

# First Aid On the Go

## A Quick Guide to Managing Wrist and Hip Fractures

Note: If you have suffered a traumatic injury, this brochure serves as a short and simple guide to help you manage your condition while waiting for professional help.





# Wrist Fractures

You usually land on the ground using your hands to break the fall. This may result in a break in your wrist bone (wrist fracture).

Seniors with risk factors such as osteoporosis and lack of physical activity are more prone to fractures as a result of falls. It is important to quickly provide immediate first aid to prevent further injuries.



## What Are The Signs and Symptoms of a Wrist Fracture?

- Pain at the affected area
- Swelling and bruising
- Tenderness
- Obvious deformity

A **splint** keeps your injured body part still while protecting it from further injury.



## What Can You Do With a First Aid Kit?



### Step 1

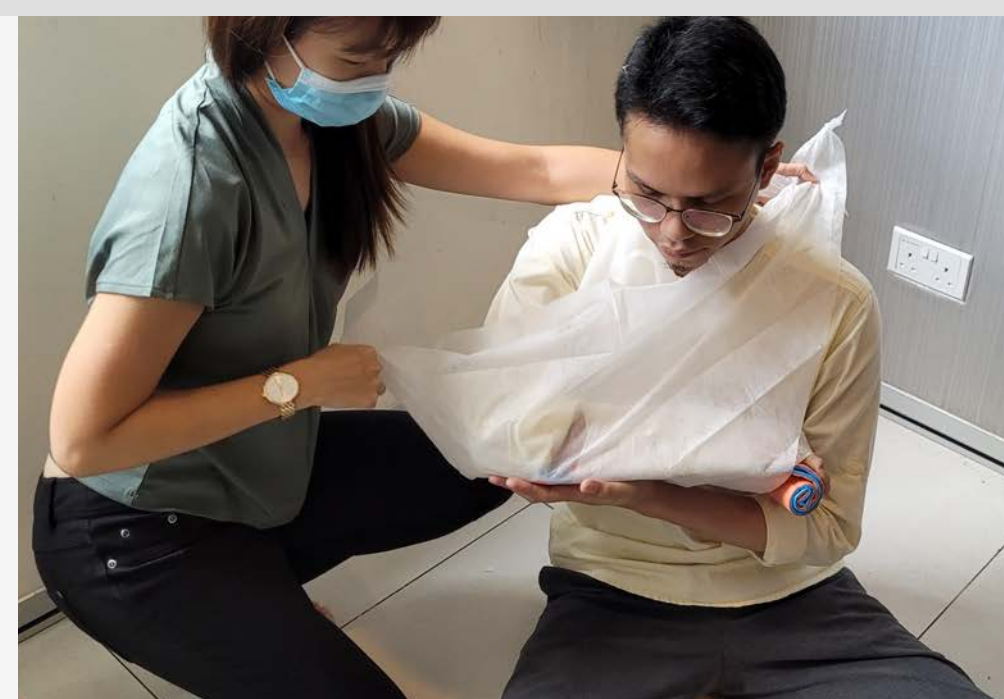
Prepare these items from your first aid kit:

- Crepe bandage
- Triangular bandage
- Splint
- Surgical tape



### Step 2

- Place the injured wrist over the splint and have the injured person support it underneath with his or her free hand.
- Wrap the crepe bandage around the wrist and splint.
- The crepe bandage comes with a clip fastener to attach to the loose end of the wrap to secure the bandage in place.
- You can also use a surgical tape in place of the clip fasteners.



### Step 3

- Have the person hold the injured wrist close to the chest.
- Slide one end of the triangular bandage under and over the person's shoulder.
- With the other end of the bandage resting on the other shoulder, tie a secure knot behind the neck.



