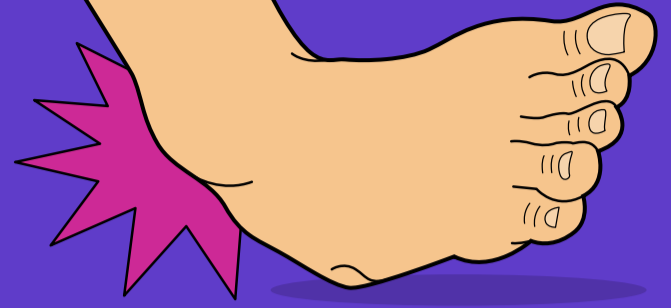
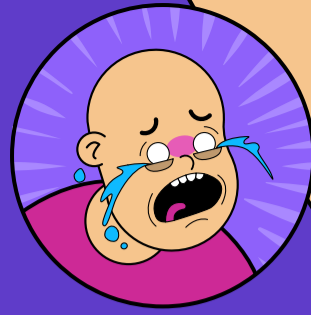




RICER: First Aid for Sprains & Strains



RICER is our initial first aid action plan to manage joint injuries such as sprains and strains. Follow our guide for what to do!

SPRAINS



Sprains occur when a **ligament** supporting a joint is overstretched or torn. They commonly happen in the **ankle, knee, or wrist**.

Signs of sprains:

- Pain
- Swelling
- Bruising

STRAINS



Strains occur when a **tendon or muscle** is overstretched or torn, often as the result of repetitive movement. Strains commonly happen in the **leg, foot, calf, groin, hamstring and back**.

Signs of strains:

- Sudden pain in the affected area
- Loss of power in the affected limb
- The muscle is tender to the touch

THE RICER ACTION PLAN



DO NO HARM



R

Rest - Encourage the casualty to stop any activity and make them comfortable

I

Ice - Apply an ice pack wrapped in cloth to the injured area

C

Compression - Apply an elastic bandage over the injured area

E

Elevate - Elevate the injured area above their heart height

R

Refer - Refer them to a medical professional to have the area looked at

H

Heat - DON'T apply heat to the injury

A

Alcohol - DON'T consume alcohol

R

Running - DON'T run or do any activity that might affect the injury

M

Massage - DON'T massage the injury