

Types of bandages:

- Crepe bandages – used for sprains, fractures & pressure bandage.
- Conforming bandages – used for holding dressings in place.

How to use a roller bandage:

- ✓ With the tail of the bandage, place it over the limb and roll up and continue to unwind the bandage over the limb.
- ✓ Overlap the bandage each time.
- ✓ Secure the bandage end with tape or tuck the end into the bandage.
- ✓ Check the colour of the skin after bandaging. Loosen bandage if discolouration has occurred or the casualty complains of increased pain because of the bandage.
- ✓ When applying the bandage, ask the casualty if the bandage is too tight. Check the extremities for colour & warmth.



How to fold a triangular bandage:

Triangular bandages are used for slings, pads or bandaging.

- Fold the triangular bandage in half, and this makes a broad fold bandage.
- Fold the triangular bandage in half again and this is called a narrow fold bandage.

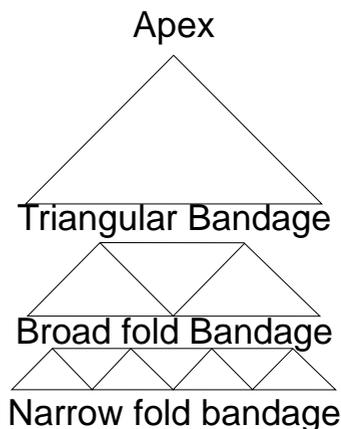


Slings are used for:

- Supporting an injured arm or wrist .
- Immobilising fractures.
- Elevating to control external bleeding.

What can be used as a sling?

- Shirts
- Belts
- Material
- Jumper
- Rope



How to apply an Upper Arm sling:

This sling is used for injuries to the upper arm, including the collarbone, shoulder or ribs, add an additional narrow bandage.

- ✓ Position the arm across the body with the hand near the opposite shoulder.
- ✓ Place the triangular bandage under the arm with the apex at the elbow.

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- ✓ Fold the lower half of the bandage over the arm.
- ✓ Twist the bandage firmly at the elbow and bring the twisted bandage around the back .
- ✓ Twist the bandage around the hand and over the uninjured shoulder and tie the ends together using a reef knot on opposite side of the injury and place a pad under the knot.
- ✓ Check the bandaged arm for circulation.



How to apply a Lower Arm sling:

This sling is used for injuries to the lower arm, including the wrist and hand.

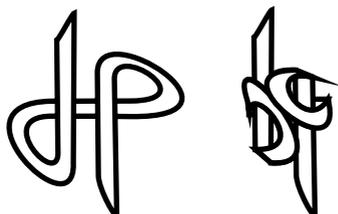
- ✓ Place the arm across the chest and slightly raised .
- ✓ Place the triangular bandage between the arm and the body with the apex pointing towards the injured elbow .
- ✓ Bring the lower half of the bandage up and over the injured arm.
- ✓ Tie the ends together with a reef knot on the uninjured side & place a pad under the knot.
- ✓ Tape, tie or pin at the elbow.
- ✓ Check the injured arm for circulation.
- ✓ Ensure the arm is not sloping downwards as this will increase swelling and pressure.



How to apply a Collar and Cuff sling:

This sling can be used for dislocated shoulder, fractured ribs, or a fracture of the upper arm.

- ✓ Make a clove hitch (dp) using a narrow fold bandage.
- ✓ Put the loops over the wrist of the injured arm.
- ✓ Gently elevate the injured arm against the casualty's chest.
- ✓ Tie the bandage ends together around the neck on the uninjured side using a reef knot, place a pad under the knot.
- ✓ For extra support apply a broad bandage below the fracture site over the arm & around the body.



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