

**SUBJECT 1T 5.0
MUSCULOSKELETAL INJURIES**

NUMBER	TRAINING STANDARD	K/S	REFERENCES	TIME (Minutes)
1T 5.1	Explain the anatomy and physiology of the musculoskeletal system.	K	FOTS Chapter 16	30
1T 5.2	Describe the techniques for reducing strain on the muscles.	K	FOTS Chapter 14	10
1T 5.3	Demonstrate the techniques to be used to: a) assist a patient who has fallen; b) lift a stretcher or spine board	S	FHC Chapter 6 FOTS Chapter 14	30
1T 5.4	State the causes, signs and symptoms of bone and joint injuries. State the general rules of first aid for bone and joint injuries and the basic principles of immobilization. Describe the characteristics of a good splint.	K	FOTS Chapter 7 FOTS-AB Chapters 11, 12	20
1T 5.5	Demonstrate and explain the correct uses for traction.	K/S	FOTS Chapter 7 FOTS-IG Chapter 12	10
1T 5.6	Demonstrate, on a simulated patient, how to support and immobilize two of the following bone and joint injuries of the upper limb: a) A fracture of the collarbone using two triangular bandages. b) A dislocated shoulder using padding, three triangular bandages and the application of cold. c) An open fracture of the upper arm when the elbow can be bent, using padding and triangular bandages. d) A closed fracture of the forearm using an improvised or a commercial splint and triangular bandages. e) A closed fracture of the wrist using an improvised or a commercial splint and triangular bandages.	S	FOTS Chapter 7 FOTS-IG Chapter 11 FOTS-AB Chapter 11	50

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NUMBER	TRAINING STANDARD	K/S	REFERENCES	TIME (Minutes)
1T 5.7	<p>Demonstrate, on a simulated patient, how to support and immobilize bone and joint injuries of the lower limbs</p> <p>a) a closed fracture of the upper leg using two padded splints or a long padded splint and a body splint.</p> <p>b) a closed fracture of the knee, when the knee cannot be straightened, using two padded splints, padding and triangular bandages.</p> <p>c) an open fracture of the lower leg using dressings, protective padding, six triangular bandages and two padded splints or the good leg as a body splint.</p> <p>d) a sprain of the ankle using a pillow splint or a blanket splint, triangular bandages and the application of cold.</p>	S	<p>FOTS Chapter 7 FOTS-IG Chapter 12 FOTS-AB Chapter 12</p>	50
1T 5.8	<p>Describe the care involved for casts.</p> <p>Demonstrate the procedure to be used when clothing the upper and lower parts of a patient.</p>	<p>K</p> <p>S</p>	<p>FHC</p> <p>FHC</p>	10
1T 5.9	Describe the causes, signs and symptoms of spinal injuries and the various approaches and precautions to be taken in providing patient care.	K	<p>FOTS Chapter 7 FOTS-IG Chapter 1 FOTS-AB Chapters 1, 13</p>	15
1T 5.10	Demonstrate, in a team, the procedures for procedures to prepare a patient for transport using a hard cervical collar, triangular bandages, log roll method and long spine board.	S	FOTS Chapter 7	45
1T 5.11	State the causes, signs and symptoms of muscle strains and repetitive strain injury and the general principles for first aid.	K	<p>FOTS Chapter 7 FOTS-AB Chapter 11</p>	15

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NUMBER	TRAINING STANDARD	K/S	REFERENCES	TIME (Minutes)
1T 5.12	Explain the uses of and methods of preparation for hot and cold, moist and dry compresses.	K	FOTS Chapter 7 FHC Chapter 12 FHC Guide Module 12	15
	Demonstrate (or simulate) the preparation and application of a dry cold compress (ice bag) to an injured part.	S	FOTS Chapter 7 FOTS-AB Chapters 11, 12 FHC Chapter 12 FHC Guide Module 12	
1T 5.13	Describe the causes, signs and symptoms of a flail chest.	K	FOTS Chapter 4 FOTS-AB Chapter 14	30
	Demonstrate the patient care for flail chest and explain the factors to be considered in this type of injury.	K/S	FOTS Chapter 4 FOTS-IG Chapter 14 FOTS-AB Chapter 14	
			TOTAL TIME	330

Notes:

No mention is made in the BTS Standards and Reference Guide of the use of specific brand or type of equipment for use in patient care. It is recommended that DTO's design training sessions using equipment to which division members will be most likely to have ongoing access in the performance of their Brigade patient care services.