

## FIRST AID - HE 252 – unit 8

1. Fracture - A break or crack in the bone.
2. THREE OBJECTIVES IN GIVING FIRST AID TO A PERSON THAT HAS SUFFERED A FRACTURE:  
Prevention of bone displacement (immobilize fracture)  
Splint adjacent joint  
Prevention of shock
3. Closed (simple) fracture - Bone remains under skin.  
Open (compound) - Bone exposed.
4. FOUR MAJOR SIGNS OF A FRACTURE  
Differences in the shape and length of corresponding bones on the two sides of the victim's body  
Obvious deformity  
Swelling and discoloration of the overlying skin due to hemorrhage  
Pain or tenderness in response to gentle pressure at suspected fracture site  
ALSO: A person may give verbal feedback:
  - a) Heard or felt snap
  - b) Difficulty in movement
  - c) Grating of bones rubbing together
5. Dislocation - Injury to a joint that results in the displacement of a bone end. (Ex: Ball and socket).
6. Ligament - Attachment of bone to bone.  
Tendon - Attachment of muscle to bone.
7. Sprain - Injury to a ligament in the region of a joint. It involves partial tearing or stretching, injuries to blood vessels and surrounding tissues without dislocation or fracture.  
Strain - An injury to muscle or tendon that results from over stretching.  
First aid for sprain vs. Strain  
Sprain – RICE – Advil  
Strain – RHCE - Advil
8. Soft – blankets, pillows, towels, slings (ex. Sprained ankle)  
Rigid – boards, magazines (ex. Broken leg)  
Anatomic – secures injured part to uninjured part of the body (ex. Legs, arms, fingers)