




**ALPHA**  
First Aid Supplies  
First Aid Training


## Slings Guide

**ARM SLING** Arm Slings are used for broken lower arms (ie. broken forearm or wrist). They provide support for the arm and prevent movement.




- Place the small pointed end of the triangular bandage towards the casualty's elbow and gently slide the bandage under their arm.
- Bring the end of the sling around the casualty's neck, to the injured side.
- Grab the bottom end of the sling and fold it over the casualty's arm.
- Tie both ends of the sling in a knot, in the side of the neck. Too high and the knot will dig into the casualty's spine, causing pain or discomfort.
- Secure the elbow into the sling by fastening with a pin or twisting the bandage and tucking into the sling. Tuck any loose ends away.

**ELEVATION SLING** Elevation Slings are used for dislocated or fractured collar bones, broken fingers or bleeding control. They support the shoulder or fingers.



- Place the small pointed end of the triangular bandage towards the casualty's elbow and gently slide the bandage under their arm.
- Bring the lower part of the sling over the top of the casualty's arm.
- Twist all parts of the bandage at the casualty's elbow so that it is secure.
- Bring the bandage behind the casualty's back, making sure it is securely under their shoulder blade.
- Tie the triangular bandage close to the casualty's fingers with the other loose end. Tuck any loose ends away.

**COLLAR AND CUFF SLING** Collar and Cuff Slings are used for broken upper arms or to elevate bleeding of the arm.



Keep folding a triangular bandage, in half, until it is approximately 1-2 inches wide.

- Fold one end of the sling over the top of the bandage so the end comes towards you, and the other end goes away from you.
- Place a hand under each circle and fold them up together.
- The casualty's arm goes through the circles and the loose ends tie on the side of the casualty's neck (either side). Tuck any loose ends away.
- Another broad triangular bandage can be tied around the casualty's elbow, in the case of a broken upper arm.

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\* This poster does not replace the need for fully qualified training.

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