

Crush injuries treatment



1. **Introduction**

Botash is nearing the annual shutdown, and all are aware about the recent lost time injury, which happened when a worker's hand was crushed in between a conveyor belt and the discharge plate. This Health topic will address the emergency treatment of this type of injury.

Obviously the first step is to ensure your own and the patients' safety and to attend to the **ABC's**: Airway Breathing and Circulation.

2. **Universal first aid for crush injuries: RICE**

A Mnemonic that can be remembered for the treatment of most injuries including crush injuries is RICE:

R- Restrict movement- Put in a splint.

I -Ice and Ibuprofen (Anti Inflammatory)

C- Compression Apply a pressure bandage, which will help to stop bleeding as well.

E-Elevation- Elevate the injury above heart level.

3. Remembering this simple mnemonic might save somebody's limb.

4. Please Be Safe This Shutdown!

Company Medical Doctor

Date

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