

## SAUBLE SKI CLUB FIRST AID 2008

Head Injury: The following may indicate Brain Injury and you must call an ambulance immediately:

1. Loss of memory. Ask patient what happened. If they are unable to tell you suspect problems.
2. Nausea or vomiting.
3. Blurred vision.
4. Severe headache. ( DO NOT MEDICATE)
5. Blood from nose or ear.
6. Partial or complete loss of consciousness

Unconscious Patient:

1. Open airway.
2. Check for breathing. ( if no breathing start mouth to mouth resuscitation if you are trained)
3. Check for pulse. (if no pulse start C.P.R. if you are trained)
4. If pulse and breathing are present roll patient on their side.

Bleeding:

Simple

1. Slow bleed: apply direct pressure on the cut for 5 minutes then check, if still bleeding press for 5 more minutes.
2. Fast bleed: apply direct pressure on the cut for 10 minutes then check, if still bleeding press for 10 more minutes.
3. Elevate the wound to slow down the bleeding while you apply pressure.

Arterial

1. Apply direct pressure to the wound and DO NOT let go.
2. Carotid artery, push 1" above and 1" below the cut. DO NOT let go.
3. Femoral artery, push in the groin area until the bleeding stops and DO NOT let go.
4. All arterial bleeds must go to hospital in an ambulance.

If you are unable to control the bleeding, reapply pressure and call for an ambulance. Once the bleeding is stopped assess if the wound needs stitches, if so transport to hospital. Wounds that do not need stitches clean with water, or mild soap and water, then bandage.

Tourniquets should only be used if the bleeding can not be controlled with pressure and you feel the patient may die as a result. NEVER release a tourniquet once it is in place.

Shock: Can occur with any injury, not just bleeding.

1. Lay victim down.
2. Elevate the legs 6" above heart line.
3. Cover victim with something warm ie: blanket or coat.
4. Call an ambulance.

Bones and Joints:

1. Swelling, apply ice for 15 to 20 minutes then remove. After first application of ice, reapply 5 minutes on 5 minutes off.
2. Bruising, apply ice for 15 to 20 minutes then remove. After first application of ice, reapply 5 minutes on 5 minutes off.
3. Pain, DO NOT MEDICATE.
4. Deformity, do NOT straighten.
5. Bone protrusion, cover with dressing.
6. If you feel the injury is serious prevent patient from moving and call an ambulance. Improper movement may result in further complications or even death.
7. All serious bone and joint injuries should be x-rayed to determine if it is a fracture, sprain or strain.

\*Never give patients with any injuries medication, food, or any drink until a Doctor has assessed them.