



- Work from injured side.
- Place the point of the bandage towards the elbow.
- Start with bandage under the arm, between the arm and the chest.
- The arm is placed horizontally across the chest, and should be supported whilst you are working on the sling.
- Tie a reef knot at the hollow over the collar bone on the injured side, and tuck ends under.
- Secure the point to fit the elbow snugly, using safety pin or twisting and tucking.
- Leave finger tips visible to check circulation.