



FRACTURES - COMMON SYMPTOMS AND FIRST AID (For School Staff)

- If the injured person is unresponsive, isn't breathing or isn't moving, **first call 911**. Then begin cardiopulmonary resuscitation (CPR) if there's no respiration or heartbeat.

Symptoms and Signs also requiring 911 to be called:

- There is heavy bleeding.
- There are signs of shock (result of excessive blood loss): The most common symptoms of shock include: Pulse is fast and weak; Dizziness, faintness or light-headedness; Feeling weak or nauseous; Moist, clammy skin; Profuse sweating; Rapid, shallow breathing; Feeling anxious, agitated or confused; Chest pain; Blue lips and fingernails; Extremely low blood pressure (if measurement is available)
- Even gentlest pressure or movement causes extreme pain.
- The limb or joint appears deformed (abnormal, irregular).
- The bone has pierced the skin.
- The extremity of the injured arm or leg, such as a toe or finger, is numb or bluish at the tip.
- You suspect a bone is broken in the neck, head including the jaw, or back.
- You suspect a bone is broken in the hip, pelvis or upper leg (for example, the leg and foot turn outward abnormally).
- You suspect a skull fracture with signs of concussion (Headache; Dizziness, Bleeding from nose, mouth or ears; Unconsciousness or confusion; Unequal pupils; Flushed or pale face; Cut or bump on head; Paralysis)

Actions While Awaiting Ambulance

Take these actions immediately while waiting for medical help:

Stop any bleeding. Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.

Immobilize the injured area. Don't try to realign the bone, but if you've been trained in how to splint and professional help isn't readily available, apply a splint to the 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, piece of cloth or some other material.

Treat for shock. If the person feels faint or is breathing in short, rapid breaths lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.

Do not move victim, except when necessary for victim's safety

Stay with victim until help arrives



Symptoms, signs of fractures, by location.

Location of Fracture	Symptoms (one or more)	First Aid
Neck or back	<ul style="list-style-type: none"> • Pain in neck or back • Inability to grasp fingers of first-aiders • Paralysis • Unconsciousness/unresponsive 	<ul style="list-style-type: none"> • Call 911 for ambulance • <u>Move only if necessary for safety</u> by using rigid support such as door or large board. • When placed on board, use 5-8 helpers to move victim and keep head in line with back. Grasp clothing of victim and slide gently onto board. • Keep back straight.
Nose	<ul style="list-style-type: none"> • Bleeding • Deformity • Pain • Swelling 	<ul style="list-style-type: none"> • Cleanse • Apply cold compress • Apply dressing • Notify parent and advise medical care
Jaw (lower); Mandible	<ul style="list-style-type: none"> • Deformity • Irregularity of teeth • Mouth may remain open • Pain 	<ul style="list-style-type: none"> • Call 911 for ambulance • Sit the victim leaning slightly forward • rest the injured jaw on a pad held by the victim • DO NOT apply bandage to support the jaw
Arm, elbow and/or collar bone (“clavicle”) Leg, knee or ankle	<ul style="list-style-type: none"> • Pain at point of break • Deformity and swelling • Shoulder bent forward 	<ul style="list-style-type: none"> • Check for warmth or pulse to the hand; if no circulation then (if possible), gently and carefully adjust the position of the limb until pulse returns • Treat any wounds and pad bony prominences • May support arm with full arm sling. • Refer to medical care • If straight, do not attempt to bend. If bent, do not attempt to straighten
Wrist, hand or fingers or foot or toes.	<ul style="list-style-type: none"> • Pain • Deformity • Swelling 	<ul style="list-style-type: none"> • May support hand and arm with sling until medical care is reached • May splint if it is more comfortable, but do not change position if bent. • Refer to medical care
Rib(s)	<ul style="list-style-type: none"> • Intense pain at point of break with deep breathing or coughing • If lung is punctured (upper ribs), may cough frothy blood. • Lower ribs may harm spleen or liver. 	<ul style="list-style-type: none"> • Always seek medical help • May apply ice while awaiting help, if it reduces pain.
Pelvis	<ul style="list-style-type: none"> • May not display pain when lying down, but pain when standing or walking. • Discomfort in lower abdomen. 	<ul style="list-style-type: none"> • Call 911. Must transport by ambulance • Check for pulses in both legs • Bend legs at knees, elevate lower legs slightly and support on pillows or similar • Support both hips with folded blankets either side • Discourage attempts to urinate