

# FIRST AID FOR ACUTE INJURY MANAGEMENT



**H**eat                    **AVOID**  
**A**lcohol  
**R**unning/Activity  
**M**assage

## **APPLY**

**R**est - From activity  
**I**ce - 20 minutes at a time  
**C**ompression - To help contain swelling  
**E**levation - Above your heart to reduce swelling  
**R**eferral\* - To the appropriate medical professional

Ascend Physiotherapy

HBF Stadium (bottom level)

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