

Cycle First Aid

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Watch words

- Stay safe
- Do no harm
- Hold the Head
- Do not move the patient (unless it is too dangerous not to)
- Keep the Red Stuff in
- When in doubt call 999 or 112
- <http://www.emergencysms.net/>

Safe Approach

Be aware of danger to yourself "A dead rescuer is no good to anybody" and to the casualty and others

- Moving traffic
- Blind Bends

Priorities

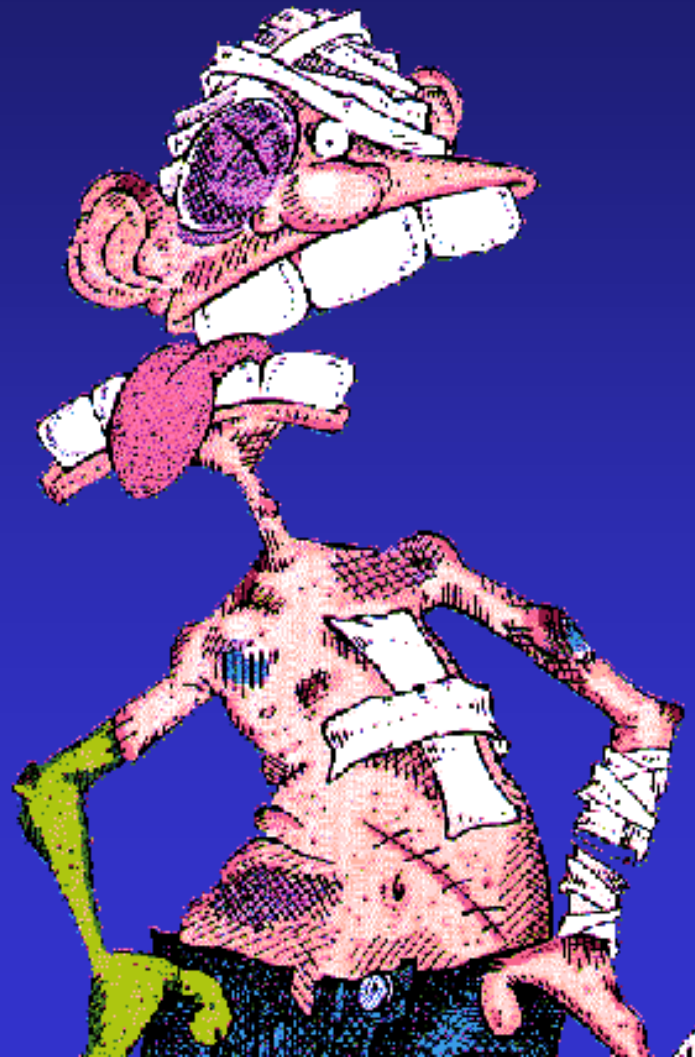
- Catastrophic (life Threatening) Bleed
- Airway - clear if blocked or open if not breathing, being aware of potential Neck Injury, Cover open chest wounds
- Cervical Awareness
- Breathing - if No then start resuscitation

Consider the Damage

Look at the potential for injuries of the casualty both internal and external



Control Of Bleeding



Road Rash

- These injuries look and feel painful
- Look beyond the gore
- Are there underlying injuries
- Fractures
- Internal Injuries/bleeding
- Head Injuries

Road Rash Treatment

- Check for Underlying Injuries
- Wash out Dirt and Grit
- Cover with Clean dressing
- Needs scrubbing within a medical centre to prevent scarring and promote healing
- Moist dressings help the healing process
- Check for Infection later on, i.e. redness, hot to touch, swelling in Armpit or Groin

Blood Clotting Disorders

- Haemophiliac - Alex Dowsett pro cyclist
- Anti coagulants - card carrier
- Warfarin - wristband
- Therapeutic Aspirin

All the above interfere with the control bleeding - keeping the red stuff in

Control of Bleeding

P - Posture / Position

E - Expose / Examine

Splinter from the Velodrome track



Control of bleeding

P - Posture / Position

E - Expose / Examine

E - Elevate

P - Pressure direct with a dressing or indirect pressure using a pressure point

Pressure Points

- Brachial - Upper arm, underneath the bicep muscle pressing against the upper arm bone
- Femoral - upper 3rd of the groin pressing the femoral artery against the rim of the pelvis this will take 2 thumbs

Shock Signs & Symptoms

- Pale, cool, clammy skin
- Ashen, cyanosed skin
- Fast weak pulse
- Rapid shallow breathing
- Nausea
- Feeling faint - lower level of consciousness

