Fractures

Definition:

Bone fracture is a break or crack rupture in the bone.

It can be the result of an external blow or the result of a medical condition that weakens the bones.

It is not easy to differentiate among bone, joint or muscle damages; therefore, we should treat the injury as a broken bone.

Treatment:

If you suspect a broken bone:

• Support the extremities.

• Keep the injured person in his/her initial position.

• Protect and support the injury by using blankets, clothes or anything available.

• Evaluate the severity and the site of the injury or wound.

• In case of arm injury, you may be able to drive him/her yourself to the nearest hospital. If you think there is a leg, spine or neck injury, you should ask for help by calling the Red Cross 140.

• Search for signs of shock like pale color, cold and blue skin, tachycardia, fast respiration, gasping or cold sweating, you should lay the injured person down and elevate his/her legs. Make sure you keep him/her warm at all times.

• Call for medical help.