

Helping someone who has a:

## Broken bone

Key action:

**Keep the injury still  
and supported.**



### Recognise what to do:

The person has pain, bruising or swelling or they are lying in an unnatural position, following a fall or a blow from an object.

### Steps to take:

Support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.

As soon as possible, call 999 or get someone else to do it.

Continue supporting the injury until help arrives.

### Supporting knowledge:

Supporting the injury may relieve pain and prevent further injury.