

COMPLIANCE NEWS

Did You Know?

Broken bones are classified into the following categories:

A *complete fracture* is when a bone has been broken into two pieces

A *greenstick fracture* is when the bone cracks on one side only, not all the way through

A *single fracture* is when the bone is broken in one place

A *comminuted fracture* is when the bone is broken into more than two pieces or crushed

A *bowing fracture*, which only happens in children, is when the bone bends but does not break

An *open fracture* is when the bone is sticking through the skin

IMPORTANT:

Please refer to your companies' safety manual for specific break/sprain related issues and protocols**

BREAKS, SPRAINS, AND BRUISES

Broken bones, sprains, and bruises are common in our active society. It can be difficult to tell whether a bone has been broken, or a muscle has been sprained. In most situations, it will require an x-ray to determine if the bone is broken. With first aid, you will be able to perform the same actions, even if you are unsure if the bone is broken or not.

Joint Sprains

Joint sprains result from a twisting injury. The twisting injury causes tears in muscles and other structures around the joint. The tears cause pains. They may also cause swelling and a blue color over the joint. Ice and rest decrease the amount of joint pain and swelling, and help the joint heal faster.

Bruises

Bruises happen when blood collects under the skin. They can appear as red or black-and-blue spots. You can reduce the swelling by applying ice to the area for periods of no longer than 20 minutes.

ACTIONS FOR BROKEN BONES OR SPRAINS

1. Make sure the scene is safe for you and the victim
2. Send someone to get the first aid kit. If you are alone, go and get the kit yourself.
3. Put on personal protective equipment if available
4. check for signs of shock (treat for shock if needed)
5. Don't try to straighten or move any injured part that is bent, deformed, or possibly broken (such as an arm or finger)
6. Cover any open wounds with a clean dressing
7. Put a plastic bag filled with ice on the injured area with a towel between the ice bag and skin for up to 20 minutes
8. Raise the injured body part if doing so does not cause the victim more pain
9. Phone or send someone to call 9-1-1 if: there is a large open wound; the injured part is abnormally bent; you are not sure what to do
10. If it is painful, the victim should avoid using the injured body part until checked by a healthcare professional