



Applying a Regular Sling

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

Steps

1. Check the patient's circulation and sensation of the injured arm.
2. Have the patient hold the injured arm across his or her body.
3. Slide a triangular bandage under the injured arm.
4. Bring the bottom end of the bandage over the shoulder of the injured side and tie the ends together behind the neck.
5. Secure the elbow by twisting, tying, or pinning the corner of the bandage.
6. Secure the arm to the body by applying a binder:
 - Wrap a broad bandage around the injured arm and the body.
 - Tie the bandage snugly at the uninjured side.
7. Recheck circulation and sensation.

Organizational/local protocol for _____ :

Skill Notes

- Remove jewellery below the site of the injury, if possible.
- Check for normal temperature and skin colour below the injured area before and after immobilizing the limb:
 - If the area is cold after immobilizing, or if the patient feels numbness and/or tingling, gently loosen the bandages.
- Pad slings to increase comfort.
- Tying the bandage toward one side of the neck, and not at the back, can reduce discomfort caused by the knot.
- Adjust the height of the sling before tying the ends together to make sure the sling is supporting the arm.