated**
- 4. Ask patient to remain as still as possible**
- 5. Immobilise fracture**
 - use broad bandages (where possible) to prevent movement at joints above and below the fracture
 - support the limb, carefully passing bandages under the natural hollows of the body
 - place a padded splint along the injured limb (under leg for fractured kneecap)
 - place padding between the splint and the natural contours of the body and secure firmly
 - check that bandages are not too tight (or too loose) every 15 minutes.
- 6. For leg fracture, immobilise foot and ankle**
 - use Figure of Eight bandage
- 7. Watch for signs of loss of circulation to hands and feet**
- 8. Ensure an ambulance has been called — triple zero (000)**

In an emergency, call triple zero (000) for an ambulance

For more information on St John first aid training and kits, visit www.stjohn.org.au or freecall 1300 360 455

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