




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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