



FACT SHEET



Sprains & Strains

-
- 1. Follow DRSABCD Action Plan**
 - 2. Follow the RICE management plan**
 - REST the patient and the injured part
 - ICEPACKS (cold compress) wrapped in a wet cloth may be applied to the injury for 15 minutes, every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours
 - COMPRESSION apply elastic bandage, firmly to extend well beyond the injury
 - ELEVATE the injured part
 - 3. Seek medical aid**

NOTE

If there is a lot of pain, manage the injury as a fracture and seek medical aid.



Excite Safety Training Pty Ltd

PO Box 735 Cronulla NSW 2230

Ph: 0432 614 963

www.excitesafety.com.au

enquiries@excitesafety.com.au

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.