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Fractures, Sprains and Strains

Arm Splint Supply List

- 1 - SAM Splint or Rigid Elements
- 1 - Padded Material
- 7 - Cloth strips, each 18 - 24" long
- 1 - Cloth strip long enough to wrap around PT's torso and slung arm
- 1 - Triangle bandage
- 1 - Cool pack



Remove the SAM Splint from its packaging and unfold it completely. Near the middle of the unfolded SAM Splint we will take a tie that is approximately 2 feet long and lay it exactly in the middle of the SAM Splint.



Fold the SAM Splint once over the tie.



Roll the SAM Splint at the tie a few times. This will be where the Patient's hand will rest, and we can adjust the length of the SAM Splint by the number of times we roll the splint.



Arm Splinting

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Bend the remainder of the SAM Splint into a "V". This V-bend will make the SAM Splint rigid.



We will build the splint next to the patient, who will be laying on a pad on the ground. We will first lay our strips of cloth on the ground next to our patient.



Lay the prepared SAM Splint on top of the strips of cloth.

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Arm Splinting

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Arm Splinting



Lay the padding material on top of the prepared SAM Splint.



Using both hands, lift and move the patient's arm into the splint.



Tie the splint closed. Do not tie directly over the injury. Leave an open area in the padding above the injured area to insert a cool pack.



Move the patient's arm to their chest. Check for circulation, sensation and movement every 15 minutes.



Arm Splinting

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Clear the PT's spine using the Spine Clearing Flow Diagram found on Page 13. If you are able to successfully clear the patient's spine, then you can sit up and stand the patient. If you cannot clear the patient's spine, then secure the patient's arm to their chest and immobilize the patient.



Tie a knot in one end of a triangle bandage. This will create a pocket for the patient's elbow to rest. Tie the other two corners of the triangle bandage behind the patient's neck and this will create a sling. Tie the sling so the patient's hand is in an elevated position.



Tie a strap across the patient's elbow, around the patient's torso and tie the strap at the patient's back. This is to secure the patient's elbow to the patient's torso, reducing excess movement of the splinted arm. Create a pad using fabric, foam or other soft material. Place this pad between the patient's neck and the sling for patient comfort.

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Secondary Assessment

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Quality Arm Splint Characteristics



Padded material encircles arm 360 degrees. Injury area assessable for cool pack.

Six (6) cloth strips - tightly tied. Not able to slide a finger between strips and SAM splint.

Pad placed between patient's neck and sling.

Arm slightly elevated.

Strip tied to secure hand to splint. Strip runs between thumb and forefinger.

Natural curl of fingers over rolled splint. Fingers are accessible to test circulation, sensation and movement (CSM).

All jewelry removed from fingers, hand and arm.

SAM Splint - Rolled for hand and "V"-bent for rigidity.



Arm secured to patient's torso using a cloth strip.