

# **SIMPLE BANDAGING**

Reference: SJA First Aid Manual 9<sup>th</sup> Edition Revised



**PENANG**

# **Part 1: SIMPLE BANDAGING**



# **Function of Bandages**

- **Maintain direct pressure on dressing**
- **Hold dressing & splints**
- **Provide support to injured limbs or joint**
- **Minimise movement.**



# Type of Bandages

## • A. Roller Bandages

(secure a dressing and support injured part)



### Gauze Type

- To hold dressing
- Good blood absorption



### Elastic Type

- Gives compression on muscle
- minimise joints movement



### Crepe Type

- combination of both Gauze & Elastic
- Good for all purpose



# Type of Bandages

- **B. Tubular bandages**

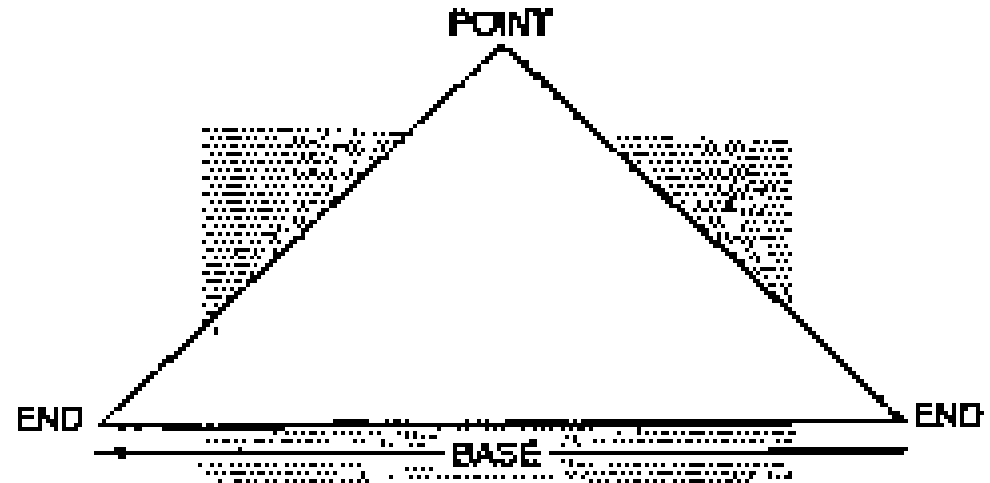
(Pre-shaped bandages to suites for fingers/toes, limbs and joints)



# Type of Bandages

- **C. Triangular Bandages**

(as sling, secure dressing and immobilize limbs. Can be used as large dressing as well)



# Type of Bandages

- **C. Improvised Bandages**

(any clean cloth that can be use as bandages. Light colour will be preferable)



# General rules of applying bandages

- **Reassure and explain your action**
- **Ensure comfort of your casualty**
- **Support the injured part**
- **Apply bandage from the front of casualty**





# General rules of applying bandages

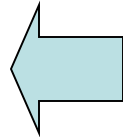
- Pass bandages through body's natural hollows
- Apply bandages **firmly but not too tight** to cut off circulation
- Use **reef knots**
- Always check the circulation (every 10 min)  
Signs / symptoms of poor circulation:
  - **Poor capillary refill**
  - **Numbness & Tingling sensation / Pain / swollen**
  - **Pale / Cyanosis**



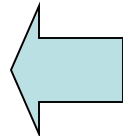
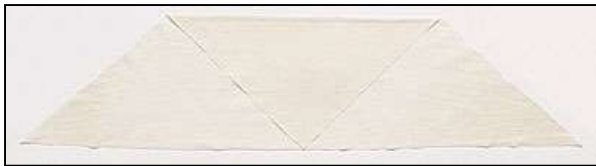
# SKILLS SECTION



