**First Aid for Broken Bones and Fractures**

## What is a broken bone?

A broken bone happens when one of your bones becomes cracked or broken into multiple pieces. It’s also known as a fracture. It can result from a sports injury, accident, or violent trauma.

Broken bones usually aren’t life threatening, but they do require immediate medical care. Learn how to recognize the symptoms of a broken bone, provide first-aid treatment, and get professional help.

## What are the symptoms of a broken bone?

A broken bone can cause one or more of the following signs and symptoms:

* intense pain in the injured area that gets worse when you move it
* numbness in the injured area
* bluish color, swelling, or visible deformity in the injured area
* bone protruding through the skin
* heavy bleeding at the injury site

## How can you provide first-aid care for a broken bone?

If you suspect that someone has a broken bone, provide first-aid treatment and help them get professional care:

* **Stop any bleeding:** If they’re bleeding, elevate and apply pressure to the wound using a sterile bandage, a clean cloth, or a clean piece of clothing.
* **Immobilize the injured area:** If you suspect they’ve broken a bone in their neck or back, help them stay as still as possible. If you suspect they’ve broken a bone in one of their limbs, immobilize the area using a splint or sling.
* **Apply cold to the area:** Wrap an ice pack or bag of ice cubes in a piece of cloth and apply it to the injured area for up to 10 minutes at a time.
* **Treat them for shock:** Help them get into a comfortable position, encourage them to rest, and reassure them. Cover them with a blanket or clothing to keep them warm.