

# Preventing Strains and Sprains Infographic



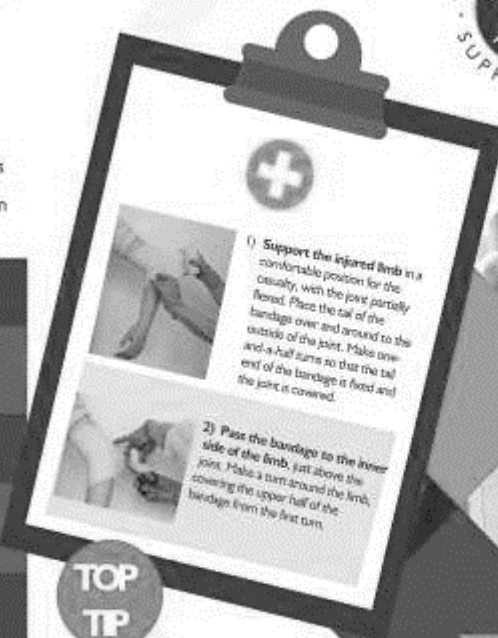
## HOW TO SUPPORT A STRAIN OR SPRAIN.

### Workplace accident tips: bandages

Roller bandages can be used on elbows and knees to support soft tissue such as strains or sprains. Work from the inside to the outside of the upper surface of the joint. Extend the bandaging far enough on either side of the joint to exert an even pressure.

#### FIRST AID STEPS:

- 01** Support the injured limb in a comfortable position for the casualty, with the joint partially flexed. Place the tail of the bandage over and around to the outside of the joint. Make one-and-a-half turns so that the tail end of the bandage is fixed and the joint is covered.
- 02** Pass the bandage to the inner side of the limb, just above the joint. Make a turn around the limb, covering the upper half of the bandage from the first turn.
- 03** Pass the bandage from the inner side of the upper limb to just below the joint. Make one diagonal turn below the elbow joint to cover the lower half of the bandaging from the first straight turn.
- 04** Continue to bandage diagonally above and below the joint in a figure-of-eight. Increase the bandaged area by covering about two-thirds of the previous turn with each new layer of bandage.
- 05** To finish bandaging the joint, make two straight turns around the limb, then secure the end of the bandage. Check the circulation beyond the bandage as soon as you have finished, then recheck every ten minutes. If necessary unroll the bandage and reapply more loosely.



#### TOP TIP

To ensure that there is effective support, flex the joint slightly, then apply the bandage in figure-of-eight turns rather than the standard spiralling turns.

Source: <https://www.firstaid.org.uk>