

ON-SITE

First Aid & CPR Training Group

sprains and strains

Sprains and strains refer to painful stretching or tearing of tissues between bones and muscles, but these injuries are typically not serious and can be treated with a little RICE (more on that in a minute) and lots of TLC. We are especially prone to sprains and strains in the winter time when involved in activities like skating, skiing or snowboarding for the first time in a long time and doing so without adequately warming up our muscles.

Common Causes (as per LSS):

- Not warming up before physical activity
- Poor body mechanics during exercise or while lifting
- Sudden movements
- Repetitive, long-term overuse



Treatment (RICE):

REST – Help the victim into a comfortable seated position.

IMMOBILIZE – Immobilize the injury where it happens. Do NOT move the affected area.

COLD – Apply an ice pack wrapped in cloth to reduce swelling and promote circulation to the affected area.

ELEVATE – Elevate only if it makes the victim feel more comfortable.

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



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