Sports Injury All sport injuries need medical aid as serious injuries can occur during sport. If requiring a stretcher, or loss of consciousness, at any time, no matter how brief, an ambulance should be called & game halted.

Sunburn For adults: cool showers or compresses. For children: a cool compress or body temperature bath (do not over cool). For both, rest in a cool place and have non-alcoholic drinks. Seek medical attention if blistering occurs or if very painful.

Wounds Do not remove embedded objects. Pad around the wound and seek medical aid. Clean small wounds with an antiseptic solution and sterile gauze. Apply povidone-iodine solution for minor grazes (allow it to dry before clothing rubs against it) or a sterile swab. For large wounds, seek medical aid immediately. If a wound is deep, gaping, dirty and/or caused by puncturing (e.g. nail, metal, ...), person may require stitches, ongoing medical treatment and/or an injection to protect against tetanus.

These notes prepared by: Neil J Waddington Dip.T. B.Ed. (Spec.Ed.)

Learn first aid. First aid is better performed by a competent person with first aid training. For first aid training contact ANFAS:

- 111 Beach Rd Christies Beach SA 5165
- Ph: (08) 8307 2000
- Email: FirstAidSA@madec.edu.au
- Web: www.anfas.com.au

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Emergency Contact Numbers:

- Dial 000 in Australia (or Mobile 112)
- Ambulance
- Fire
- Police

Poisons Information Centre (24hrs) 131126

Doctor

Hospital

School

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Learn CPR by enrolling in a training course - see back page.

Continue CPR until responsiveness or normal breathing return.

Cardiac arrest is followed by the prompts "Check for dangers to you, possible, wear gloves.

Check victim is conscious by "You OK? Squeeze my hand" touching and shouting, "Are you OK?"

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**Sudden Illnesses**

**Anaphylaxis** Anaphylaxis is a severe allergic reaction requiring urgent medical aid. Characterised by airway &/or breathing &/or circulation problems usually associated with skin and mucosal changes triggered by foods (e.g. nuts, eggs, seafood), drugs or from venomous stings/bites. Follow their prescribed Plan. If no prescribed Plan, lay victim flat - if breathing is difficult, allow to sit (if able). Prevent further exposure to triggering agent if possible. Administer adrenaline auto-injector into thigh (child under 5s 0.15mg, older than 5s 0.3mg. Repeat after 5 mins if no response. Call for an ambulance and administer oxygen if available and trained to do so. Follow DRSABCD if breathing stops.

**Asphyxia/Suffocation from Position &/or Restraint** Obstructed breathing and death can quickly result from a person's position and/or being restrained. Never apply pressure to the back, spine or abdomen. Struggling, body mass &/or medical/substance/mental conditions can quicken death. Warning signs include person saying they can't breathe, gulping, gasping, sudden passiveness &/or blue or changed facial colouration. Quickly provide a comfortable position.

**Asphyxia/Suffocation from the Chest, Inguinal &/or Abdominal Regions** If person becomes unconscious, call for an ambulance and follow DRSABCD. **Asphyxia/Suffocation from the Limb** Sit the person comfortably upright. Follow their personal written Asthma plan. If no plan, give 4 to 6 separate puffs of a "reliever" inhaler with spacer if available. Use victim's own inhaler, first aid inhaler or one borrowed from someone else. Wait 4 to 6 minutes. If no improvement, repeat giving 4 to 6 puffs & call for an ambulance. **Asphyxia/Suffocation from the Head** Thunderstorm Asthma usually involves pollen. Go indoors for clean, comfortably air conditioned air and follow same responses above.

**Chest Pain** Treat all acute chest pain as heart attack. Place in comfortable position, loosen tight clothing & assist if victim has prescribed medication for a known heart condition. If pain worsens &/or lasts 10 minutes, call for an ambulance.

**Choking** Choking is a frightening experience. Remain calm and follow DRSABCD. If unable to cough, give up to 5 separate sharp blows between the shoulder blades. If no improvement, give up to 5 separate chest thrusts and call ambulance. If victim becomes unconscious, follow DRSABCD.

**Convulsions (Infant)** Convulsions occur in young children up to 5 years and are associated with infection and fever. Follow DRSABCD. Remove excess clothing and keep the child exposed until the temperature falls. Fan but do not over cool. **Diabetes** Diabetes is a pancreas disorder causing blood sugar levels to go too low or too high. Follow patient's management Plan. If no plan, always treat for low blood sugar - give the conscious person 3 to 6 teaspoons of honey or sugar. If recovery is slow or unconsciousness occurs, call ambulance and follow DRSABCD.

