Firstaidpro

Do's & Don'ts for Fractures

Signs & Symptoms to Spot it Fast

KNOW THE INJURY

FRACTURE = BROKEN BONE

A bone has cracked or snapped. It can be partial (cracked) or complete (broken in two).
Open fracture: Bone breaks through the skin. **Closed fracture:** Skin is not broken — but it still hurts. A lot.

YOUR 6-STEP ACTION PLAN

1. CALL 000 NOW
2. KEEP THEM STILL
3. SUPPORT THE INJURY
4. STOP ANY BLEEDING
5. SPLINT IT
6. ICE + MONITOR

If you're not sure if it's a fracture or dislocation — treat it like a fracture.

HOW TO BUILD AN EMERGENCY SPLINT

Use this when: ✓ Help is a long way away.
✓ Need to move to safety.

- **Splint if help is delayed**
- **Use firm items and pad first**
- **Secure above and below injury**
- **Check circulation**
- **Tell paramedics when splinted**

WATCH FOR SHOCK

- Watch for pale skin, dizziness, or nausea
- Keep them warm and lying down
- No food or water
- Stay calm and reassure them

SPOT IT FAST SIGNS & SYMPTOMS

- Pain, swelling, or bruising
- Deformity or inability to move the limb
- Bone through skin or numbness
- Snap/crack sound at injury
- Pale or blue fingers/toes below injury

Based on ANZCOR Guidelines anzcor.org | Australian and New Zealand Committee on Resuscitation Guidelines are subject to update. Always verify currency at anzcor.org

Emergency: 000 (AU) | 111 (NZ)
This poster is a quick reference guide only. Attend a certified first aid course for full training.