FIRST AID FACT SHEET

Dislocation

A dislocation occurs when one or more bones are displaced at a joint, this is most often at the shoulders, elbow, kneecap or fingers.

What to do
1. Follow DRSABCD St John Action Plan.
2. Assist the casualty to sit or lie down in a comfortable position and reassure.
3. **DO NOT** attempt to put back into position.
4. If injury is to a limb:
   + Check blood flow – if absent move limb gently to try and restore it.
   + Call **Triple Zero (000)** for an ambulance.
   + Apply icepacks if possible, directly over the joint.
   + Rest and support the limb with padding and bandages.
5. Shoulder:
   + Support the casualties arm in position of least discomfort.
6. Wrist:
   + Apply a sling in a position of comfort.

Caused by
+ Sudden impact on the joint.
+ Forceful muscle contraction.

Signs & symptoms
+ Pain at or near the site of injury.
+ Difficult or impossible to move the joint.
+ Loss of power.
+ Deformity or abnormal movement.
+ Tenderness.
+ Swelling.
+ Discoloration and bruising.

In a medical emergency
call **Triple Zero (000)**

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Information provided is as per Australian Resuscitation Council Guidelines. These first aid protocols are for the Australian market only. All care has been taken in preparing this information but St John takes no responsibility for its use. This information is not a substitute for practical first aid training with St John.