Shock-The Falling Lift

- Early - Disorientated / Confused
- Compensates by - Fast Pulse
 - Rapid Breathing
 - Pale cool Clammy Skin
- Feels Faint
- Late Sign - Cyanosed (blueness)
- Late Sign - Unconsciousness

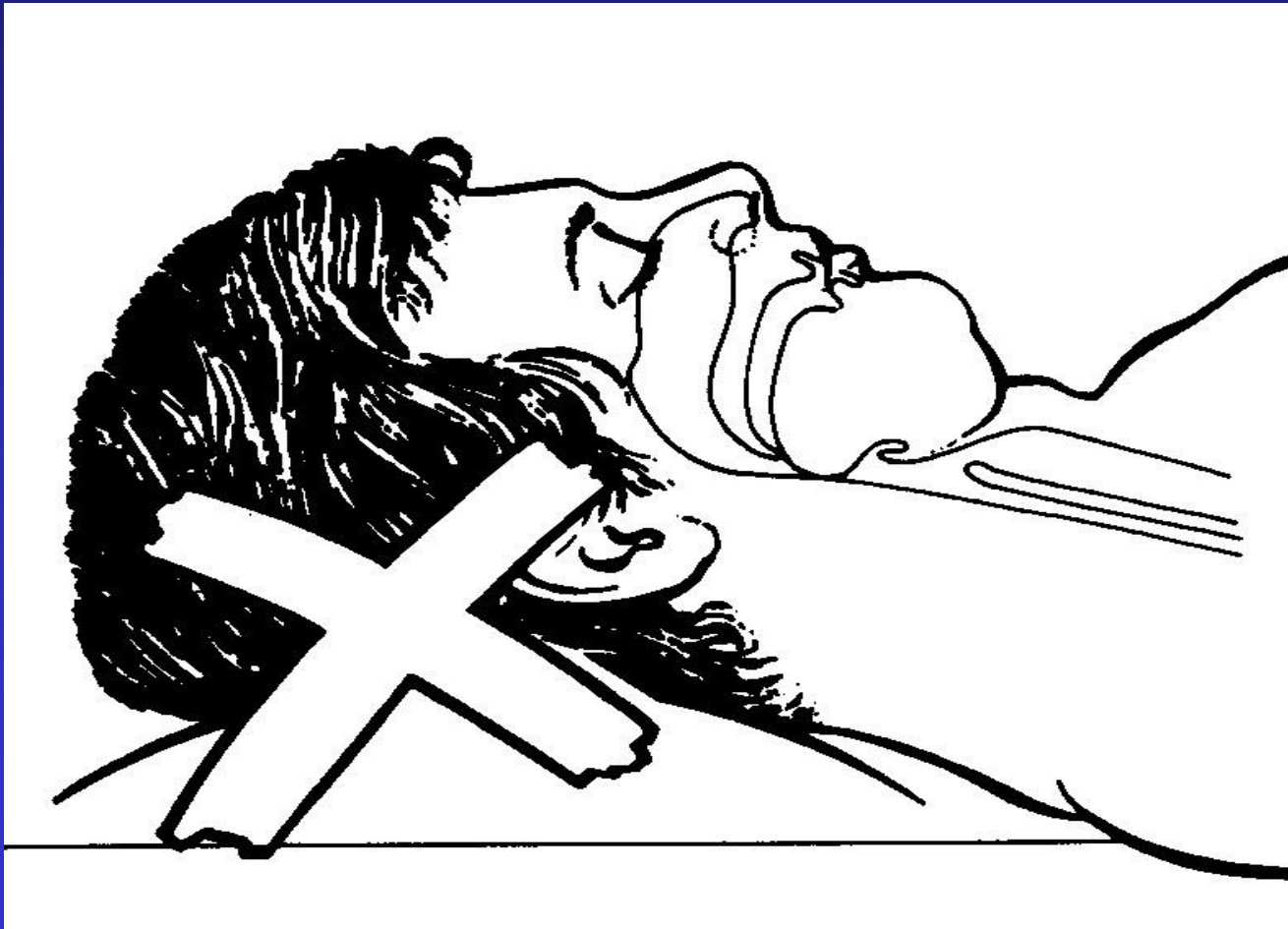
Shock - Treatment

- Treat the possible cause (Blood loss, Fracture, heart attack or Diabetic emergency)
- Loosen tight clothing
- Rest - comfortable position
- Reassurance - Nil by Mouth

