

# Basic Moulage Booklet

Simulated wounds and injuries can be created using all sorts of different materials and techniques, a variety of which are included within this booklet.

These examples have been kept as basic as possible, as often we are pressed for time when applying our moulage.

Below are some of the moulage items that we will be using for our examples in this booklet. Most of the items seen within this booklet you will be able to purchase through our [SimShop](#) on the CSDS website.

Although it is not necessary to use the product we have shown, we highly recommend that you test any products on a small portion of skin before applying it liberally to any area to make sure it does not stain skin and is easily removed.

## Some items we will be using:

- Kryolan Bruise Wheel
- Fresh Scratch
- Fresh Scratch applicator
- Charcoal
- Simulation wax
- Supracolor Teintschminke – skin tone & grey (red is also a good supracolor to have in your collection)
- Simulated blood
- KY Jelly
- Makeup sponges
- Tongue depressors
- Ear buds
- Small syringe & drawing needle

## Contents

Abrasion/ gravel rash .....	2
Bites (insects) .....	3
Bruise .....	4
First and second degree burn .....	5
Third degree burn .....	6
Laceration .....	7
Impaled object .....	8
Melaena .....	9
Pus/mucous/snot/ rash/vomit .....	10
Bile vomitus .....	11
Simulated blood .....	12
IO Crunchie Bar Trainer .....	13
Steps to making an IV line .....	14

# Abrasion/ gravel rash

## Objective

To create a realistic abrasion.

## Materials

Fresh Scratch

Fresh Scratch mesh applicator

Stones/dirt if required

## Time

2 – 5 mins

## Directions



### Step 1

Insert the corner of the stipple into the Fresh Scratch.



### Step 2

Drag it across the area where the abrasion is required.



### Step 3

Add small amount stones or dirt to wet Fresh Scratch, if desired for a gravel rash look.

Allow to dry.

## Tip

A bruise underneath the abrasion may assist with realism.

# Bites (insects)

## Objective

To create a realistic insect bite.

## Materials

Kryolan Bruise Wheel

Supracolor red

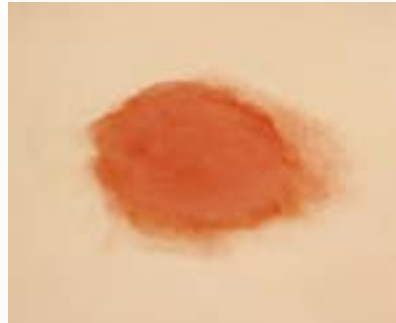
Makeup sponge

Blunt hypodermic needle

## Time

2 – 5 mins

## Directions



### Step 1

Apply a light coat of red makeup the approximate shape and size of a five-cent piece or the size required for purpose.



### Step 2

Using a blunt hypodermic needle, apply a small 1-mm dot of black makeup to the centre for the bite site.

## For a raised bite:

**Step 1** Apply a small pea-sized piece of simulation wax.

**Step 2** Apply a light coat of red makeup the approximate shape and size of a five-cent piece or the size required for purpose.

**Step 3** Use the hypodermic needle to create a slight indentation where the bite is.

# Bruise

## Objective

To create a realistic bruise.

## Materials

Kryolan Bruise Wheel

Makeup sponge

## Time

2 – 5 mins

## Directions



Apply a light coat of beige and purple. Begin with lighter colours first, followed by the darker purples.



Use a dabbing motion with a makeup sponge. Each colour should be blended separately, pulling the colour from the middle to the outside.

Use caution with the purples, a little really does go a long way.

## Tip

To create an older wound, add a little more beige and less purple.

# First and second degree

## Objective

To create a realistic second degree burn.

## Materials

Kryolan Bruise Wheel

Makeup sponge

Tegaderm dressing

KY Jelly

## Time

5 mins

## Directions

### First degree



Apply a thin layer of red makeup to redden the burnt skin area.

### Tips

For fire burn, sprinkle a small amount of charcoal powder around the edges before applying the tegaderm and KY Jelly.

A peeling burn can be created by piercing the tegaderm.

### Second degree



#### Step 1

Redden the burnt skin area as above. (Make sure to make burn area larger than the tegaderm.)



#### Step 2

Apply a blob of KY Jelly the size of a 20 cent coin.



#### Step 3

Affix a tegaderm dressing over the KY Jelly making sure no air bubbles are under the tegaderm.

# Third degree

## Objective

To create a realistic third degree burn.

## Materials

Kryolan Bruise Wheel

Makeup sponge

Fresh Scratch

Simulation wax

Charcoal

Tegaderm dressing

KY Jelly

## Time

20 – 30 mins

## Directions



### Step 1

Redden the burnt skin area like a First-degree burn.

Apply some dark purple or black bruising to burnt area.



