

Bone and Soft Tissue Injuries

Perform **Scene Survey**. Call **911 if necessary**.

Do not remove casualty from scene site unless necessary.

Perform **Primary Survey**.

Control external bleeding – carefully if the bone is protruding.

Support and steady the injured part while waiting for Emergency Medical Care to arrive.

To reduce pain and swelling, **apply an ice pack** – fifteen (15) minutes ON and fifteen (15) minutes off.

If possible, **elevate** the injured part to reduce swelling.

Apply gentle **compression** with bandage.

Reassure casualty, monitoring closely for any change in condition.

Do not give the casualty anything to eat or drink.

Provide ongoing care until medical help arrives.

R. I. C. E.

REST • ICE • COMPRESSION • ELEVATION