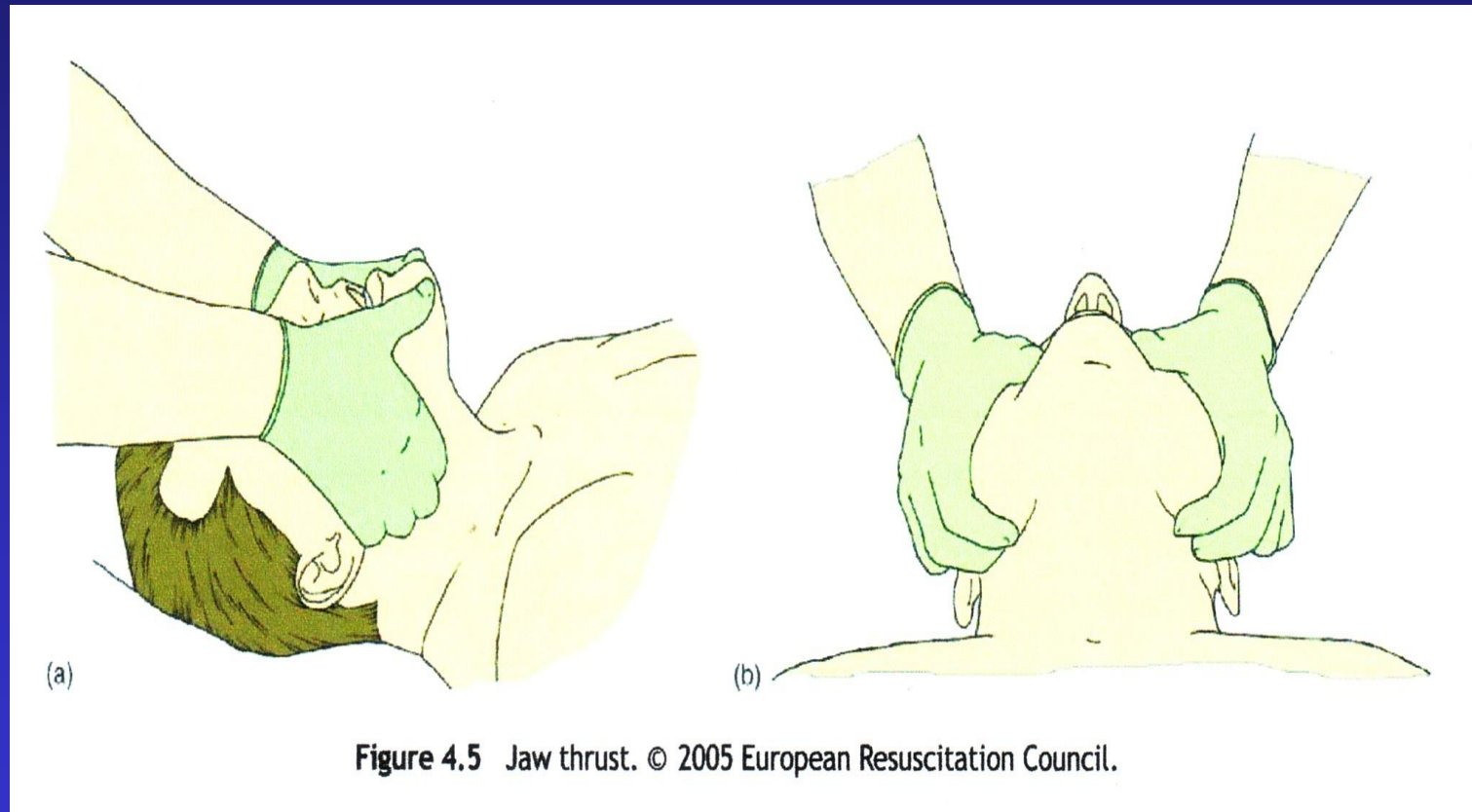
Protecting the Airway

- The No 1 Cause of Death in Trauma is a blocked Airway
- When Unconscious the tongue drops to the back of the Casualty's throat blocking their airway
- This is preventable by performing a Jaw Thrust or Chin Lift

Tongue Blocking Airway



Jaw Thrust



Head Injuries

- Laceration to scalp
- Concussion - shaking of the brain
- Compression - Bleeding in skull
- Skull fracture - cranium / base

Levels of Consciousness

- Alert and responsive
- Verbal - Responding to speech
- Pain - Responding to pain
- Unresponsive -No response

These are most important when dealing with severe head injuries

Compression Head Injury

- Bleeding within the Skull compressing the brain
- Loss of Consciousness
- Unequal Pupils
- Flushed face
- Slow full bounding pulse
- Vomiting
- **TREATMENT** = 999 Ambulance
- Be Neck Injury Aware