### Step 2

Apply KY Jelly and cover with a tegaderm.



### Step 3

Use simulation wax to build up a ridge around the tegaderm to simulate flayed skin.



### Step 4

Use red and black on the simulation wax ridge.



### Step 5

Use a combination of Fresh Scratch, red makeup and charcoal to finish off your colour on burn.



### Step 6

Lastly, burst the tegaderm and cover wound with more KY Jelly for that weeping look.

## Tip

A mixture of first and second combined with black lacerations. Begin by applying the redness. Darken around the edges of the burn by flicking charcoal over the area. This burn will appear a reddish-purple and may also include charred and peeling skin.

# Laceration

## Objective

To create a realistic laceration using simulation wax.

## Materials

Simulation wax

Tongue depressor or similar

Kryolan Bruise Wheel

Fresh Scratch

Makeup sponge

Simulated blood

## Time

5 – 10 mins

## Directions



### Step 1

Create a bruise where laceration will be. (*Refer to simple bruise*).

Using casualty simulation wax, work it in your hands to soften and make a snake.



### Step 2

Create a ridge for laceration and smooth edges so that they blend with the skin. Cover the wax with skin-toned makeup/bruising colour.



### Step 3

Using an tongue depressor, blunt needle or ice cream stick, cut an slit into the wax to represent the cut required.



### Step 4

Apply Fresh Scratch into laceration with either a blunt needle or tongue depressor.



### Step 5

Apply more bruise colouring around the wound if required.



### Step 6

Complete the effect by applying blood, allowing some to drip down the skin.

## Tip

Creating a bruise before apply laceration can help with blending.

To make the wound appear deep, apply some black Fresh Scratch into the bottom of the laceration.

# Impaled object

## Objective

To create a laceration with an impaled object.

## Materials

Simulation wax

Pencil, tongue depressor or similar item  
(impaled object)

Kryolan Bruise Wheel

Makeup sponge

Simulated blood

Fresh Scratch

## Time

5 – 10 mins

## Directions



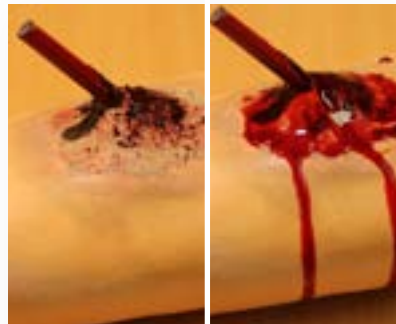
### Step 1

First create a bruise and laceration, make laceration to suit the impalement. (*See bruise and laceration recipes*).



### Step 2

Cut off the end of the object that would be inside the skin and bury the remainder of the object in the wound.



### Step 3

Apply Fresh Scratch and simulated blood as required.

## Tips

When creating lacerations for impalement, it is often better to start with a round bit of wax as it will help secure the object more securely.

Also note if using wax to impale something that wax will lose its consistency in warm / hot weather and will not hold objects for long periods of time.

# Melaena

## Objective

To create Melaena.

## Materials

Fresh Scratch

Betadine

Psyllium husk

Simulated blood

Charcoal

Kidney dish or something to mix ingredients in

## Time

5 mins

## Directions



Mix all of the following ingredients together in a kidney dish.

1. Half a cup of Psyllium husks
2. 50ml of simulated blood
3. 20ml of Betadine
4. Teaspoon of Fresh Scratch.

## Tips

If melaena is too dry add more simulated blood as needed.

You can also add charcoal to make melaena darker.

Fresh Scratch makes melaena more sticky and adds a darker colour.

# Pus/mucous/ snot/rash/ vomitus

## Objective

To create realistic pus/mucous/snot/  
rash/vomitus.

## Materials

Apple baby food  
Green food colouring  
Yellow food colouring  
Apple baby food  
Water  
Fresh Scratch  
Fresh Scratch mesh applicator  
Campbell's Chunky Vegetable Soup

## Time

2 mins

## Directions

### Pus/mucous/snot

Place appropriate amount of baby food where required.

### Pseudomonas pus/mucous/snot

**Step 1** Add a half drop each of green and yellow food colouring to apple baby food.

**Step 2** Place appropriate amount where required.

### Rash (generic)

**Step 1** Apply a small amount of water to a used Fresh Scratch mesh applicator.

**Step 2** Blot the pad on the manikin where the rash is required.

**Step 3** Pat the rash with tissue paper to dry.

### Chunky vomitus

Mush the Campbell's Chunky Vegetable Soup a little and use it where needed.

## Tip

For added vomitus effect, add a small amount of warmed beer or wine to give it a vomit smell.



# Bile vomitus

## Objective

To create realistic bile vomitus.

## Materials

Baby powder

Methyl Cellulose

Water

Green, yellow, red and blue food colouring.

