

FILL INFORMATION HERE

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RICE for injuries to bones, joints and muscles

- **Rest** - stop activity that caused injury and stay away from using that body part
- **Ice** - apply cold to the injury as soon as you can to narrow blood vessels, reduces pain, swelling and bruising.
- **Compression** - using a bandage. Help to limit swelling.
- **Elevation** - raising the injury part preferably to a level above the heart to reduce swelling and makes it easier for fluids to drain away from the injury.

Use **RICE** when waiting for medical help you arrive, or transporting casualty.

First aid for injuries to bones and joints

1. Begin ESM, scene survey. Assess the mechanism of injury. Call medical help if you think it is a head or spinal injury and support the head.
2. Do a primary survey, give first aid for life-threatening injuries
3. Steady and support any obvious fractures or dislocations found in the primary survey. Dress any wounds to prevent further contamination. Protect any bones that are sticking out.
4. Secondary survey to the extent needed. Expose the injured area. Cut clothing if necessary by not moving injured part if possible. Look to see if it is an open or closed fracture. Check circulation below the injury.
5. Steady and support injured part.
6. Decide what is the best action. Wait until medical helps arrives if there is enough time, but if help is delayed think about the following:
 - Are there other risks to the casualty, yourself and others?
 - How long will it take the medical team to arrive on scene?
 - Do you have materials to immobilize the injury?
 - How long will it take to immobilize the injury and how long will it take for help to arrive?
7. Apply cold and compression to the injury, and elevate.
8. Continue to give care until help arrives. Monitor circulation below the injury site.