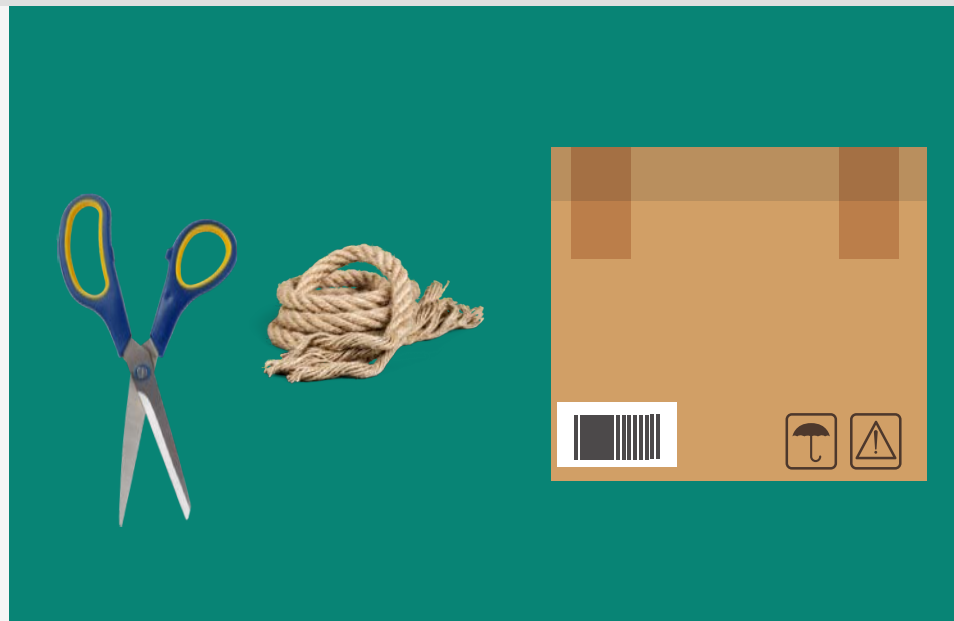
### Step 4

- Twist and tuck the loose end of the bandage at the elbow.
- Seek further medical attention as soon as possible.
- A medical specialist will advise if further scans and treatments are required.



# Wrist Fractures

## What Can You Do Without a First Aid Kit?



### Step 1

Prepare 3 common household items to create an improvised splint:

- Scissors
- Rope or string
- Hard cardboard



### Step 2

- Place the cardboard under the wrist to act as a splint and tie two pieces of rope around the hand and cardboard splint.
- Ensure that the splint is secured.



### Step 3

- Take a cloth or jacket and tie both ends behind the neck of the injured person. This creates a secure support for the injured wrist.
- A good splint bandaging should not be too tight.



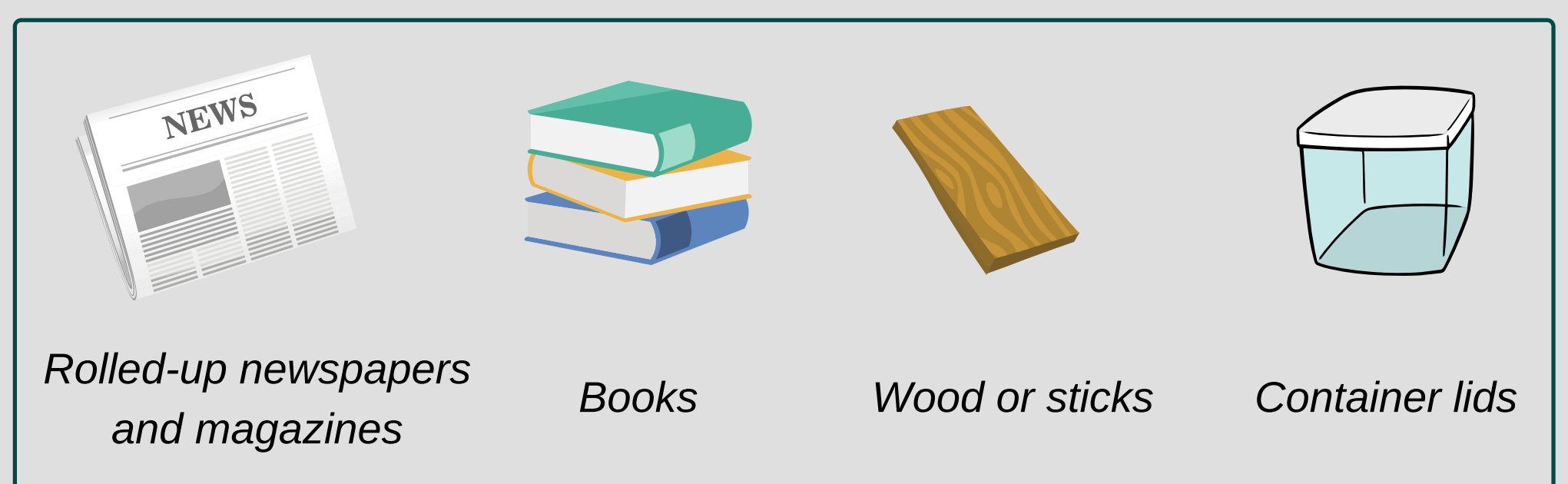
### Step 4

- Seek further medical attention as soon as possible.
- A medical specialist will advise if further scans and treatments are required.

## What Makes a Good Improvised Splint?

Any material that:

- Provides a firm support to keep the injured body part still
- Is lightweight
- Allows you to check on the injury condition
- Helps to cushion and protect from the cold (if outdoors)





# Hip Fractures

Hip fractures are also common consequences of a fall. This causes a break in the upper part of your thigh bone and can be severe and life-threatening. Most hip injuries usually require surgery and long-term physiotherapy.

