

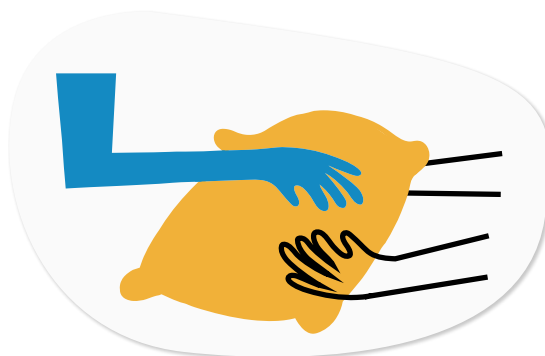
How can you help someone who may have a

broken bone



Key action:

Keep it still



How do you know they might have a broken bone?

They may have fallen or been hit by an object.

They might be in a lot of pain.

They could have swelling and bruising, or be in a strange position.



How to help

- 1 Keep it still and supported. You can use a cushion, clothes or your hand.



- 2 Tell an adult.