

# 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.



## **R**est

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



## **I**ce

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.



## **C**ompress

Bandage the injury to help prevent further bleeding or swelling.



## **E**levate

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



## **R**efers

Refer to an appropriate medical professional for guidance and management.

For more Workplace Health & Safety tools and information visit [eml.com.au/resources](http://eml.com.au/resources)

