

Can I understand how to treat  
a broken bone?



# Fast Five

How would you treat a graze on someone's knee?

How would you treat someone if they caught their arm on the flame of a candle?

Have you ever had a broken bone? If so, how was it treated?

# Fast Five

How would you treat a graze on someone's knee?

Clean the area, and pat the area dry with gauze/a non-fluffy cloth such as a tea towel.  
Place a gauze dressing or a plaster over the injury.

How would you treat someone if they caught their arm on the flame of a candle?

Pour cool water over the burned area for at least 10 minutes. When the area has cooled, use clean cling film to wrap the area loosely. Remember to remove any jewellery, loose clothing, watches etc. If the burn has clothing stuck to it- DO NOT remove.

Have you ever had a broken bone? If so, how was it treated?

# What are the symptoms of a broken bone?

A broken bone can cause one or more of the following signs or symptoms:

- Intense pain in the injured area that gets worse when it is moved.
- Numbness in the injured area.
- If it looks a bit of a bluish colour, possibly with some swelling.
- In rare cases, the bone can show through the skin.
- Heavy bleeding where the injury is.



# How to treat a broken bone

You need to **immobilise (stop it from moving)** the injured area by creating a splint or a sling. Make sure you keep the person as still as possible.



**Splint**



**Sling**

# How to treat a broken bone

- Apply cold to the area: Wrap an ice pack or bag of ice cubes in a piece of cloth and apply it to the injured area for up to 10 minutes at a time.



# How to treat a broken bone

- Treat them for shock: Help them get into a comfortable position, encourage them to rest, and tell them everything is OK. Cover them with a blanket or clothing to keep them warm.
- Sometimes you may want to lie them on their back with their legs raised.



# How to treat a broken bone

- Take the casualty to A&E (Accident & Emergency) at the hospital so that the doctors can put the broken limb in a cast.
- If you think the broken bone is very severe, or you can see the bone coming out of the skin, call 999 to get emergency help.





# How to make a sling

<https://www.youtube.com/watch?v=PwfBGkBXkFA>

Using a triangular bandage if you have one, or a cloth folded into a triangle, have a go at making an arm sling for someone in your home. Use the video and the printed instructions to help you.