Injury Care Techniques
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Lessons
1. Dressings and Bandages
2. Slings and Splints
3. Crutches
Lesson 1 – Dressings

A dressing is a sterile covering for a wound or injury.

Dressings are used to:
- stop bleeding
- prevent infection
- absorb secretions
- treat pain

Gauze pads are the most common materials used for dressings. However, in an emergency situation, any clean cloth can be used.
A bandage is material used to secure dressings and splints.

Tight enough to control bleeding and to hold dressings, but do not interrupt blood circulation.

Three popular types of bandages are:
- Triangular
- Roller gauze
- Elastic
The triangular bandage is a triangular shape of cloth. It is often used for:
- Head and scalp injuries
- To create slings for shoulder, arm, wrist, and hand injuries

Triangular bandages can also be folded into cravats, which is a long strip of bandage folded to the proper width according to the injury.
Lesson 1 – Elastic and Roller Gauze Bandages

- Secure dressings and support injured areas.
- Elastic bandages stretch and mold to the body.
- Elasticity makes it easy to wrap an injury too tightly.
Lesson 2 – Splints

- Rigid device that supports and immobilizes
- Can be created using anything that will support the injured area.
- Do not apply a splint if professional medical help is on the way.
Lesson 2– Slings

- Keeps hand, forearm, arm, or shoulder immobilized
- In combination with a cast or used in place of a cast or splint
- Can be created using a triangular bandage.
Lesson 3– Crutches

- Help a patient ambulate
- Used when unable to put weight on an injured or impaired leg, knee, ankle or foot.
- Proper fit and use are important
Lesson 3– Types of Crutches

- Axillary crutches
- Forearm crutches
- Platform crutches
Lesson 3 – Adjusting Crutches

- Crutches must fit patients correctly.
Lesson 3– Crutch Gaits

- There are several types of crutch gaits.
  - Four-point
  - Three-point
  - Two-point
  - Swing-to
  - Swing-through