

# How to recognise and deal with a fracture

## Signs & symptoms of fractures

<b>P</b> ain	Usually at the site of the fracture
<b>L</b> oss of power	Movement is possible but not with any power
<b>U</b> nnatural movement	Moves unnaturally and may be laid at an angle
<b>S</b> welling / bruising	Black and blue around the site of the fracture
<b>D</b> eformity	When the limb is bent at the wrong place
<b>I</b> rregularity	Often seen in different leg length or flail chest
<b>C</b> repitus	Feeling and sound of grating bones
<b>T</b> enderness	Complaining of pain at the site of the fracture

DO NOT give the casualty anything to eat or drink in case they need an operation. Under anaesthetic food often flows from the stomach to the airway and could cause breathing difficulties.

Dislodged teeth

- Pad the bleed
- Put teeth in milk
- Send to dentist or hospital
- Teeth can be put back in

## Treatment of fractures

- Reassure the casualty and keep them still
- Immobilise the wound with your hands
- DO NOT bandage the fracture

### Broken arm

- Carefully place arm in support sling
- If casualty is in too much pain to use sling, support arm on cushion, blanket or pillow
- Check for adequate circulation beyond site of fracture (colour, temp, feeling)
- Dial 999

### Broken collar bone

- As above but use elevation sling

### Leg

- Immobilise the limb and dial 999