



## Basic First Aid

### Controlling Bleeding

- Control bleeding by placing a clean covering, such as a sterile dressing, over the wound and **apply direct pressure**
- **Elevate the injured area**, if there are no broken bones
- Apply a bandage over the dressing
- If bleeding does not stop in 5 minutes, the pressure may be too light or in the wrong area
- **If bleeding cannot be controlled seek medical attention**
- Three types of bleeding:
  1. Arterial - spurting, heavy blood flow, bright red color
  2. Venous - heavy blood flow, dark red color
  3. Capillary - light to moderate blood flow
    - a. Bleeding from scrapes and shallow cuts are from capillaries

### The 5 Basic Types of Injuries to Muscles, Bones and Joints:

- Fractures – complete break, chip or crack of the bone
- Dislocation – movement of a bone at a joint away from its normal position
- Sprains – tearing of ligaments at a joint
- Strains – stretching and tearing of muscles or tendons
- Contusions – also known as a bruise, results from a blow to the muscle or bone

For sprains, strains & contusions remember **RICE**

#### **Rest**

**Ice** – 15-20 minutes, every 3-4 hours, never place ice directly against the skin

**Compression** - squeezes fluid out of the injured area, wear a compression bandage for 24 to 48hrs after an injury

**Elevation** - helps reduce bleeding and swelling

### Fainting

A brief loss of consciousness, which can happen when the brain's blood flow is interrupted, with low blood sugar, overexertion, dehydration, etc. The athlete may report dizziness, seeing spots, nausea and may have pale, sweaty skin

### **If a person is about to faint:**

- Prevent them from falling
- Lie them down and elevate the legs about 8-12 inches (keep legs straight)
- Loosen tight clothing, especially around the neck
- Place a cool, wet cloth on their forehead and /or back of neck

### **If fainting has occurred:**

- Check ABC's (Airway, Breathing, Circulation)
- Loosen tight clothing and belt
- If athlete fell, check for injuries
- Lie them down and elevate the legs about 8-12 inches (keep legs straight)
- If vomiting occurs or is anticipated, turn victim on their side

### **Seizures**

- Call EMS, check ABC's
- Cushion the athlete's head
- If athlete is face down & neck injury is possible, use log roll technique to move athlete
- Remove any items that could cause injury
- Loosen any tight clothing
- Look for medical-alert ID tag
- Do not hold person, just protect the athlete from injury
- Place in recovery position, laying on side, knees bent, arms crossed over chest & monitor ABC's

### **Loose Teeth**

- irrigate mouth with clean water
- collect tooth (handle only by enamel)
- clean tooth with normal saline
- implant within 20 minutes, if possible
- splint with aluminum foil or chewing gum
- if unable to implant, place inside cheek or in milk or normal saline solution, DO NOT PLACE TOOTH IN WATER OR ICE
- refer to dentist or ER