Key Steps — Applying bandages

The key steps for this skill, in the order they are demonstrated in the video. Part of our Wound Care & Dressings skills collection.

- ☐ 1. Explain the procedure and position the limb or body part in the position it will rest in, supported comfortably.
- ☐ 2. Choose the bandage type and width suited to the body part and the job — holding a dressing, supporting a joint, or applying compression where prescribed.
- ☐ 3. Anchor the bandage with two circular turns at the starting point.
- ☐ 4. Work upward with even, overlapping turns — spiral turns on even limbs, figure-of-eight around joints, and spica or reverse-spiral where contours change.
- ☐ 5. Cover the area fully without wrinkles, keeping tension even: firm enough to stay and support, never tight enough to restrict circulation.
- ☐ 6. Secure the end with tape, a clip or a tuck, positioned away from the wound or bony points.
- ☐ 7. Check circulation beyond the bandage — colour, warmth, movement, sensation and capillary refill — and ask about tightness or numbness.
- ☐ 8. Recheck after a short interval and whenever the patient reports discomfort, and document the application.

Watch the demonstration: medicalvideos.com/watch/bandages-different-applications_tbhex08tj0dq8dmq4drp.html

- More Wound Care & Dressings skills: medicalvideos.com/nursing/wound-care.html

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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.