Mandatory First Aid Training
Canyon View Little League 2017
First Aid Agenda

INTRO

01 Minor Injuries

02 Major Injuries

03 Concussion Management

04 Heat Related Illness

05 Prevention Strategies

Q&A
General Recommendations

1- Injury Occurs
Determine Severity
Activate 911 if necessary/First Aid
Alert Parents

2- Inform Safety Officer
Report any incident to player, manager, coach, umpire or volunteer that requires first aid or more serious treatment

3- Medical Attention
Injured Players must obtain a written release from a Medical Provider for Return to Play and Practice

4- Concussions
Immediately pulled from play and cannot return until a written release is obtained from MD, DO, ATC, PA or Nurse Practitioner

Safety Officer 2016
Jennifer Allen
(520)982-9966
First Aid
Most Common in Baseball/Softball

• Bone, Bruise, & Lacerations (Cuts)
• Eye Injuries
• Tooth Loss
• Nosebleeds
• Concussion
• Heat Related Illness
• Overuse Injuries
Additional Topics

Policy/Procedure Related:

• Lightning Procedures
• Overuse Injuries/Pitch Counts
• Little League Injury Reporting
• First Aid Kits
  – Central Kit (Snack Bar)
  – AED (Automated External Defibrillator)
  – Small Kits for Coaches
Minor Injury Management

General Guidelines (Bumps/Bruises)

• RICE
• R – Rest the injured part
• I- Ice/Cool the area. Cold packs in Kit (20min with cold pack is ok, insulate actual ice bags and limit to 10min)
• C- Compression. Ace Wrap, etc. Do not cut off circulation.
• E- Elevate the injured part to limit swelling

(If injury is not better within 24 hrs, instruct parent that further professional evaluation is necessary--- and if parent has ANY concern- get medical attention)
Cuts and Scrapes

When Do you Need Stitches?

• In general
  – Cut is more than one inch long
  – Edges of the cut don’t easily come together or are “Jagged”
  – Looks like it is gaping (see layers of tissue)
  – Any Laceration to face requires at least a consult (Facial scarring)
  – Lip injuries that extend past the border of lip
Cuts and Scrapes
First Aid (Minor)

• Rinse the wound (“Strawberries”- parents may need to scrub those out at home)
• If Debris cannot be removed- seek medical
• Apply a clean gauze or cloth and pressure to stop bleeding (If bleeding is bad- Medical attention)
• Topical Antibiotics (Parent), Covered wounds heal- bandaid/bandage
• Tetanus Shot (Need Current)
Sprains & Strains
Injuries to Muscles, Ligaments, Tendons

• Most are minor injuries

• If injury results in inability to move area or abnormal movement (limping) pull from game.
  If it looks funny (deformity)- Medical

• Ankle Sprains
  – If cannot put weight on it
  – (may need X-ray)/Medical Attention
  – Popping noise with injury- Bad
Sprains & Strains

First Aid

• Stop Play (When in doubt..pull them out)
• RICE- Rest, Ice, Compression, Elevation
• If the injured part is deformed – do not attempt to put it back in place or correct
• Immobilize if you are trained to
• Call 911 if unsure- alert patient
• Follow up with Medical (Urgent Care/Fast Track System, Family Medical Provider)
Fractures (Broken Bones)

Emergency

• A fracture is a broken bone - it requires emergency medical attention
• Do Not Attempt to move the part yourself
• Call 911 if
  – There is bleeding associated with the break - bone comes through the skin
  – Light pressure or motion causes pain
  – The limb doesn’t look right (deformed)
  – The extremity has numbness or looks bluish
Splints in First Aid Kit
In the Snack Bar

• SAM Splints
  – Flexible splints to immobilize area injured
• Ace Wraps
• AED
• ***Don’t attempt to provide care if you do not know how to do so.
DON’T
If You Think it Might Be Broken.....

