

## Bone Injury

**Note** If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

- Look for**
- ☎ Bone visible in wound, bleeding
  - ☎ Misshapen body part, shortened limb
  - Inability or refusal to move body part or to walk
  - Swelling
  - Pale skin color around injury site

- Listen for** *statements about*
- Hit by, ran into object
  - Fell
  - Heard something pop
  - Sharp pain or ache in one spot
  - Unable to move without pain

- Action**
1. **Do not** move student **if**:
    - You suspect head, neck, back, leg, hip, knee, or upper body fracture.
    - You see a bone in the wound or signs of severe pain or shock.

The **rare exception** would be for concerns of environmental safety. (If you must move the student, support the head and neck and move in the lengthwise direction of the body without bending spine.)
  2. If severe bleeding present, apply (using gloves) direct pressure to wound.
  3. Gently cover open wound(s) with clean dressing.
  4. Support injured limb in the position found.
  5. Use padding to fill spaces around the limb to provide comfort and support.
  6. Apply an ice pack for up to 20 minutes to reduce pain and swelling.
    - An ice/water mix works best; place thin cloth between ice pack and bare skin.

***Bone Injury information  
is continued on the next page***

***Always follow school district policy when providing first aid or emergency care.***

## Bone Injury *(continued)*

7. Allow student to remain in position of comfort.
8. For suspected broken jaw, gently apply cold compress or ice to the involved area. Have student assume position of comfort, sitting with head a little forward. Provide cup to spit into if needed.
  - **Do not** try to move jaw
9. Keep student lying down/in position of comfort.
10. Watch for signs of shock.
11. **Do not** move, straighten injured part, or give anything by mouth.

## Bone Injury (Problems with Splints/Casts)

- Look for**
- Cast, splints
  - Swollen, discolored fingers/toes

- Feel for**
- Cold fingers, toes
  - Absent pulse/circulation

- Listen for** *statements about*
- Pain
  - Tingling, burning
  - Numbness, tightness

- Action**
1. Call school nurse and parent. If a nurse is unavailable, share with parent the need for immediate medical attention.
  2. Encourage student to elevate casted or splinted limb above level of heart.