

SOFT TISSUE FIRST AID

R.I.C.E.



The 1st 5 minutes after an acute injury is the critical time to apply first aid. Read below to understand what the steps are that could save you hours, days or weeks of recovery time dependent upon the severity of the injury.

All work-related injuries MUST be reported IMMEDIATELY to your supervisor and follow your company's guidelines for injury reporting. The following recommended first aid may be performed between the time of injury and professional medical treatment.

R

REST:

- Stop activity immediately.
- Don't "work" through it.
- Immobilize if needed for transport

I

ICE:

- Place on affected area for 20 mins on and 1 hour off
- Repeat for next 24-72 hours
- Do not place commercial ice pack directly on skin

Consult a health care professional before applying heat.

C

COMPRESSION:

- Apply elastic bandage, do not constrict!
- Remove while icing; reapply when ice is removed
- Do not sleep with an elastic bandage on.

E

ELEVATION:

- Elevate affected part above heart
 - Legs: lie down and prop leg above heart
 - Arms: raise hand above heart

Combine ALL FOUR *within the first five minutes* to enhance recovery.