• Do Not move the person unless the bone is stable (if you don’t know…don’t move ‘em)
• Do Not move a person with an injured hip, pelvis, or upper leg
• Do Not move someone that could have a spine injury (neck/back)
• Do Not try to move a bone back into place
• Do Not test a bone’s ability to move (You)
Eye Injuries

Minor Injuries

• Foreign body in eye (small objects)
• Use Water to Rinse Eye
  – Lukewarm tap water run over the eye/Irrigation solution (In Snack Bar First Aid Kit)
• Blink Several times
• Pull the upper lid over the lower lid
• Don’t Allow person to Rub the eye- scratches it
Eye Injuries

Minor Injury

• Black Eye
  – Caused by bleeding beneath skin around eye
  – Most are not serious
  – Take into account the cause of the black eye (How bad was the impact? Concussion?)
  – First Aid
    • Apply cold pack around eye 10-15min
    • Try not to press on the eye itself
    • Look for signs of more serious problems…
Eye Injuries

Major Injuries- Emergency

• Blood in the white part of the eye
• Blood in the colored parts of the eye
• Bony Step Off- eye looks “funny”, not sitting right
• Raccoon Eyes
• Vision is blurry or affected in any way
• Pain in the actual eye
• Big Object in the eye (Don’t try to remove)
Hyphema

EMERGENCY

Serious Injury - Immediate medical Attention
(Picture from www.artisanoptics.com)
Raccoon Eyes

Signs of a much larger problem
Eye Looks sunken in with these -- have difficulty looking down (R Eye)
Tooth Loss

Emergency Dental Assistance Required

• Regular Dentist? Call Them first
• If no immediate ability to go to dentist- send to ER
• Loss or Broken/Chipped (save the chip)
• Tooth Loss Kit (First Aid Kit at Snackbar)
• Milk or Saline solution if kit not available
Tooth Loss

Dental Emergencies - Save tooth/Pieces

- Handle the Tooth by the top only, not by the roots
- Don’t rub it or scrape it to remove dirt
- Put tooth or pieces of tooth in Tooth Saver or saline solution or milk
- This is an emergency and needs emergency evaluation
- Need fast attention, longer tooth is out - less chance of being ok
Nose Bleeds

First Aid

• Sit Upright (Don’t tip the head back)
• Pinch the nose (5-10min)
• To prevent re-bleeding (don’t pick the nose)
• If re-bleeding occurs- repeat process
• Seek medical care if
  – Bleeding lasts > 15 to 30min
  – Person feels weak or faint
  – Bleeding is rapid or begins by trickling down back of the throat
Nose Bleeds
First Aid

Image from Ptinr.com
Concussions

Brain Injury

- All concussions are serious
- Can occur without loss of consciousness
- Can occur in any sport
- Recognition and proper management are key
- Playing before the brain recovers can lead to more serious problems and possibly death in worst cases
Recognizing a Concussion

Watch for These Things

• A forceful blow to the head or body that results in rapid movement of the head
• Any change in the player’s behavior, thinking or physical functioning

• (**CDC handout for Coaches, Parents)
• Link on Canyon View LL website
Concussions

Signs/Symptoms

• Appears Dazed
• Is confused about position
• Forgets plays
• Is unsure of game, score, or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness
• May become “irritated or agitated”
Suspect a Concussion?

What do you do?

• If you suspect that a player has had a concussion, keep them out of the game or practice (young kids do not always show a lot of symptoms immediately, so being conservative in this instance is better than not)

• The player should be kept from play until a written clearance is obtained by a health professional with experience in evaluation of concussion- Physician, ATC, PA and NP in AZ
Suspect Severe Head Injury?

Dial 911

• Severe head or facial bleeding
• Change in level of consciousness
• Black and Blue eyes- Raccoon Eyes
• Battle sign- bruising behind ear
• Confusion
• Loss of balance
• Weakness in arm or leg
• Loss of breathing or labored breathing
• “When in doubt, send them out – 911”
Severe Head Injury

Waiting for Ambulance…

• Keep person lying down until help arrives
• Do not move them if you suspect a neck Spinal injury (if you suspect a bad head injury, suspect spine injury)
• Do not move an unconscious person unless not breathing, loss of pulse
• If not breathing, rescue breathing, if loss of pulse too- CPR
• Protect the spine in all instances
Annual Concussion Forms

Canyon View Little League

• Acknowledgement of reading of Fact sheet on the CDC website
• That league has provided information on concussions to players/parents
• That players/parents will report injury and symptoms if they occur
Heat Related Illness

Arizona

• Three levels of progressive problems
  – Heat cramps
  – Heat exhaustion
  – Heat stroke (life threatening)
Heat Related Illness

Who’s most at risk?

