

FIRST AID AND SPORTS

BONE AND MUSCULOTENDINOUS INJURIES: FRACTURES, SPRAINS



01

PREVENT AND DETECT

- Depending on the context and environment you find yourself in, be prepared to treat fractures, sprains or dislocations. These traumas are common in the sports world. **Always have cooling equipment on hand** such as ice.
- **The signs :**
A person who suffers a fracture, sprain or dislocation may:
 - have a deformity or hematoma at the place of the injury,
 - have pain or difficulty moving a part of the body,
 - have a shortened, twisted or deformed limb,
 - having heard a crack or noise at the time of the accident,
 - have a fractured bone or a bone fragment that pierces the skin.



02

ALERT

- Since you cannot tell if it is a fracture, sprain or dislocation, **try to get medical help**. Note the time of the accident. This information may be important for healthcare personnel.
- Ask someone **to access emergency medical services** or do it yourself with your cell phone. The emergency medical services will be able to give you instructions to help you. In the absence of a telephone or network, leave the victim to alert then return to the victim to continue the rescue actions.
- **Do not attempt to put a limb back into place** that appears deformed or dislocated.



03

RESCUE

- Advise the victim not to **mobilize the injured limb**.
 - If the hand, arm or shoulder is affected, ask the victim to hold their arm against their chest. This gesture accompanied by the application of ice reduces the pain.
 - If the legs are affected, ask the victim not to move until emergency medical services arrive.
- **Cool the injury** with ice without putting it directly in contact with the skin. First, wrap the ice in a cloth, such as a towel. You can also use an ice pack.

Do not cool the injury for too long and never for more than 20 minutes at a time

