



Helping someone who has a

strain or sprain

Key action:
Apply an ice pack to the injury.



Recognise what to do:

There has been a sudden movement to a part of the body.

The person has pain, swelling or bruising around a joint or muscle.

Steps to take:

Apply an ice pack to the injury for up to ten minutes.

Get them to rest the injured part of the body.

If there is no improvement seek medical advice.

Supporting knowledge:

Applying something cold, such as frozen vegetables wrapped in a cloth will help to reduce pain and swelling.