

# 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

- DO NOT attempt to force a fracture or dislocation back into place—this could cause further injuries.
- 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.
- 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

### 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](http://www.stjohn.org.au) or freecall 1300 360 455