



Basic First Aid

Larchmont-Mamaroneck

Little League

Presented by:

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About This Session

- This session is intended to inform you on some of the basics of First Aid
- This session is based on materials and information provided by the American Red Cross
- This session will meet the requirements for A Safety Awareness Program (ASAP)



Responding to an Emergency

- Deciding to act / Taking Action

Do you have to respond?

- Why people do not give care?

- Type of injury
- Doing something wrong
- Fear
- Possibly being sued



Emergency Action Steps

- Using the 3 C's
 - **Check** – scene for safety, then the victim
 - **Call** – 911 or local emergency number
 - **Care** – for the injuries you find
- ACT
 - **Assess** situation and victims
 - **Call** for help and/or 911
 - **Treatment** of injuries





Good Samaritan Laws

- Legal protection that exists in the US for people who provide care during an emergency without expecting anything in return
- You are protected as long as you:
 - Use common sense
 - Do not exceed the scope of your training
 - Attempt to prevent further injury

Obtaining Consent

- YOU MUST HAVE CONSENT PRIOR TO PROVIDING CARE
- For Children:
 - Obtain consent from parent (if present)
 - If parent not present, obtain consent from child
 - Explain exactly what you are going to do BEFORE you do it (puts the child at ease)



Preventing Disease Transmission

- How disease is transmitted
 - Contact with:
 - Blood and Bodily Fluids
 - Contaminated air
 - Contaminated food or water
 - Animals and insects
- If blood is present
 - Use gloves
 - Clean spills ($\frac{1}{4}$ cup bleach per gallon water)



Moving an Injured Person/Player

- Do not move victim until it is safe to do so
 - Do not let any game official or opposing team force you to remove a victim from the field
 - Provide needed care, then move the victim
- Only move the victim if:
 - The scene becomes unsafe
 - You are caring for more than one victim
 - You need to move victim to provide proper care (CPR)



SHOCK!!!



- When the body does not deliver blood to all parts of the body
- Signals:
 - Altered consciousness, nausea, rapid breathing and pulse, cool and moist skin
- Treatment:
 - Monitor breathing and consciousness until advanced medical help arrives

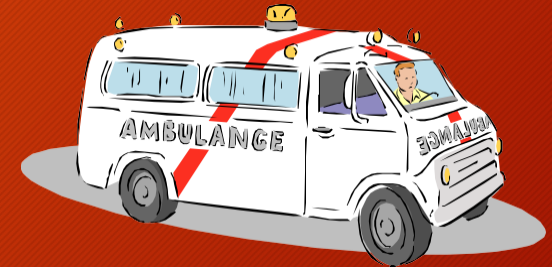
Checking a Conscious Victim

- Ask the following questions:
 - Can I help you?
 - What happened?
 - Do you have any pain anywhere?
 - Any other questions to gather information to assist in caring for the victim
- Care for the conditions you find



Checking an Unconscious Victim

- Attempt to get victim's attention
 - If unresponsive, tap and shout "Are you OK?"
 - If unresponsive, call 911
- If the victim is face down
 - Check for breathing
- Provide all gathered information to the medical personnel that arrive



Injuries

- Many injuries are preventable
- Types of Injuries:
 - Bruises
 - To muscles, bones, and joints
 - Burns
 - Wounds (internal and external)
 - Sudden illnesses
 - Heart attack, stroke, diabetic emergency, seizures, etc.



Wounds



- Minor bleeding:

- Apply pressure with bandage to stop bleeding
- Wash with disinfectant and cover

- Major Bleeding:

- Apply pressure with bandage. Over wrap as needed
- Raise area of wound above the heart
- Apply pressure to pressure points
 - Brachial or Femoral Artery

Burns



- Caused by:
 - Heat, Chemicals, Electricity, or Radiation
- Treatment:
 - Rinse area with cool water
 - Apply dry sterile dressing loosely around burn and go to the emergency room
- If burn is from an electrical source, be sure the area is safe before approaching

Injuries to Muscles, Bones and Joints

- Immobilizing an injury site:
 - If the injury is to a bone, you will immobilize the joint above and below the injury
 - If the injury is to a joint, you will immobilize the bones above and below the injury
- Fingers and Toes
 - Can splint to each other
- Head, Neck, or back:
 - Minimize all movements of injured area until advance medical personnel arrive





Sudden Illnesses



- Heart attack or Stroke
 - Call 911 immediately
- Diabetic Emergency
 - Provide sugar (candy, OJ, glucose tablets)
 - Call 911
- Seizures
 - Move objects to prevent injuries to victim
 - Call 911 if seizure lasts for more than 5 minutes or if victim is incoherent following seizure

Heat and Cold Related Injuries



- Heat injuries (Heat stroke and heat exhaustion)
 - Remove victim from heat source
 - Remove cloths and cool victim slowly with a fan and pouring water over victim
 - Cooling too quickly could cause additional problems
 - Have victim sip (not drink) cool water

Heat and Cold Related Injuries

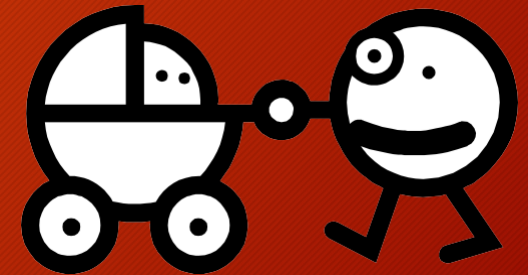


- Cold Injuries (Hypothermia and Frostbite)
 - Remove victims wet/cold cloths and replace with warm cloths, blankets, and move to warmer area
 - Have victim sip (not drink) a hot beverage
- If the victim (both hot and cold) does not recover fairly quickly, call 911 or take victim to an emergency room

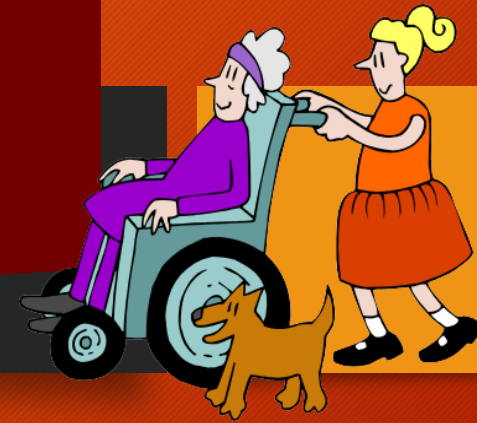
Special Considerations

■ For Children

- Obtain consent from parent (if present)
- Remain calm. Your anxiety will only worsen the child fear and anxiety
- Talk clearly and simply
- Gain trust through your actions
- Do not separate from loved ones



Special Considerations



■ The Elderly

- Care requires special problems and concerns
- Fear of loss of independence will lead elderly to refuse treatment
- Do not talk down to an elderly victim
- Realize that the signals of serious injuries in the elderly do not occur for days
- The elderly are more fragile and bleed more readily than children

Conclusion



- Before providing care:
 - Be sure the area is safe
 - Be sure to obtain consent
 - Care for the victim to the best of your ability
- If the victim needs advanced care:
 - Call 911
 - Take victim to nearest emergency room

Thank You for
Attending

Have a safe evening!

