



## What would you do if you were the first on the scene?



With our ***Don't be a First Aid Dummy! Quiz***, each month, we'll take you through an emergency situation where you'll be put on the frontline. Test your knowledge or brush up on your skills with our short, serious but fun first aid quiz. It might not only improve first aid outcomes but help save lives.

Want to get the monthly quiz email? Just [click here](#) to join!

### this month: **Fracture**

#### What would you do if...?

Sarah loves to cook. She decides to bake some biscuits for the school fete being held next Saturday. She gets to work, with flour, food colouring and chocolate buttons. Sarah does not notice a dob of butter fall to the floor.

Sarah moves towards the oven with a fresh batch of biscuits and slips on the butter. She falls to the floor, biscuits spreading across the floor. Sarah lands on her left arm and hears a crack as she hits the ground. Sarah immediately feels a great deal of pain.

She calls out to her husband Jake who is in the next room. What should Jake do?

**Correct**

a. Splint the arm and seek medical attention.

Check for any bleeding and cover the wound if there is any. Ask the patient not to move the injured limb.

Read the correct answer in full [below](#)

**Incorrect**

b. Move the arm around in all directions and see where it bends.

This is incorrect as moving a limb with a possible fracture could cause severe pain as well as causing further damage. If the bone is fractured, any unnecessary movement could damage nerves and blood vessels.

**Incorrect**

c. Give them a strong alcoholic drink to take away the pain.

This is incorrect as alcohol should not be given to a person who is injured. It can interfere with medications that may be given by a Medical Practitioner. Alcohol also impedes the healing process.

## Incorrect

d. Put a tourniquet on the arm.

This is incorrect because a tourniquet is only to be used for catastrophic uncontrolled bleeding. A tourniquet would cause severe pain to the injured person and most likely inflict further damage to the limb.

### Correct answer in full:

Check for any bleeding and cover the wound if there is any. Ask the patient not to move the injured limb.

Use a splint to immobilise the limb at the joints above and below the injury as long as the patient is comfortable for you to do so. Secure using broad bandages or triangular bandages, with padding for comfort. Check the circulation of the limb below the injury.

Seek medical attention.



### Fractures and your First Aid Kit

What would you use from your kit?

Triangular bandages, Sam splint, Combines or similar for padding would be necessary in this situation. If you don't have these items in your kit, stop by our [retail locations](#) and keep your kit up-to-date!



### Fractures and First Aid Training

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- About Us
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- Privacy
- Sitemap
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