



Broken or severed limbs

Following are a number of ways you can assist a person with a broken or severed limb.



For all medical emergencies dial 000 immediately and ask for Ambulance

WHAT TO DO IF CONFRONTED WITH A BROKEN OR SEVERED LIMB

- > Dial 000 immediately and ask for Ambulance.
- > If the limb is severed, or there is an open wound cover with a moistened sterile dressing. If profuse bleeding occurs, apply heavy pressure. Do not remove the dressing to check if the bleeding has stopped.
- > If possible, place the severed limb in a sealed plastic bag and then place the bag in very cold water.
- > Never put a severed limb directly on ice as this kills the tissues.

- > Move the injured limb as little as possible.
- > Cover the person with a blanket to keep them warm.
- > Talk to the person and let them know what you are doing and what's happening.
- > Never try to remove an impaled object.

It is normal for a patient to feel nauseous or to vomit. The patient may also be sweaty, pale and even pass out due to the pain.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill.

To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: