



Practical Patrol Tips

Central Division
South Central Region

DIY Vinegar Bottle Splint

Does the idea of a rigid splint that is super portable, highly adaptable, and free sound interesting? If so, read on.

This DIY splint can be used on some adult extremity injuries but is especially useful for juvenile or smaller patients where a SAM or Quick splint might be used. This idea was pointed out by Ken Matusek of Blackhawk Ski Club. The club has a healthy batch of young skiers, so it is especially appropriate for that hill.

Required skills include the ability to use a scissors and possibly a utility knife. You got this!

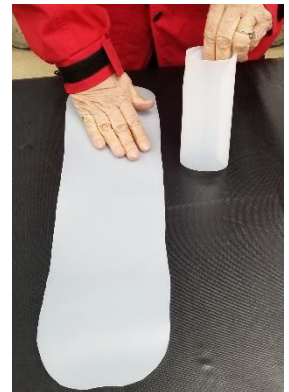


Step 1: Collect materials and tools.

All you need is a round 1 gallon plastic bottle (empty and clean), a scissors and possibly a utility knife.

Step 2: Cut top and bottom off plastic bottle.

Be very careful if you are using a utility knife. Use the ridges around the bottle as your guide. Cut across the resulting ring to create a long flat piece. Cut round corners and roll up. Store in 1st aid pack.



Step 3: Using the splint.

Unroll the splint, measure needed size, and trim to length with scissors. Curve the plastic into a U shape along the length. Apply the splint to the injured extremity in the usual fashion with padding and rolled bandage or cravat. Apply sling and swathe.

