The Arm Sling – for injuries to the forearm

- **Support** the injured forearm approximately parallel to the ground with the wrist slightly higher than the elbow.
- **Place** an open triangular bandage between the body and the arm, with its apex towards the elbow.
- **Extend** the upper point of the bandage over the shoulder on the uninjured side.
- **Bring** the lower point up over the arm, across the shoulder on the injured side to join the upper point and tie firmly with a reef knot.
- **Ensure** the elbow is secured by folding the excess bandage over the elbow and securing with a safety pin.

![Image of an arm sling]

After application of any sling, always check the circulation to the limb by feeling for the pulse at the wrist, or squeezing a fingernail and observing for change of colour in the nail bed. All slings must be in a position that is comfortable for the casualty. Never force an arm into the `right position`. 

R. Radford 2001
Elevated Sling – Injuries to the shoulder

- **Support** the casualty’s arm with the elbow beside the body and the hand extended towards the uninjured shoulder.
- **Place** an opened triangular bandage over the forearm and hand, with the apex towards the elbow.
- **Extend** the upper point of the bandage over the uninjured shoulder.
- **Tuck** the lower part of the bandage under the injured arm, bring it under the elbow and around the back and extend the lower point up to meet the upper point at the shoulder.
- **Tie** firmly with a reef knot.
- **Secure** the elbow by folding the excess material and applying a safety pin, then ensure that the sling is tucked under the arm giving firm support.

After application of any sling, always check the circulation to the limb by feeling for the pulse at the wrist, or squeezing a fingernail and observing for change of colour in the nail bed. All slings must be in a position that is comfortable for the casualty. Never force an arm into the ‘right position’.
'Collar-and-Cuff' (Clove Hitch) - Upper arm injuries/rib injuries

- **Allow** the elbow to hang naturally at the side and place the hand extended towards the shoulder on the uninjured side.
- **Form a clove hitch** by forming two loops — one towards you, one away from you.
- **Put** the loops together by sliding your hands under the loops and closing with a "clapping" motion. If you are experienced at forming a clove hitch, then apply a clove hitch directly on the wrist, but take care not to move the injured arm.
- **Slide** the clove hitch over the hand and gently pull it firmly to secure the wrist.
- **Extend** the points of the bandage to either side of the neck and tie firmly with a reef knot.
- **Allow** the arm to hang comfortably. Should further support be required, eg., for support to fractured ribs, apply triangular bandages around the body and upper arm to hold the arm firmly against the chest.

After application of any sling, always check the circulation to the limb by feeling for the pulse at the wrist, or squeezing a fingernail and observing for change of colour in the nail bed. All slings must be in a position that is comfortable for the casualty. Never force an arm into the ‘right position’.