It is important to take preventive measures to prevent falls, e.g. avoiding wet floors and slippery carpets.



## What Are The Signs and Symptoms of a Hip Fracture?

- Unable to move your injured leg
- Extreme pain
- Bruising or swelling
- Fractured bone may stick out of the skin



### Step 1

- Lie the injured person down.
- Do not move or straighten the injured hip and leg.



### Step 2

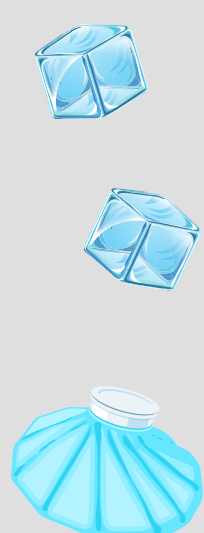
- Call 995 (Singapore Civil Defence Force (SCDF) Ambulance Hotline) for help.
- Check for other injuries and responsiveness of the injured person until paramedics arrive.

## True or False?

"To reduce pain and swelling, I can apply ice to the injury."

**Answer: True!**

Wrap the ice pack in a cloth or towel before applying on the injury to keep the splint dry.



"If he or she can move the injured wrist, it is not broken."

**Answer: False!**

Movement is not a good indicator of a fracture. Seek further medical attention where a medical specialist can advise if further scans and treatments are required.





# First Aid On the Go

## A Quick Guide to Stopping The Bleed

Note: If you have suffered a traumatic injury, this brochure serves as a short and simple guide to help you manage your condition while waiting for professional help.





# Bleeding Injuries

You may suffer from bleeding injuries due to accidents at home or outdoors. Common weapons include blunt or sharp objects such as knives, hammers or poles.

Uncontrolled and excessive bleeding can be fatal and it is crucial to react quickly by seeking help and applying first aid.



## What Can You Do Without a First Aid Kit?



### Step 1

- In the event of a severe penetrating injury, shout for help. Do not attempt to take down the attacker on your own as he or she may be armed.
- Lay the injured person down at a safe area to assess the extent of the injury.
- Do not pull out the weapon as this may worsen the injury.



### Step 2

- Call 995.
- Using a clean cloth of towel, apply constant and direct pressure on the wound.
- It is important to take precautions to protect yourself against blood or bodily fluids. If there is any contact or splash, wash with water immediately.



### Step 3

- Keep the wound covered as exposing it may risk infection.
- Reassure the injured person until paramedics arrive.



### When Do You Call 995?

- During **life-threatening cases** such as cardiac arrest, active seizures, breathlessness, major traumas and stroke, fractures, severe allergy, head injury, severe asthma, emergency labour, cut with bleeding and accident with bruising and swelling.

### When Do You Call 1-777?

- During **non-emergencies** such as diarrhea, constipation, chronic cough and skin rash. Seek treatment from your nearest clinic.



# Bleeding Injuries

## What Can You Do With a First Aid Kit?



### Step 1

- Use sterile absorbent gauze pads on the bleeding injury.
- Apply one or two more gauze pads if necessary.



### Step 2

- With a crepe bandage, wrap around the gauze pads and injury diagonally in a figure-eight pattern.
- The wrap should be comfortable but not too tight as this might cut off blood circulation.



### Step 3

- The crepe bandage comes with a clip fastener to attach to the loose end of the wrap to secure the bandage in place.
- You can also use a surgical tape in place of the clip fasteners.



### Step 4

- Seek further medical attention as soon as possible.
- Meanwhile, try to keep the bandage clean and dry to prevent further infection.

## True or False?

**"I can just apply direct pressure on a rapidly bleeding wound using my hands."**

**Answer: True!**

It would be better to apply direct pressure with a sterile gauze or clean towel to prevent further damage to the injury.



**"It looks like the wound is not bleeding much, it does not require first aid."**

**Answer: False!**

Slow but persistent bleeding can lead to extensive blood loss over time. This is especially dangerous when the injured person is unable to assess his or her injuries and perform first aid alone.



# Watch Our Demonstration Videos

## FIRST AID ON THE GO: STOP THE BLEED



What can you do when there is bleeding from a penetrating injury? Learn how to stop the bleed effectively during an emergency situation.

## FIRST AID ON THE GO: FRACTURES



Learn how to perform a proper and improvised splint and bandaging for wrist and hip fractures, two of the most common traumatic injuries from falls.

## Get In Touch



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*"The fate of the wounded rests in the hands of the one who applies the first dressing."*

*- Nicholas Sean, MD (1844 - 1908)*

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