

Managing minor sprains and strains



Use the RICER method for the first 24 to 48 hours after a minor sprain or strain injury to help reduce swelling, ease pain and speed up recovery.

Rest

Take a break from the activity that caused the injury to give yourself time to heal.

Ice

Every two to three hours apply an ice pack to the injury for 20 minutes, being careful to avoid direct contact of the ice to the skin.

Compress

Bandage the injury to help prevent further bleeding or swelling.

Elevate

Elevate the injury above your heart whilst you are resting to help reduce swelling.

Refers

Refer to an appropriate medical professional for guidance and management.

For more Workplace Health & Safety tools and information visit eml.com.au/resources

