FRACTURES, DISLOCATIONS, SPRAINS OR STRAINS

Treat all injured parts as if they could be fractured.

Symptoms may include:
- Pain in one area.
- Swelling.
- Feeling "heat" in injured area.
- Discoloration/Bruising.
- Limited movement.
- Bent or deformed bone.
- Numbness or loss of sensation.

- Is the bone deformed or bent in an unusual way?
- Is skin broken over possible fracture? (if yes, also see **BLEEDING** protocol)
- Is bone sticking through skin? (if yes also see **BLEEDING** protocol)

YES → **CALL EMS/911**

NO →

- Rest injured part by not allowing student to put weight on it or use it.
- Gently support and elevate injured part if possible.
- Apply ice, covered with a cloth or paper towel for up to 20 minutes, to minimize swelling.
- Allow the student to rest for up to 30 minutes while ensuring adult supervision.

After period of rest, recheck the injury:
- Is pain gone?
- Can student move or put weight on injured part without discomfort?
- Is numbness/tingling gone?
- Has sensation returned to injured area?

YES →

- If possible, do not move the student.
- Leave student in a position of comfort.
- Gently cover broken skin with a clean bandage.
- **Do NOT** move injured part.

Contact responsible school authority & parent/guardian.

If discomfort is gone after period of rest, allow student to return to class.

NO →

Contact responsible school authority & parent/guardian. **URGE MEDICAL CARE.**

- If unable to reach parent/guardian, allow student to rest with adult supervision.
- If pain becomes severe, **CALL EMS/911.**

Document care provided.