



# FACT SHEET



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## Fractures & Dislocations

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- 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. Immobilize 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 securing firmly
    - Check that bandages are not too tight (or too loose) every 15 minutes.
  - 6. For leg fracture, immobilize 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)**
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### NOTE

- If collarbone is fractured, support arm on injured side in a elevated sling
- If dislocation of a joint is suspected do not try to relocate
- 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

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The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.