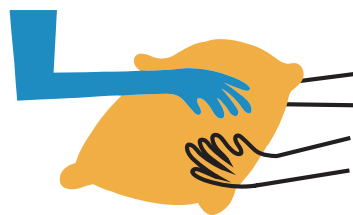


Helping someone who has a

broken bone



Key action:
Keep the injury still and supported.



Recognise what to do:

The person has pain, bruising or swelling or they are lying in an unnatural position, following a fall or a blow from an object.

Steps to take:

Support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.

As soon as possible, call 999 or get someone else to do it.

Continue supporting the injury until help arrives.

Supporting knowledge:

Supporting the injury may relieve pain and prevent further injury.