When first aid is required, having a well-stocked first aid kit is very important. There are two types of bandages; one called a roller bandage, because it rolls onto limbs in the case of snakebite and the other is called a triangular bandage.

**Roller bandages are used for:**
- Holding dressings in place
- Helping to control bleeding
- Cold bandage (submerged in cold water) helps reduce swelling
- Pressure bandage for snake or spider bites

**HOW TO BANDAGE USING A ROLLER BANDAGE**

► Stand in front of the casualty and with the tail of the bandage, place it up over the limb, and roll up continuing to unwind the bandage over the limb
► Overlap the bandage each turn, about two thirds of the bandage, securing the bandage end with tape
► Check the colour of the skin after bandaging. Loosen if discolouration has occurred or the casualty complains of increased pain because of the bandage

**HOW TO BANDAGE USING A TRIANGULAR BANDAGE**

The usual slings are commercially made bandages called triangular bandages. The most effective sling can be found in your first aid kit, but there are many methods to use that do not require the commercial brand. Turning a persons clothing up over the arm is a quick method especially in sporting accidents, and may be a quick and easy alternative.

**HOW TO FOLD A TRIANGULAR BANDAGE**

► Place an open triangular bandage on a clean flat surface.
► Fold from the apex (point) to the middle of the bandage
► Fold again in the same direction. This creates a broad bandage for splinting fractures of the upper legs
► Fold again in the same direction. This creates a narrow fold bandage for lower leg fractures
TRIANGULAR BANDAGE APPLICATION

Upper arm sling
► Support the injured arm at a 45-degree angle across the chest
► With the apex of the triangular bandage at the elbow, place bandage over the top of the arm, with the upper point tucked under the fingertips
► Pass the base of the bandage up under the forearm
► Join the bandage together at the elbow and twist towards the casualty
► Take the lower end of the bandage across the back and tie
► Secure at the elbow with a pin, tape or twist
► Check circulation to the arm, wrist and fingers
► Secure additional bandages to support the sling if needed

Lower arm sling
► Support the injured forearm parallel to the ground
► With the point of the triangular bandage at the elbow, place under the arm
► Extend the upper point of the triangular bandage over the shoulder on the uninjured side
► Bring the lower end of the bandage up to meet the other end and tie in the hollow of the neck just above the collarbone on the uninjured side to avoid any pressure on the back of the neck
► Check for circulation to the arm and fingers

Collar and cuff sling
This type of sling is not used often in first aid. If the shoulder area is injured, and the arm is already in a natural 45-degree position, then consideration could be given
► Form a clove hitch by forming two loops—one over and one under and place them on top
► Put the loops together forming the clove hitch
► Place wrist through loop and tie in the hollow of the neck just above the collarbone on the uninjured side to avoid any pressure on the back of the neck
► Check circulation