



# Basic First Aid Guide

1. **Heat Exhaustion** – fatigue, pale skin, rapid pulse, shallow breathing. Cold sweat, clammy skin.

**Treatment** – move to cool area, raise feet, loosen clothing, give sips of cool water, and fan to cool victim.

2. **Sunstroke** – extremely high body temperature, hot, dry skin, absence of sweating, rapid pulse, confusion.

**Treatment** – raise head, reduce body temp with wet cool rags, do not give stimulants i.e. epinephrine, will raise pulse.

3. **Fainting** – temporary unconsciousness, sometimes blurred vision, nausea, paleness, sweating.

**Treatment** – lay on back, loosen clothing, if victim vomits tilt head to the side, and apply cool rag to face.

4. **Stings** – pain, itching, swelling (red), allergic reactions with difficulty breathing or swallowing.

**Treatment** – do not squeeze stinger but scrape gently with dull flat object i.e. credit card wash and apply cold compress.

**NOTE:** If victim is noted on medical form as ALLERGIC to bees, wasps etc. insure victim has epinephrine injector (epi-pin) with them at all times and understands how to use it.

5. **Head/Neck Injury** – sudden impact to head or neck by foreign object or surface.

**Treatment** - DO NOT REMOVE HELMET OR MASK!!! Keep victims head and neck stable i.e. from above victim, head cradled between arms with palms on shoulders.

6. **Nose Bleeds** – either caused by dry environmental conditions, exhaustion/stress or foreign object impact.

**Treatment** - reassure the person, especially children, as crying increases blood flow. Sit the person up straight and drop their head slightly forward. Apply finger and thumb pressure on the soft part of nostrils below the bridge of the nose for at least 10 minutes.

**NOTE:** If bleeding was caused by impact avoid firm compression as to not cause further damage to possible broken nose, tilt forward and manage blood flow with cold compress using light pressure.

7. **Fractures** – pain, swelling, deformity, inability to move limb.

**Treatment** – support above and below fracture, apply snug but not tight padded splint to keep limb stable. If head/neck is involved in the fracture apply tip#5.

8. **Seizures** – neurological condition causing uncontrolled jerking movement to as subtle as a momentary loss of awareness (absence seizure).

**Treatment** - if the person having a seizure is on the ground when you arrive (if not try to catch and lay down), try to position victim on side so that any saliva or vomit can leak out of their mouth rather than be swallowed or go down the windpipe. Do not put anything, including your fingers, into the victims mouth while their seizing.

9. **Asthma** - is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing.

**Treatment** – get victim away from trigger (source) if one is present, set victim upright, encourage long deep breaths, have victim administer inhaler if available based of their physicians recommendations. If victim is unable to administer inhaler assist based on inhalers printed recommendations.

**NOTE:** If victim is noted on medical form as having asthma and needing an inhaler insure victim has inhaler with them at all times and understands how to use it.

Managers, Coaches and Teams Moms need to insure that all forms both medical and registration are with them at all practices, games as well as any group activities your team may participate in. Having these forms on file will ensure that in the event of a medical emergency you have all contact and player unique conditions in hand and ready for emergency personnel if and when they may be called. Only USA background checked and cleared personnel are allowed on the field and in dugouts of any JGS games. Managers, Coaches and Team Moms need to control the movement and access to their fields and dugouts to only these cleared personnel this includes

keeping victims family members away until emergency services arrives and takes control of the scene.

**NOTE:** Do not put your hands on someone, voicing the rules is all you can do, let the JGS Board deal with the family member if they refuse your guidance.

Managers, Coaches and Teams Moms need to know the address of the parks, schools and fields they are playing at to speed in emergency services arrival.

If you have any doubt about the severity of a medical issue call 911 and stay with the victim, do not hand the victim off.