

FIRST AID AND EMERGENCIES.

- Bruises - cause, symptoms, treatment,
- Strains - Overstretched muscle - treatment
- Sprains - Injuries to joint - treatment
- Dislocations - Head of bone slips out of socket

Dislocations:

Are injuries of joints due to head of the bone slipping out of the socket? A dislocation cannot occur without tearing the ligaments which hold the joint close, except in cases where dislocations have occurred before. After a dislocation the ligaments stretch and do not cause any injury to the ligaments.

Half of all dislocations are the shoulder and hip joints, the rest are the jaw and the fingers. The cause of dislocations are either a fall or blow or the result of a violent muscular exertion.

The symptoms are deformity, limited movement, pain, swelling, shock.

Treatment for first aider is to reduce dislocation if possible, if not reduced apply hot or cold compresses to reduce swelling and relieve pain.

- Dislocation of the jaw - how to reduce.
- " " " fingers - how to reduce.
- " " " shoulder - how to reduce.

Fractures:

When a bone is broken, the injury is called a fracture. In adult and old age the bones of the body become quite brittle 2/3 of fractures are of the limbs. Two kinds of fracture.

1. Simple -
When bone is broken and skin is not pierced.
2. Compound
When bone protrudes through the skin causing a wound.

Symptoms of a Simple Fracture.

1. Pain at the fracture point.
2. Tenderness and loss of function.
3. Deformity
4. When the limb is moved there is a grating sound.
5. Move as little as possible if you know the bone is fractured so as not to increase injury.

FIRST AID TREATMENT.

1. Treat patient for shock.
2. If necessary to move patient to a doctor make a splint to support the broken bone.
3. If fracture is compound remove clothing around wound. Treat wound with antiseptic or surgically clean dressing. Never move a fracture patient until the splint holds the limb inert.

plaster, will splint to as limb is broken, pain, swelling, deformity, shock, loss of function, grating sound, move as little as possible, never move until splint holds limb inert.

Best material: Brown knuckle, rubber, heavy

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Special fractures.

1. Arm.
Straighten arm and apply splint on inside from fingers to arm-pi and the outside splint from shoulder to finger tip.
Support splint with sling.
If forearm is broken apply splint from elbow to finger tip.
2. Broken Wrist.
Usually wrist fracture is impacted. Great deformity. Put in splint to elbow and leave all for the doctor.
3. Broken fingers.
Straighten fingers - place in splint and put hand in sling.
4. Crushed hand or foot.
If many bones are crushed from weight there is much pain and considerable swelling.
To hand - apply splint to middle of forearm seeing that the splint is as wide as the hand.
To foot - Remove shoe. Place splint on sole of foot from heel to toe - hold in place with figure eight bandage.
Elevate foot to relieve pain.
5. Lower leg:
Get a pillow or sack filled with straw, or blanket rolled on sticks to make a trough - place leg on it. Hold in natural position, toes up. If patient is to be moved apply splints on each side from foot to hip.
6. Fracture of thigh.
Hard to determine. Hold immovable with splint from ankle to armpit - wrap in bandage. Inside splint from crotch to foot.
7. Broken Knee-cap.
Straighten leg. Apply splint from middle of thigh to middle of lower leg. Bandage above and below knee but not on knee.
8. Collar-bone.
Make pads from handkerchiefs and place in arm-pit of injured side. Place arm in sling with forearm at right angle to upper arm. Bandage around body at elbow - this forces upper end of humerus out and prevents clavicle from overlapping.
9. Broken Ribs.
Symptoms.
 1. Sharp pain in drawing breath.
 2. Breath short and fast.

Tie triangular bandage, towel or roller bandage firmly around chest to limit chest movement.
10. Skull fracture.
Symptoms.
 1. patient is unconscious.
 2. Discharge of blood from ears, nose and mouth.
Lie patient down, with head elevated, keep very quiet.
Treat for shock and do not give stimulents.