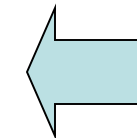
# Folding a Bandage



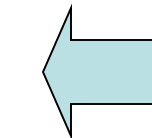
Triangular Bandage



Half fold



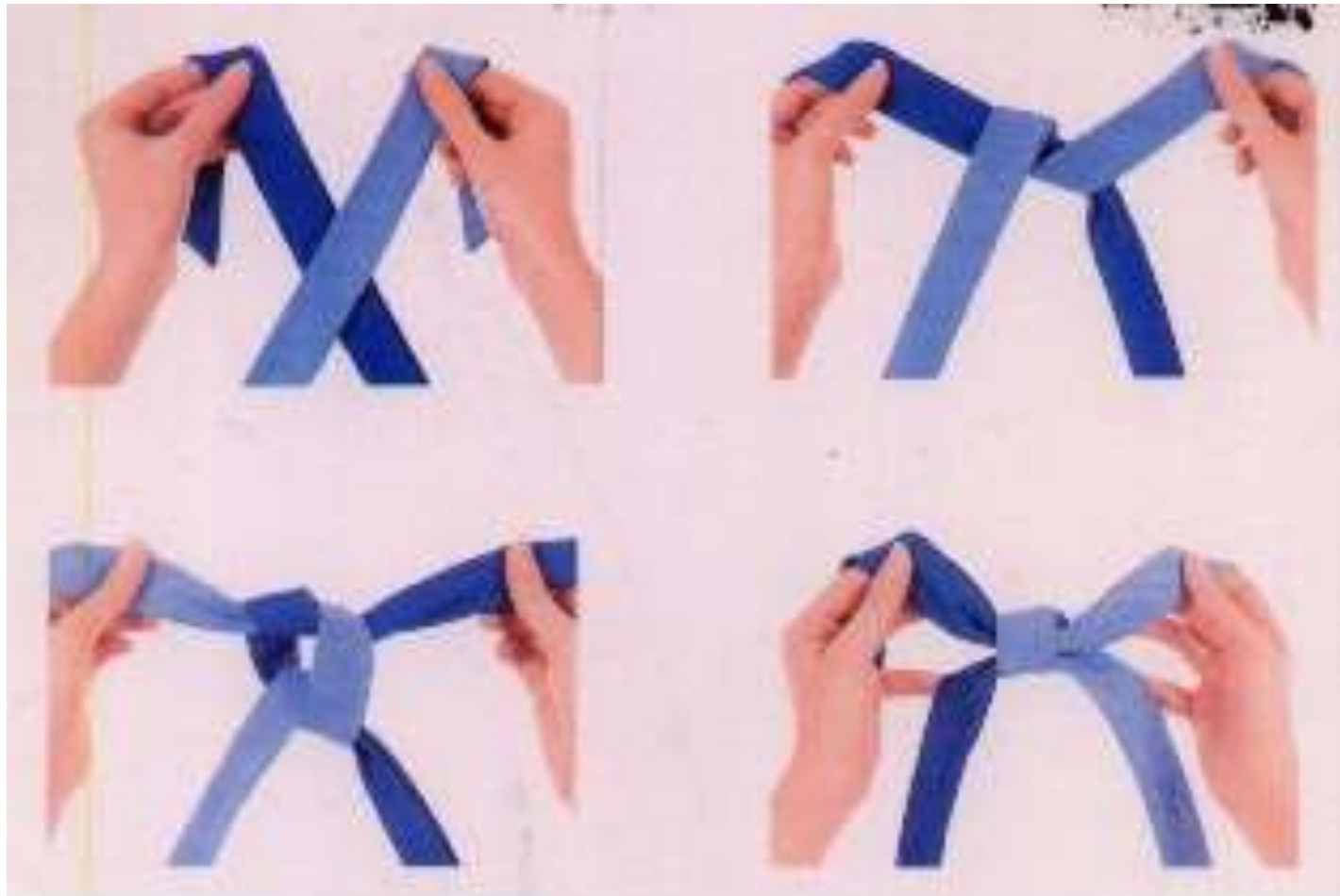
Broad Bandage



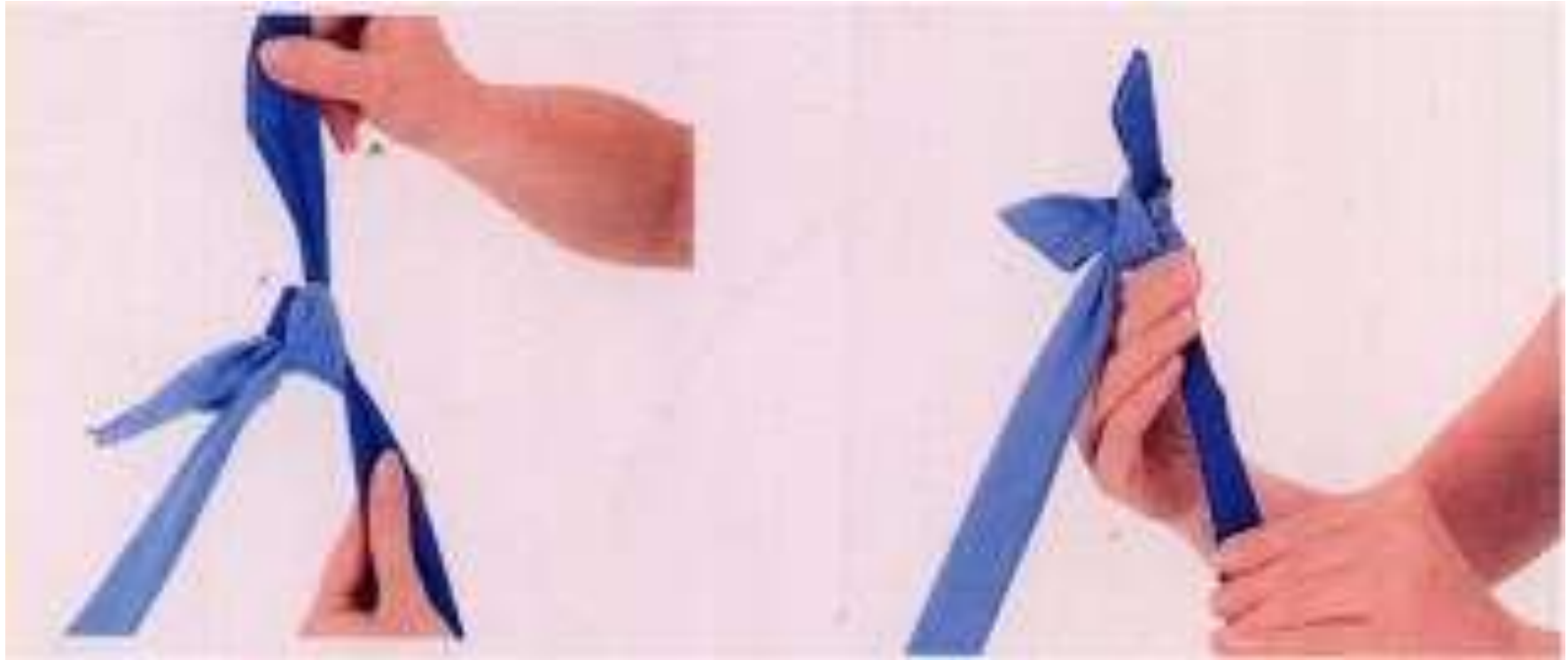
Narrow Bandage



# REEF KNOT



# UNTYING REEF KNOTS



# Arm Sling

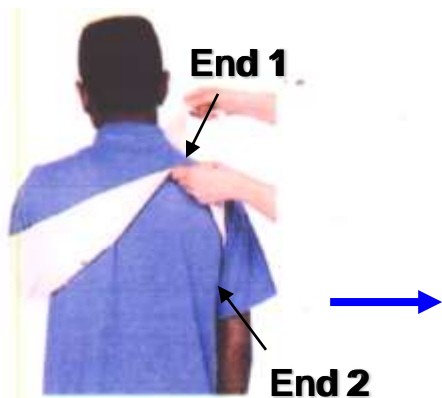




