

M10: Treat a Fracture and a Burn

Based on:

081-831-1034-Perform First Aid for a Suspected Fracture

081-COM-1007-Perform Casualty Burn Care

Task: Perform first aid for a fracture and a burn.

Condition: You are a member of a team on a combat patrol. You witness an Improvised Explosive Device (IED) throw several teammates to the ground. You are assisting medics with triage and treatment. You are behind cover, not under hostile fire, and security has been established. The medic directed you to treat the casualty's (Grader states extremity) closed fracture and burn to (Grader states location of burn injury). You have a Combat Lifesaver (CLS) bag, are not in a CBRNE environment, and the conscious casualty is sitting up.

Standard: Perform all tasks to standard, in sequence, within five minutes, without causing further injury.

Station Requirements: A simulated casualty; either an actual Soldier or mannequin (with all extremities) with a clearly visible simulated fracture to an extremity and a burn injury. Casualty will be in a full combat uniform per Unit SOP, including weapon and a fully packed Improved First Aid Kit (IFAK). Casualty will be seated on ground where Candidate will apply aid. CLS bag including all bandages/dressings/splints/materials needed to improvise if required. All Candidates must be provided the same splint/sling/swathe supplies; the Graders can provide all options or select one.

1. Reassure casualty and explain the process of treating the fracture, loosen tight/binding clothing, and remove jewelry from limb, placing in casualty's pocket.
2. Check for signs of circulation problems below injury. **Grader prompts.** Check light-skinned persons for skin color (pale, white, or bluish gray). Check dark-skinned persons by depressing toenail or fingernail beds and seeing how fast the color returns. A slower return of color to the injured side indicates a circulation problem. Feel injured arm or leg to see if it is colder than the uninjured one. Ask about presence of numbness, tightness, or cold sensation.
3. Splint-improvised or SAM splint (**Grader choice.**) SAM splints do not require padding (no femur fractures). Improvised splints are made from two rigid objects. Use improvised materials to secure the rigid objects/keep fracture immobilized. Use improvised materials to pad the splints. If splinting materials are not available, use the chest wall to immobilize a suspected fracture of the arm and the uninjured leg to immobilize the fractured leg.
 - a. As a rule, splint fracture in position found. If no circulation below fracture site or limb is grossly angulated/you cannot effectively splint it, you may need to gently realign it. **Grader prompt.** With one hand supporting fracture site, use other to grasp part of limb farthest from fracture and gently pull traction.
 - b. Ensure ends of splints do not press against groin. Pressure could interfere with blood circulation.
 - c. Place one splint on each side of arm/leg and pad appropriately. Make sure splints reach beyond joints above and below fracture. A single SAM splint may be used for small fractures such as wrist.
 - d. Tie nonslip knots on splint with improvised or actual cravats. Do not tie cravats directly over the fracture. Gently place at least two cravats above and two cravats below the fracture if possible.
 - e. Check splint for tightness. Make sure cravats are tight enough to hold splinting materials securely in place. Recheck circulation below injury to make sure that circulation is not impaired. Make any adjustments to improve circulation without allowing splint to become ineffective.
4. Sling-actual or improvised (**Grader choice.**) Make an improvised sling from non-stretching material.
 - a. Ensure supporting pressure is on uninjured side and hand of supported arm is slightly higher than elbow.
 - b. Recheck circulation below the injury to make sure that circulation is not impaired.
 - c. Make any adjustments to improve circulation without allowing the sling to become ineffective.
5. Swathe (**Grader choice.**) Apply when there is a splinted fracture of elbow/leg or when fracture cannot be splinted.
 - a. Place swathes above and/or below the fracture, not over it.
 - b. Apply swathes to arm by wrapping over injured arm, around casualty's back, and under arm on uninjured side. Tie ends on uninjured side.
 - c. Apply swathes to injured leg by wrapping swathes around both legs and tying on uninjured side.
 - d. Recheck circulation below the injury to make sure that circulation is not impaired.

30 August 2023

- e. Make any adjustments to improve circulation without allowing the swathe to become ineffective.
6. Treat burn.
- a. Remove clothing (gently) to expose wound/burn and remove any jewelry from the affected area (if applicable).
 - b. Apply a sterile dressing to the affected area by placing the pad of the dressing directly over the wound with the white side facing downward, wrapping the bandage loosely and securing.