

"EMERGENCY IMMOBILIZATIONS USING HORSE RIDING MATERIALS"

Let's know something about immobilizations after fallings ...

Aims of immobilizations:



- Giving stability to the affected area.
- Reducing the pain.
- Avoiding bleeding applying pressure.
- Reducing charge of the affected structures.
- Looking for a comfortable and natural position of the victim.

How can I behave in the face of an accident?

- Convey calm to the victim.
- Call the European emergency number (112)
- Don't move the victim unless there is risk for him/her or for the rescuer.
- Remove any object which presses the affected area (rings, watches...).
- Immobilize the affected member in the position of the accident.
- Use alternative materials (Watch the video) to immobilize if needed.

Warnings

- Do not relocate a visible bone.
- Do not reduce a dislocation.
- Raise the extremity above the heart level.
- Apply cold over the affected area.
- Cover the open injuries and press them before to the immobilization.
- Include the adjacent joints in the immobilization.



Watch the video by catching the QR code or visit <https://youtu.be/K-vic7ixN8Y>

Quiz section
(Check it with your classmate)

A: What do you have to remove from an injured area?:

B: Watch the video and name three alternative materials useful to immobilize a part of the body.

C: Which is the international emergency number?