# Elevation Sling



POINT

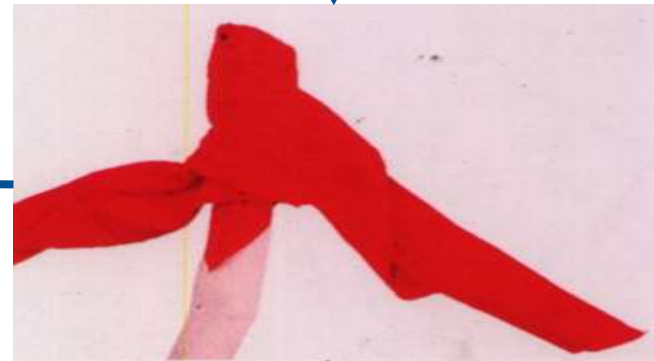
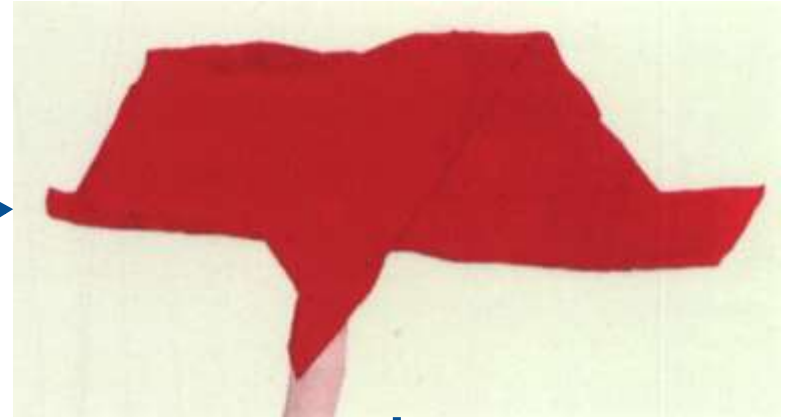
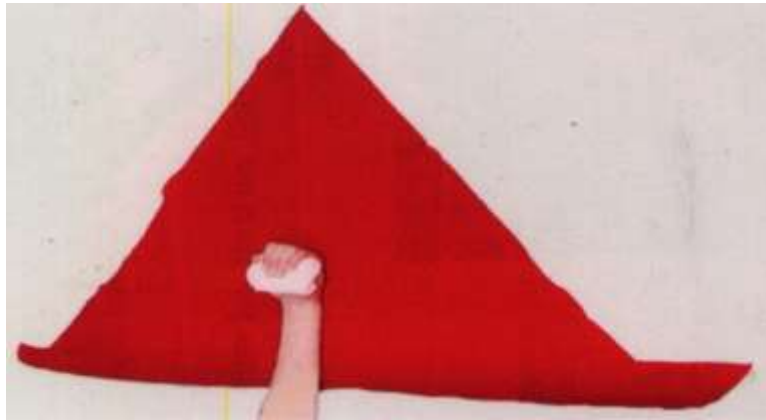


Reef Knot



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# Palm bandage - Transverse cut wound



**NOT TOO TIGHT**





# Foot bandage



Same method with Palm Bandage



THANK  
YOU

