

BASIC FIRST-AID TREATMENT

External Bleeding:

The most effective method of controlling external bleeding is the application of direct pressure to the wound with a dry sterile dressing. Elevation should be used to help reduce bleeding. If bleeding is severe and uncontrolled, the Fire Department (911) should be called. Latex gloves are provided in the first aid kit and/or the equipment box and should be used when attending to a blood injury.

Facial, Head, Neck, Chest, and Back Injuries:

These injuries may vary greatly in severity from very minor to an actual threat to life. The primary concerns of these injuries are potential breathing problems and/or neck and spinal cord injury. If breathing difficulty, unconsciousness or spinal injury is suspected, the Fire Department (911) should be called immediately. If the player is unable to move (head, arms, legs, etc.) by himself, do not move him/her. Moving the victim improperly may cause further serious injury. The victim should only be moved by trained medical personnel.

Suspected Broken Bones, Sprains and Strains:

If the victim has suffered an obvious fracture, (severe angulation, open wound with bone showing, etc.) the Fire Department (911) should be called. If a fracture, sprain, or strain is suspected, the affected area should be gently supported, and an ice pack applied. Elevation should be used to help reduce pain and swelling. The player's significant other should be notified, and further medical care left to the player's discretion.

- A sprain is an injury (such as a stretch or a tear) to a ligament, which is tissue that connects two or more bones at a joint.
- A strain involves a stretched or torn muscle or tendon (tissue that connects muscle to bone).

Heat Exhaustion:

Heat exhaustion can present with dizziness, headache, nausea, weakness, unsteady gait, muscle cramps, and fatigue. Immediately move player to a cooler place, an air-conditioned automobile or building, etc. Give the player some cool water or sports drink. If life-threatening symptoms are noted (such as confusion, delirium, seizure, or loss of consciousness) call the Fire Department (911).

Insect Stings / Allergic Reactions:

A serious allergic reaction can occur within seconds of exposure. A player who is stung should be observed for itching or burning skin, wheezing, difficulty in breathing, dizziness, or faintness. For a mild reaction, an ice pack should be applied. If life-threatening symptoms are noted, the Fire Department (911) should be called immediately. If the player has Epi-Pen prescribed, it should stay with the injured players and used when needed (note the time the Epi Pen was used).

If good judgment dictates that immediate and more definitive medical treatment is indicated, call 911.