**Dental Injury** Except for baby teeth, knocked out teeth can be replaced and saved. Ask the victim to suck their tooth clean. Replace it in the socket and hold there for 2 minutes. Mould a piece of aluminium foil over it and 2 teeth on each side. The person must bite onto the foil splint to hold the tooth in place. Alternatively, the tooth or teeth can be placed in the injured person's mouth between the cheek and the gum. Think immediate dental aid for all tooth injuries.

**Drowning / Lightning Strike / Bad Weather** Follow DRSABCD and seek urgent rescue & medical aid. Person can be safely touched after lightning strike. Seek safe indoor shelter if bad weather. **Epileptic Seizure** Epileptic seizures range from minor petit mal to grand mal seizures. Protect the person from injury and follow DRSABCD. Do not restrict movement or place anything in the person's mouth. After the seizure, place the person on the side, check for injuries and seek medical aid. If the person is known to have epilepsy, seek medical aid only if the seizure lasts for more than 10 minutes, or a second one follows.

**Fainting and Shock** Fainting is caused by low blood pressure in the brain and usually improves when the person is laying down. Follow DRSABCD and check for any injury. Raise both feet and support head. If no improvement it causes unless full recovery is seen within a few minutes. Seek medical aid. Shock is a loss of effective circulation leading to organ failure caused by trauma or sudden illness. Signs may include collapse, pale sweaty skin, rapid breathing, confusion, bleeding, rapid pulse, vomiting. Control visible bleeding. Call for an ambulance. If unconscious, manage with DRSABCD. Give oxygen if available and trained in its use. Maintain body temperature and reassure the victim.

**Heat Induced Illness - Hyperthermia** Rest the person in a cool place and loosen/ remove excessive clothing. Moisten skin with moist cloth or atomiser spray and fan. Give water to drink if fully conscious. If skin hot & dry or victim not quickly improving, call for an ambulance and apply wrapped ice packs to neck, groin & armpits if heat stroke.

**Hyperventilation / Over Breathing** Reassure the person and encourage slow, regular breaths by counting them down until the symptoms subside. Under no circumstances should the victim be asked to re-breathe their waste products using a paper bag.

**Poisoning** Poisons may enter the body by mouth (swallowed), lungs (inhaled) and skin (absorbed or injected). They may be solid, liquid or gas. Contact the poisons hotline (open 24 hours), stating the substance, the person and time factors. Australian Poisons Information Centre: Dial 131 126. If the person is showing signs of being seriously ill such as vomiting, drowsiness or seizures, call for an ambulance - dial 000 in Australia (or Mobile 112) & follow DRSABCD.

**Stroke** Think and act FAST: F - Facial weakness, A - Arm weakness, S - Speech difficulty, T - Time to act fast, call for an ambulance as prompt hospital treatment within 3 hours may reduce long-term disability.

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**Eye Injury** If an eye has received a blow, or is bleeding, rest the person, cover the eye and seek medical aid. To remove dirt or chemicals, irrigate the eye with sterile saline solution or water. Seek medical aid if pain or vision problems persist. Do not attempt to remove a foreign body from the coloured part of the eye.

**Fractures, Sprains and Strains** Look for symptoms and signs such as pain, swelling, deformity, bruising and/or the inability to move. An ambulance may be needed. Keep the person rested and comfortable. Lower limb fractures can be supported by padding. Seek aid.

**Head Injury** Call for an ambulance if any loss of consciousness, at any time, no matter how brief. All head injuries should be assessed by a doctor.

**Red-Back Spider Bite** Reassure the person bitten. Apply a cold pack/compress over the bitten area. Seek urgent medical aid especially if a baby or child is bitten.

**Snake, funnel-web spider, blue-ringed octopus, cone shell, sea snake** Symptoms may include headache, double vision, difficulty breathing, nausea, chest pains & numbness. Follow DRSABCD. Keep person calm, still & call 000. Apply a folded pad over bite, then pressure bandage the whole limb, commencing over bitten area & immobilize/splint to localise poisons. Seek urgent medical aid. If possible, supply creature details.

**Spinal Injury** If spinal injury is suspected, call for an ambulance. If it is necessary to move the victim from danger, care must be taken to support the injured area and minimize movement of the spine in any direction.

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