

Bruising:

- Caused by a fall or a hard or heavy blow.
- Bleeding into the deep tissues occurs.

Sprain:

- Occurs when a joint goes beyond its normal range of movement.
- Bleeding into the tissues occurs.

Strain:

- Occurs when a muscle or a group of muscles are over stretched.

Signs and Symptoms may include:

- Pain and tenderness
- Swelling
- Cannot weight bear.
- Discolouration
- Loss of movement around the injury.

Treatment

Follow the **Basic First Aid Plan** to assess the casualty

- ✓ Rest and support the injured limb.
- ✓ Ice pack or cold compress to reduce swelling and to aid in healing. Up to 20 minutes.
- ✓ Compression bandage is applied for support.
- ✓ Elevate the limb to reduce any further swelling.
- ✓ Refer injury to a doctor.

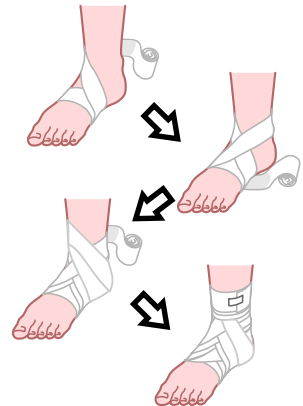
How to Apply an ice pack

Every alternative 20 minutes for the first 2 hours.

Then

20 minutes every 2 hours for the next 48 hours.

- ✗ Do not place ice directly onto the skin. It can damage the skin. Wrap it in a wet towel.
- ✗ Do not apply heat.



COLD PACK

**DO NOT apply
directly to skin**

If an Ambulance is required - call immediately - do not delay

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