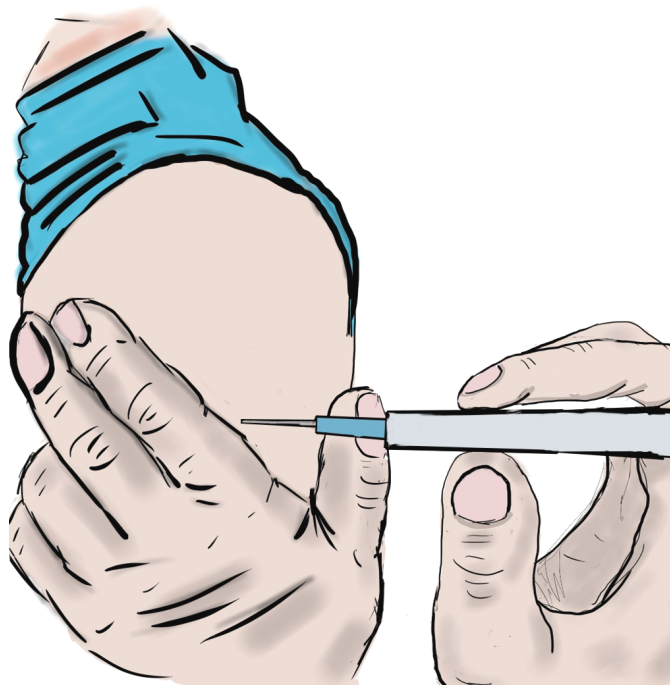


1 Landmark injection site

Base of triangle: Two finger widths down from the acromion process;
Bottom edge: At an imaginary line drawn from the axilla.

2 Identify injection site

The recommended site is the middle of the triangle.
Do not inject too high or too low.



3 Administer

At the injection site spread the skin taut between the thumb and forefinger with the non-dominant hand.
Do **NOT** bunch up the skin.
Inject at a 90-degree angle. Inject medication over 1-2 seconds.



Swift needle entry

Slow injection of medication

Swift needle withdrawal



Less pain

4 Technique

Swift needle entry, slow injection of medication, swift needle withdrawal
= less pain

