

# American Red Cross First Aid

## General Steps to Follow:

1. Check the scene for safety
2. Check the victim "Are you ok" as you tap them on the shoulder
3. Obtain Consent-If you do not have consent you cannot treat them
4. Call 911 for any life threatening conditions
5. Ask the person: Name, what happened, any pain or discomfort, any allergies, any medical conditions, are they taking any medications, when they last ate and drank
6. Check head to toe for: bleeding, other fluids, wounds, change in skin color or temperature, medical ID bracelet or necklace, observable signs of pain, swelling, bruising

## Conditions That Are Most Common:

### Heat Conditions-

1. **Heat cramps**-Cramping of the muscle normally due to lack of fluids

*Treatments:* Water/Gatorade, stretching

2. **Heat exhaustion**- Increase of internal temperature no more than 104 degrees

*Signs:* Heavy sweating, paleness, muscle cramps, tiredness, weakness, headache, dizziness, nausea or vomiting, fainting, cool and moist skin, rapid weak pulse

*Treatments:* Get athlete into shady, cool dry place, Take off/loosen clothing, Sips of water, Cool wet clothes on back of neck and forehead, 911 if athlete unresponsive, Possible ice water immersion

3. **Heat Stroke**- Internal core temperature more than 104 degrees. Life Threatening

*Signs:* Same as above but also difficulty breathing may stop sweating, hallucinations, confusion, disorientation

*Treatments:* Same as above but call 911 immediately and submerge in ice water immediately

**Asthma Attack**-Constrictions of the muscles around the airway/lungs causing shortness of breath

*Treatments:* Knowing if they have asthma, use of their inhaler, have them sit and relax, slow deep breaths, call 911 if they get worse

**Allergic Reaction**-Reaction to food, pollen, animal bites, animals, plants

*Signs-* Can be raised red bumps, skin rash, itchy eyes or skin, hives, shortness of breath, swelling

*Treatments-*Ice, "After bite", Benadryl, antihistamines, Their EpiPen, May need to call 911

**Diabetic Emergency**-Commonly low blood sugar(Can be high blood sugar)

*Signs-* Weakness, trembling/shakes, dizziness, confusion, sudden headaches or drowsiness, sweet smelling breath

*Treatment-*Need to raise their blood sugar, ½ can diet soda, 4-5 life saver, peanut butter crackers, candy bar

May need to call 911 if unresponsive or does not become normal after eating something

**Seizures**-Move everything away from them and let them seize, Call parents or 911. Seizures are scary but if you know they have a history of them they may not be a life-threatening problem

**Burn Care**-Remove body part from cause of burn, place under cool water, and cover with sterile dressing. If blistering or pain persists then go to ER.

**Control External Bleeding**-Place a sterile dressing over the wound and apply pressure. If bleeding is going through the dressing add another dressing over the original one, NEVER take the dressing off. If bleeding persists, you can raise the wound above the heart or apply pressure to a pressure point. If bleeding persist more than 5 minutes or the athlete feel faint, call 911

**Shock**-Is when the body slows blood flow to its tissue and organs to help protect itself after trauma. This is a life threatening condition

*Signs:* Pale, clammy skin, rapid breathing and pulse, dizziness, fainting, Loss of consciousness, confusion

*Treatment:* Call 911, lay athlete down, raise feet 12 inches, cover, Monitor their Airway Breathing and Circulation(Pulse)

**Stroke**-Decrease blood flow to the brain

*Signs-* **F.A.S.T.** Face droops on one side, **A**rm goes numb and has movement problems, **S**peech is slurred from paralysis on one side of the face, **T**ime- you need to get them to the ER within 1 hour for treatment to decrease damage.

*Treatments-* 911 must be called immediately, time is very important

**Head, Neck and Back Injuries**- Any athletes that gets hit in the head, neck or back and then complains of pain in the area along with tingling and/or numbness should be kept still and 911 should be called. The best thing you can do is calm the athlete down, keep them still and hold the head in the position they are in.

# Sports Medicine Update

## **Sprain**-injury to a ligament

*Signs*- swelling, bruising, decrease motion, increased pain

*Treatment*-RICE- **R**est as much as possible, crutches and aircast, **I**ce 20 minutes every hour until the swelling decreases, **C**ompression with an ace bandage, **E**levation above the heart to help decrease swelling, Anti-inflammatory medication(motrin, ibuprofen, advil, aleve) as the bottle states.

## **Strain**-injury to the muscle or tendon

*Signs*-pain, decrease motion, possible swelling or bruising

*Treatments*-RICE and anti-inflammatory medications, heat may be used after the first 2 days along with ice

**Warm up and Stretching**-Athletes should jog/run for a few minutes gets the blood flowing and the body warm. Dynamic stretching (movement as you stretch) is a better way to stretch athletes at the beginning of the activity. Static stretching (move and hold) is better for the end of an activity or to help increase a muscles' flexibility.

**Strengthening and Agility**- Every practice should have exercises or drills that will help either maintain or increase the strength of your athletes. Athletes' bodies will break down as their season goes on which is why they need to strengthen.

**Prevention/Proper mechanics**-Make sure your athletes are using proper mechanics when they are doing the exercises or playing. Watch when your athletes run and jump(especially girls) and see if their knees are collapsing towards each other. This can be a sign of weakness and a possible precursor to an ACL injury.

**Core Strength**- Strong abdominal, butt, hip and low back muscle will help athletes perform better and hopefully stay injury free. A strong core will help decrease stress off other body parts.

**Hydration**- Athletes should drink 8-16oz of water 2 hours before activity, 8 oz 20 minutes before activity, 4-6 oz for every 20 minutes during the activity and 8-16 after activity. Gatorade is good during and after activity. If you are worried about athletes being hydrated have them check their Urine-Dark color Urine(apple juice) is bad, clear/light color(lemonade) urine is good. Coffee, soda and energy drinks actually dehydrate you. Coaches should allow water breaks every 20 min, more often when hot and humid.

IF any coaches or parents have questions or concerns about injuries they can call or email the Free Injury Hotline for advice and receive a call or email back from an Athletic Trainer within 24 hours.

[877MOBLMED@selectmedicalcorp.com](mailto:877MOBLMED@selectmedicalcorp.com) or 1-877-662-5633 or 1-877-MOBL-MED

