



# IMMOBILISATION TECHNIQUES



Immobilisation techniques are essential in first aid to stabilise injuries, prevent further damage, and reduce pain. These techniques involve using splints, slings, and other supports to keep the injured area from moving. Immobilisation is particularly important in cases of fractures, dislocations, and severe sprains or strains. The primary goal is to maintain the injured part in a position that is as close to normal anatomical alignment as possible until professional medical help can be obtained.

There are various techniques used in first aid to immobilise injuries. These methods are chosen based on the type and severity of the injury, the location of the injury, and the materials available.



## Course Summary

The ABC Lifesavers Immobilisation Techniques Course has been developed to provide first aiders/first responders with the skills, knowledge and confidence required to appropriate first aid to casualties suffering fractures, dislocations and soft tissue injuries.

This hands-on course covers the following topics:

- Types of immobilisation techniques.
- Applying immobilisation techniques.
- Precautions and considerations.



The Immobilisation Techniques Course is delivered by a highly qualified and experienced trainer with over 45 years' experience in providing appropriate care to all types of casualties.

The Immobilisation Techniques Course is ideal for first aiders/first responders who work in a high risk or remote area and want to learn the skills of effectively immobilisation injuries.

**Please note** The Immobilisation Techniques Course is not an accredited course. Participants undertaking the course will be issued with a Statement of Attendance upon successful completion.

## Course Location

Courses are delivered in the workplace or one of ABC Lifesavers public course venues.

## Course Cost

**\$60.00** per participant

## **How to book**

Email or call ABC Lifesavers:

Email: [abclifesaver000@gmail.com](mailto:abclifesaver000@gmail.com)

Mobile: Call Andy 0435 879 258

## **Entry Requirements**

There are no pre-requisites for this course; however, it is recommended that participants have sufficient English language and visual interpretation skills and can comfortably kneel on the floor to perform CPR.

## **Minimum Age**

There is no minimum age for participants however, adult supervision (parent or guardian) is required for those under the age of 15 years.

## **Duration**

90 mins

## **Language, Literacy and Numeracy (LLN) Requirements**

Participants will require suitable LLN skills to complete the following tasks/skills:

- Listen and understand verbal information delivered by an English-speaking trainer