



# 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 Triple Zero (000) immediately and ask for Ambulance**

## **WHAT TO DO IF CONFRONTED WITH A BROKEN OR SEVERED LIMB**

- > Dial Triple Zero (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 direct and firm pressure over the bleeding site. 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.
- > Minimise movement of the injured limb as far as possible.
  - > Keep the person still and if possible immobilise or splint the limb.
  - > 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:**