• Prolonged play in hot temps
• Overweight or deconditioned players
• Over the counter and prescription medications- Asthma medications, allergy meds, etc
• Younger children

Lack of Hydration is a big problem. Keep them drinking, bring extra water in case kids forget, Fruit in the dugouts and at practice is a good way to help with hydration
Heat Cramps

Early Signs of Heat Illness

• Profuse sweating
• Fatigue
• Thirst
• Muscle Cramps
• Kids might act grumpy, tired or lazy

• (Get them out of the heat, fluids with sugar- Gatorade or other sports drinks)
Heat Exhaustion

Progression

• Headache
• Dizziness, light-headed
• Weakness
• Nausea and vomiting
• Cool, moist skin (start to go into shock)
• Dark Urine
• This can quickly progress to heat stroke, so treat emergently - remove from heat, may need medical attention
Heat Stroke
Medical Emergency

• Core Body Temperature is elevated
• Rapid Heartbeat
• Rapid and shallow breathing
• Elevated or lowered blood pressure
• Stop sweating
• Irritability and confusion
• Faint
• Unconsciousness
Heat Stroke Treatment

CALL 911- Immediately if you suspect!

• Remove from heat
• Immediate submersion in ice is most effective
• Cold packs, ice, etc
• Monitor breathing, HR until help arrives
Fainting
First Aid

• Elevate the legs
• Loosen restrictive clothing
• Call 911 if unconsciousness continues
• Watch airway- vomiting
• Check for breathing and monitor for signs of decline
Other Emergencies

Comotio Cordis

• Player gets hit in the chest
  – Baseball/softball, bat
  – Collision between players
  – Does not have to be a high energy hit
  – Causes cardiac arrest (Heart Stops Immediately)

• Only 16% survive this- best chances with
  – Early recognition
  – Treatment with CPR and Defibrillation (AED)
  – Survival rates drop to 0 when intervention is delayed
Comotio Cordis

What do you do?

• If a player gets hit in the chest and goes down
• No breathing, No Heartbeat
• #1- Call 911
• #2- Get the AED from the snack bar
• #3- Start CPR and get the AED on the player and follow its instructions
• If it’s not comotio cordis, the AED will not allow a shock to happen and will not injure the player
Overuse Injuries
Baseball and Softball

- Baseball pitch counts
- Softball – pitch counts not established, but recommendations available
- Warm up slowly, rotate playing positions
- Don’t allow throwing with pain
- Encourage kids to report pain
- Rest/Medical Attention- Prevention Screenings

- www.StopSportsInjuries.org
Lightning Safety

Precautions:

• If you can hear it(thunder), clear it(suspend activities)Stop the game, practice and leave field

• At the first sign of lighting- get to a closed building or a vehicle (not a picnic shelter)Car/vehicle is better with windows rolled up

• Avoid all metal- including baseball cap, bats, etc

• If caught outside remove metal objects, place feet together, duck head, crouch down low in catchers stance with hands on knees, stay 15 feet away from other people

• Avoid metal fences, ramadas, poles and bleachers

• **Activities should be suspended for 30minutes from the last observed lightning or thunder. So need to be free from all lightning and thunder for 30min prior to returning to play.**
If you need 911

Address of Mehl Park

• Mehl Park address is:
  – 4001 E. River Road- Tucson, AZ 85718

  – ****Take your first aid kit to all practices and games. Cold packs, bandages, gauze, etc in there.
Snack Bar First Aid Kit

When do you need it?

• Snack Bar has AED
• Splints
• Eye Wash
• Tooth Saver
• If you don’t have it in your Kit
Injury Fast-Track System
As a Free Service to Canyon View LL

• Partnership to get specialized treatment to our kids faster. Available to players/family

• Expedited scheduling with a specialist:
  – Dr. Mortazavi- Concussion specialist and youth sports injury specialist
  – Dr. Amini, Dr. Norris, Dr. Endean- Orthopaedic Physicians
  – Bodycentral Physical Therapy- Sports Medicine Specialists- Prevention & Rehab
  – (Will provide fast-track cards at snackbar)
Prevention
Here is where you want the focus

• #1-Keep players hydrated
• Be smart during practice set up
• Swinging bats…Horseplay…
• Make sure players are alert during play
• Safety features
  – Helmets, facemasks, cups, etc.
  – Fitting helmets- Heads up concussion CDC free app- helmet fit, brain injury basics, etc.
Summary
The important stuff

• Have Fun
• With Injuries
  – Always tell the parents what happened
  – Always tell the parents to follow up with medical provider of their choice
  – If you don’t know, ask for help
  – Report injuries and events to safety officer
  – Don’t do something you are not trained to do
  – Prevention is key