## Time

5 – 10 mins

## Directions



### Step 1

Add two tablespoons of baby powder to a mixing bowl.



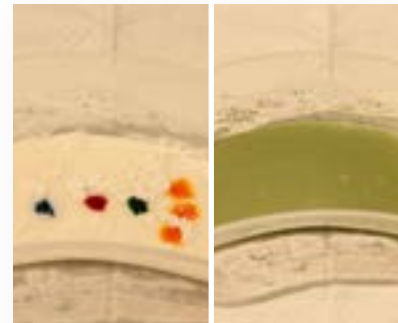
### Step 2

Add a teaspoon of Methyl Cellulose (thickening agent).



### Step 3

Add half cup of water and mix together.



### Step 4

Combine three drops of yellow, one drop of green, one drop of red and one drop of blue food colouring and stir.

# Simulated blood

## Objective

To create simulated blood.

## Materials

Autotransfusion Reservoir / Cell Saver  
(ref#: 9108471- Fresenius Kabi)

Autotransfusion Holder  
(ref#: 9108441 – Fresenius Kabi)

Y-Adaptor  
(ref#:9108401 – Fresenius Kabi)

Transfer / Blood Bags  
(FAMMIS #: 10130912)

IV Drip pole

Simulated Blood Powder

## Time

15 – 30 mins

## Directions



### Step 1

Setup an empty Transfusion Reservoir on an IV Pole using Yellow Reservoir Holder.



### Step 2

Connect Y Piece to the bottom connection of the catcher. (Ensure tap is closed on Y-Adaptor).

Pour 1.5 litre of **HOT** water into the reservoir.

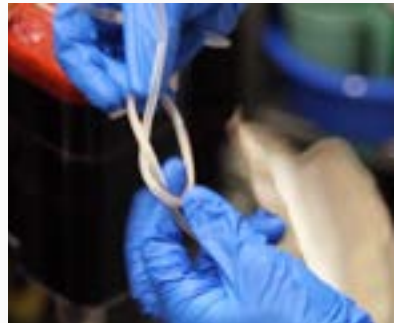


### Step 3

Add half a packet of Simulated Blood Powder into the reservoir.

Agitate the mixture until blood powder is completely dissolved.

Once dissolved add another 1.5 litres of water and stir.



### Step 4

Open blood transfer bags and tie a loose knot into tubing so that it can be tightened after bag has filled.



### Step 5

Connect two blood transfer bags to the Y-Adaptor tubing that you had connected to the Catcher previously.

Open Y-Adaptor to start filling bags. (Allow one blood bag to fill then do same for the other, remembering to turn off tap in between bag changes).



### Step 6

Disconnect each bag from the Y-Adaptor, holding the end higher than the bag, then pull the loose knot tight as close to the transfer bag as possible.

Cut the tubing near the knot, on the opposite side to the transfer bag.

This mixture should be enough to make approximately 8 simulated Blood Bags  
Label each bag as necessary using printed blood labels.

# IO Crunchie Bar Trainer

## Objective

To create a Intraosseous Trainer.

## Materials

Gypsona 20cm (Plaster of Paris)

Crunchie bar

Hand saw (to cut Plaster of Paris in half)

Bowl of water

## Time

10 – 15 mins

## Directions



**Step 1**  
Cut Crunchie bar in half.



**Step 2**  
Cut Gypsona bandage in half.



**Step 3**  
Layer the bandage four times at a length of about 0.5M.



**Step 4**  
Wet the bandages slightly, but do not over wet them.



**Step 5**  
Place half the Crunchie bar at one end of bandage and roll it to the other end.



**Step 6**  
Gently work the plaster around the Crunchie bar until it is smooth and entirely covered, making sure the end are sealed.  
Leave Crunchie bar to dry overnight before using.

## Tip

IO trainers are best kept in the fridge or a cool dry area if not used.

# Steps to Making an IV Line

## Objective

To create an IV line.

## Materials

Bag of IV fluid

IV Line

3 way tap with tail

Double Female Luer Lock Adapter

Vinyl Connecting Tube

Urinary Catheter Drainage bag

Roll of Coban Bandage

## Time

10 – 15 mins

## Directions



### Step 1

Gather up equipment need for the IV line.



### Step 2

Spike the IV fluid bag with the IV line. Connect the 3 way tap with tail to the IV Line.



### Step 3

Connect the Double Female Luer Lock Adapter to the 3 way tap.



### Step 4

Remove the stopcock from the Vinyl Connecting Tube and join to the Double Female Luer Lock Adapter.



### Step 5

Connect the Urinary Catheter Drainage bag to the Vinyl Connecting Tube.



### Step 6

Use the Coban to fix the IV Line to the manikin.