

Safety TOOLBOX TALKS

A ready-to-use training lesson to drive home the essentials of safety.

March 2011

First aid for fractures

▶ Introductory Comments

A fracture is either a broken or cracked bone. Correct first aid is essential to reduce tissue damage, bleeding and pain, as well as to prevent shock.

▶ Meeting Starter Questions

Have you ever suffered a fracture or witnessed an incident in which someone else did? How did the incident happen, what bone or bones were broken and what first aid treatment was given? How could the first aid given have been improved?

▶ Critical Safety Points

If a fracture is the result of major trauma or injury, call 911. Also call for emergency help if:

- The person is unresponsive or isn't breathing. Begin CPR if there's no respiration or heartbeat.
- There is heavy bleeding.
- The limb or joint appears deformed.
- The bone has pierced the skin.
- You suspect a bone is broken in the neck, head or back.
- You suspect a bone is broken in the hip, pelvis or upper leg (for example, the leg and foot turn outward abnormally).

Take these actions immediately while waiting for medical help to arrive:

- **Stop any bleeding.** Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.
- **Keep the limb in the position you found it** and place soft padding around the broken bones.
Splint the injury with something rigid, such as rolled up newspapers or magazines, to prevent the bones from shifting. Don't move the broken bones. Splints must be long enough to extend beyond joints above and below the fracture. Immobilize the injured area.
- **Apply ice packs** to limit swelling and help relieve pain until emergency personnel arrive.
Don't apply ice directly to the skin. Wrap the ice in a towel, a piece of cloth or some other material.
- **Treat for shock.** If the person feels faint or is breathing in short, rapid breaths, lay him or her down with the head slightly lower than the trunk and, if possible, elevate the legs.

▶ Quiz Time

Find out how much participants learned during this meeting. Distribute copies of the quiz on the other side of this page. Grade the quizzes using the answers to the right.

Instructions:

Use *Toolbox Talks* to spark safety discussions. On the flip side is a quiz to make sure participants retain the valuable information.

Session Date _____

Supervisor/Instructor _____

Attendee List:

QUIZ ANSWER KEY (Quiz on other side)

1. **True.**
2. **True.**
3. **False.** Just make sure whatever you use is rigid, to prevent the bones from shifting.
4. **True.**
5. **False.** Ice will prevent swelling and reduce pain, but it should not be applied directly to the skin.
6. **E.** All of the above.
7. **True.**

SAFETY MEETING QUIZ

Employee Name:	Signature:
Department:	Date:
Score: _____ / 7	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
Trainer:	Signature:

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Question 1: If a fracture is caused by a major trauma, you should immediately call 911 or emergency services.
 True False

Question 2: A fractured limb should be kept in the position you find it.
 True False

Question 3: You should use only specially designed, medically approved splinting materials.
 True False

Question 4: Splints should be long enough to extend beyond the joints above and below the fracture.
 True False

Question 5: Ice packs prevent swelling and reduce pain and should be applied directly to the skin.
 True False

Question 6: Indications that a fracture requires immediate professional medical treatment include:
 A. Heavy bleeding.
 B. A deformed joint or limb.
 C. A bone protruding from the skin.
 D. Suspicion of a broken neck or back.
 E. All of the above.

Question 7: If the victim appears to be in shock, he or she should be placed in a position with the head slightly below the trunk and legs.
 True False

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