

Preparation for emergency

14 Do you know how to treat fractures, sprains and electrical shock?

Fractures

Stabilize the fractured bony part and the upper and lower parts of joint not to move the wounded area with something such as wooden splint (place a cloth between the person and the wooden splint) , then seek medical treatment from doctor.

Do not try to move the bone back into place.

If the person has external injuries, do first-aid on the wounded area first with paying attention not to move the fracture site. (There is a high chance of infection.)

When you transport the person, be very careful not to move the fracture site.

In the injury involves fractured rib, since the person will have a lot of pain when breathing deeply it would be a good idea to place him/her in a seated position on something such as Futon.

If the person has a hole in his/her chest, cover it with clean gauze.

In the injury involves spinal cord or pelvis, transport the person being careful not to move the fracture site.

In the case of the collarbone, use one sling to suspend the forearm from his/her neck and stabilize the upper arm and chest with another sling.

Sprains and dislocations

Apply a cold compress and stabilize the wounded area with wooden splint and elastic bandage.

If there is swelling, go to see a doctor (medical specialist in the surgery) as a general rule.

Electrical shock

Cut off the electrical current by turning off the power.

If it is impossible to do so, the rescuer should try to keep the person away from the source of the electrical shock using a dry pole, clothes, or poor conductor gloves (it conducts slight electricity) so as not to receive an electrical shock as well.

If the person is suffering from respiratory arrest or has shallow breathing, call an ambulance with providing rescue breathing.

Any wounds should be treated the same way as for burns, which is to keep the person warm and inactive.