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. Seek medical aid, particularly if a wound is deep, gaping, dirty and/or caused by puncturing (e.g. nail, metal, ). Person may require stitches, on-going medical treatment and/or an injection to protect against tetanus.

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) 8807 2000
Email: FirstAidSA@madec.edu.au
Web: www.anfas.com.au

Wear gloves if possible. Stop bleeding by applying pressure on or above the bleeding point, if trained in its use. Call for an ambulance.

If severe, life threatening bleeding from a limb, not controlled by pressure, apply an arterial tourniquet around, not directly to foreign body. If severe, life threatening bleeding around, not directly to foreign body. If severe, life threatening bleeding

Nose bleed: Advise the person to pinch their nose and bow head. Avoid blowing.

For bruising to a limb & no external bleeding, use cold pack & pressure.

Nose bleed: Advise the person to pinch their nose and bow head. Avoid blowing.

First Aid Kits & Supplies  TGA Aust L77294 Sponsor ID 32134


Sunburn  A sunburn is a type of skin injury that occurs when too much sun light is absorbed by the skin. Sunburn is caused by over-exposure to the sun. Sunburn can be caused by direct sunlight or by reflected sunlight from water, snow, sand, or even a car windshield.

Sports Injury  Sports injuries are injuries that occur during physical activity or sport. Sports injuries can range from minor strains and sprains to more serious injuries such as fractures, dislocations, and concussions.

Bleeding

An unconscious person is one who is breathing and has a heart beat but does not respond to speech or touch. To maintain a clear airway, place the person’s face downwards, so that fluids drain freely. Keep the person warm. The person should be placed on the side, with head tilted back and the neck straight. If unconsciousness is short-lived and responsive, turn the person on one side, with head tilted back.

Unconsciousness  Unconsciousness is a state of profound unconsciousness that is not due to external factors such as sedation or anesthetic agents. It is characterized by complete loss of consciousness, with no awareness of the external environment or ability to respond to external stimuli. Unconsciousness may be caused by a variety of medical conditions, such as hypoglycemia, hypovolemia, or head trauma.
**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 5yr 0.15mg, older than 5yr 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, gurgling, gasping, sudden passiveness &/or blue or changed facial colouration. Quickly provide a comfortable position. If victim becomes unconscious, call for an ambulance and follow DRSABCD.

**Assia**
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 as 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. Thunderstorm Asthma usually involves pollen. Go indoors for clean, comfortably air conditioned air and follow same response above.

**Convulsions (Infant)**
Convulsions occur in young children up to 5 years and are associated with infection and fever. 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 for ambulance. If victim becomes unconscious, follow DRSABCD.

**Diabetes**
Diabetes is a pancreas disorder causing blood sugar levels to go too low or too high. Follow person’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.

**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 may improve when person lies down. Follow DRSABCD and check for any injury. Raise feet and suspend other causes unless full recovery 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 atomizer 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.

**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 & immobilise/spint 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.

**Injury Treatments**

**Bats/Flying Foxes**
Bats/flying foxes are known to carry Australian Bat Lyssavirus (ABLV - similar to rabies) and Hendra virus. Do not handle bats. If contact made, immediately and thoroughly wash any wound with soap and water, apply an antiseptic and seek immediate medical attention as a vaccine may be of the utmost importance. If bat saliva contacts eyes, nose or mouth, flush with water & seek immediate medical attention.

**Bruising**
Bruising results from bleeding under the skin. Bandage firmly over bruising on limbs with a wide conforming bandage, making sure circulation is not impaired (fingers and toes should continue to have normal colour & temperature). Apply a cold pack for 10 minutes. If no improvement, give up to 5 separate chest thrusts and call for an ambulance. If no response, give up to 5 separate chest thrusts and call for an ambulance. If victim becomes unconscious, call for an ambulance and follow DRSABCD.

**Burns (dry heat) / Scalds (wet heat)**
Cool burns and scalds immediately with cold water for up to 20 minutes. Remove jewellery and clothing from affected area if not stuck to skin. Cover loosely with sterile, non-adherent dressing, clean polythene burns sheet or clean cling film. Do not apply any lotions, creams or sprays. Hydrogel (e.g. Burn Gel) may be considered only if water not available. For hazardous substance burns, brush off solid particles, remove contaminated clothing and flood area with cold water for at least 20 minutes & do not apply hydrogel or sheet/cling film. Seek urgent medical aid.

**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. Seek immediate dental aid for all tooth injuries.

**Drowning / Lightning Strike / Bad Weather**
Follow DRSABCD, seek urgent rescue & medical aid. Shout, reach, wade, throw (floating device, rope/clothing line...) or row to victim. Person can be safely touched after lightning strike. Seek safe indoor shelter if bad weather. NEVER: swim alone, hyperventilate, ignore the urge to breathe. Play/breathe-holding/choking games: stay outside in wet, dusty &/or turbulent/bad weather.

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