

**Step 1 is 911: Broken Bones**

**1** If someone close to you has a broken or fractured bone, the first step is to call 911 for professional emergency services. While you wait for help to arrive, you can decrease pain and prevent more damage. Here are some additional steps for helping someone with a broken bone.

**2** Make sure the person is stable. Moving an injured person may make the problem worse. Help settle the injured person as soon as possible. They should be still and calm while waiting for professional help.

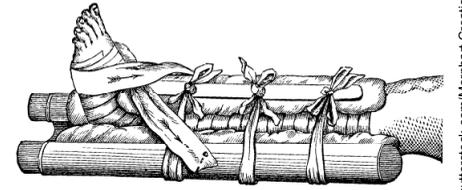
**3** Stop any bleeding. If the injury has an open wound, it is important to stop the bleeding as quickly as you can. Apply gentle pressure with a sterile bandage or a clean cloth, towel, or shirt. To prevent infection, use the cleanest material you can locate. Use whatever you can find to stop the bleeding as soon as possible.

**4** Next, immobilize the broken bone. Do not try to realign or pop a bone back into place. This will hurt and could possibly cause even more damage. You can make a simple splint to keep the bone from moving. Find a hard object that is about the same size as the broken bone. See the chart of common items that you can use for splints.

<b>Broken Bone</b>	<b>Possible Splint</b>
Upper Leg	Splint broken leg to good leg
Lower Leg	Rolled-up newspaper, broom handle, baseball bat, toy sword
Feet	Rolled-up newspaper or magazine
Arms	Rolled-up newspaper, stick, umbrella
Hands	Small board, book, picture in a frame
Fingers	Splint broken finger or toe to adjacent finger or toe
Back or Neck	Do NOT attempt to splint a back or neck injury. NEVER move a person with a broken back or neck.

**5** Again, do not try to realign the bone when splinting. In emergency situations, bones should be splinted in the position in which they are found. Once you have found a good object for the splint, wrap the broken bone securely to the object. You can use

belts, ties, stockings, or ripped shirt sleeves to secure the splint. Make your ties above and below the injury to avoid further pain. Do not over-tighten; you do not want to cut off the circulation of blood. The goal is to stabilize the bone so that the injured person cannot move it or worsen the damage.



Lower Leg Splint

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**6** Once you have splinted the bone, try to make the injured person more comfortable. Ice can reduce swelling and ease pain. Wrap ice in a towel or put some ice cubes in a clean sock. Gently apply the ice pack to the wounded area.

**7** The final step while waiting for emergency personnel is to check the injured person for shock. Shock is a very serious medical condition that can occur when the body experiences extreme pain or trauma. It is the result of insufficient blood flow and can potentially be life-threatening. Symptoms of shock include:

- Weakness
- Difficulty breathing
- Bluish lips
- Dizziness or vomiting
- Fainting
- Cold, clammy skin
- Rapid, shallow breathing

**8** If you suspect that the injured person may be experiencing shock, have the person lie down with the head flat and the feet raised. If the person cannot do this because it causes too much pain to the injury, then do your best to keep the person warm and comfortable while waiting for more help to arrive.

**9** If you are not a medically trained professional, you should not attempt emergency services that may cause even more pain and injury. However, knowing basic emergency skills can help you assist an injured person until professionals arrive. Remember, Step 1 is always 911!

**1** Which word from paragraph 2 does NOT help the reader understand the meaning of the word stable?

- A** professional
- B** settle
- C** calm
- D** still

2B

**2** What is the first step in helping someone with a broken bone?

- F** Make the person as calm and comfortable as possible.
- G** Stop the bleeding.
- H** Make sure the person is stable.
- J** Call 911.

13A