Unit 7 – INJURY MANAGEMENT
Control Bleeding and Splinting Lab

Control Bleeding

Step 1: Apply direct pressure
Step 2: Apply pressure bandage
Step 3: Check circulation distal to injury

Pair up with class mates and practice bleeding control on the following areas:
- Control bleeding to a wound on the calf muscle.
- Control bleeding to a wound on the shoulder.
- Control bleeding to a wound on the scalp/face

Splinting

There are several types of splints that can be used to immobilize an unstable body area. The circumstances and resources will greatly influence the type of splint you use. The guidelines for splinting apply to all types of splints.

Step 1: Splint in position found
Step 2: Splint above and below injured area
Step 3: Splint should be snug and secure, but does not impede circulation
Step 4: Check circulation after application

Types of Splints

- Air splint- clear plastic zip-on splints that are orally inflated. This device immobilizes fractures with the inflatable cylinder which becomes rigid when filled with air. Comes in different sizes for different extremities. Air splints are cost effective and easy to use.
• Vacuum splints - hand held splint that conforms to any injury, provides excellent support while placing no pressure on injury. After the splint has been sized and positioned, a vacuum is produced by using the hand held pump and the splint becomes very rigid. Vacuum splints are very effective in immobilizing injured areas, and are easy to use, but are expensive.

• Traction Splints - this type of splint is used to immobilize femur fractures. Training is required to be able to apply safely.

• Sam Splint - an aluminum splint that can be unrolled and folded into curves to become rigid. Small enough to fit in a first aid kit is lightweight, and highly versatile. Great for forearm, wrist and lower leg immobilization.
• Rigid splint- splint made from any durable resource, such as a book, magazine, newspaper, stick…. Secure splint above and below injury then secure with cravats or roller bandages. Works best with forearm, wrist, and lower leg injuries.

• Soft splint- splint is made of blankets, pillows, jackets….. Secure splint above and below injury and secure with cravats or roller bandages. Works best for ankle injuries.

• Anatomical splint- this type of splint is made by using another body part as the splint. Buddy taping one finger to the next is an example, as well as securing one leg to another.
Sling- slings are used to immobilize the shoulder, forearm and wrist injuries. A commercial sling can be used or one can be made from a cravate (triangle bandage).

Step 1: Place triangular bandage between forearm and chest with point toward elbow.
Step 2: Stretch bandage beyond elbow.
Step 3: Pull upper end of bandage over uninjured shoulder.
Step 4: Bring lower end of bandage over forearm.
Step 5: Bring end of bandage around neck to uninjured side.
Step 6: Tie other end at hollow above clavicle on uninjured side.
Step 7: Place swathe around upper arm and body.
Step 8: Place padding underneath both knots.
Step 9: Adjust sling to support hand and wrist.

LAB : Get in pairs and practice splinting for the following situations:

1. Air splint- ankle
2. Vacuum splint- humerus
3. Sam splint- forearm
4. Hard splint- lower leg
5. Soft splint- ankle
6. Anatomical splint- femur
7. Sling- dislocated shoulder