

Helping someone who has a:

## Strain or sprain

Key action:

**Apply an ice pack to the injury.**



## Recognise what to do:

There has been a sudden movement to a part of the body.

The person has pain, swelling or bruising around a joint or muscle.

## Steps to take:

Apply an ice pack to the injury for up to ten minutes.

Get them to rest the injured part of the body.

If there is no improvement seek medical advice.

## Supporting knowledge:

Applying something cold, such as frozen vegetables wrapped in a cloth will help to reduce pain and swelling.