Concussion

- Shaking of the brain
- Loss of Consciousness - amnesia
- Vomiting
- Headache/dizziness = Hospital
- Broken helmet = more serious
- **Treatment** = Monitor the Patient for changes, take to hospital if concerned

Head Injury Treatment

- Monitor level of consciousness, and breathing
- Dress any wounds
- If Unconscious maintain an open airway

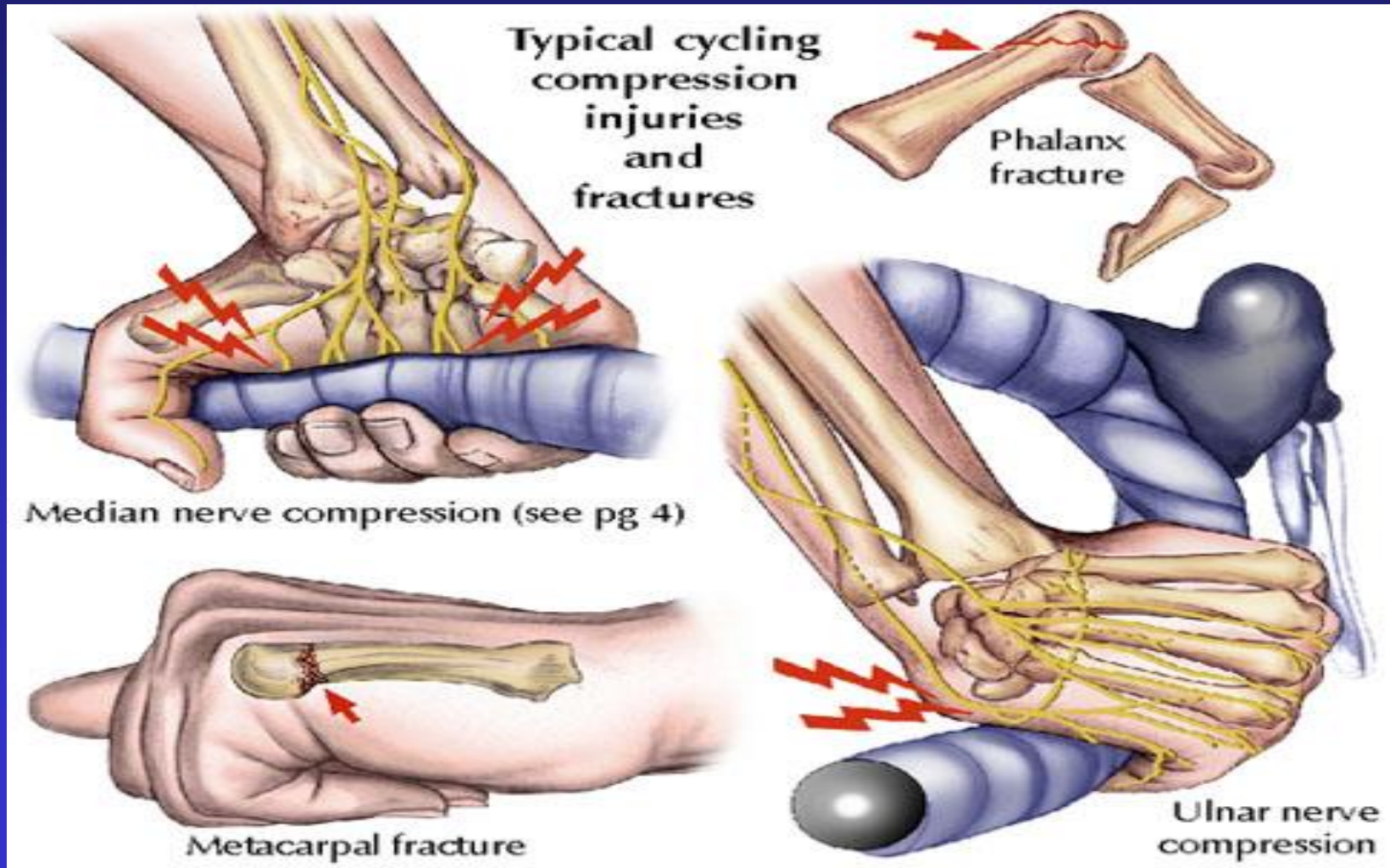
Types of Fractures

- **Closed** - the bone is fractured but there is no external wound
- **Open** - there is an external wound leading to the site of the fracture. The bone may be protruding
- **Complicated** - the ends of the bones have damaged underlying organs
- Along side major bones are arteries, veins and nerves

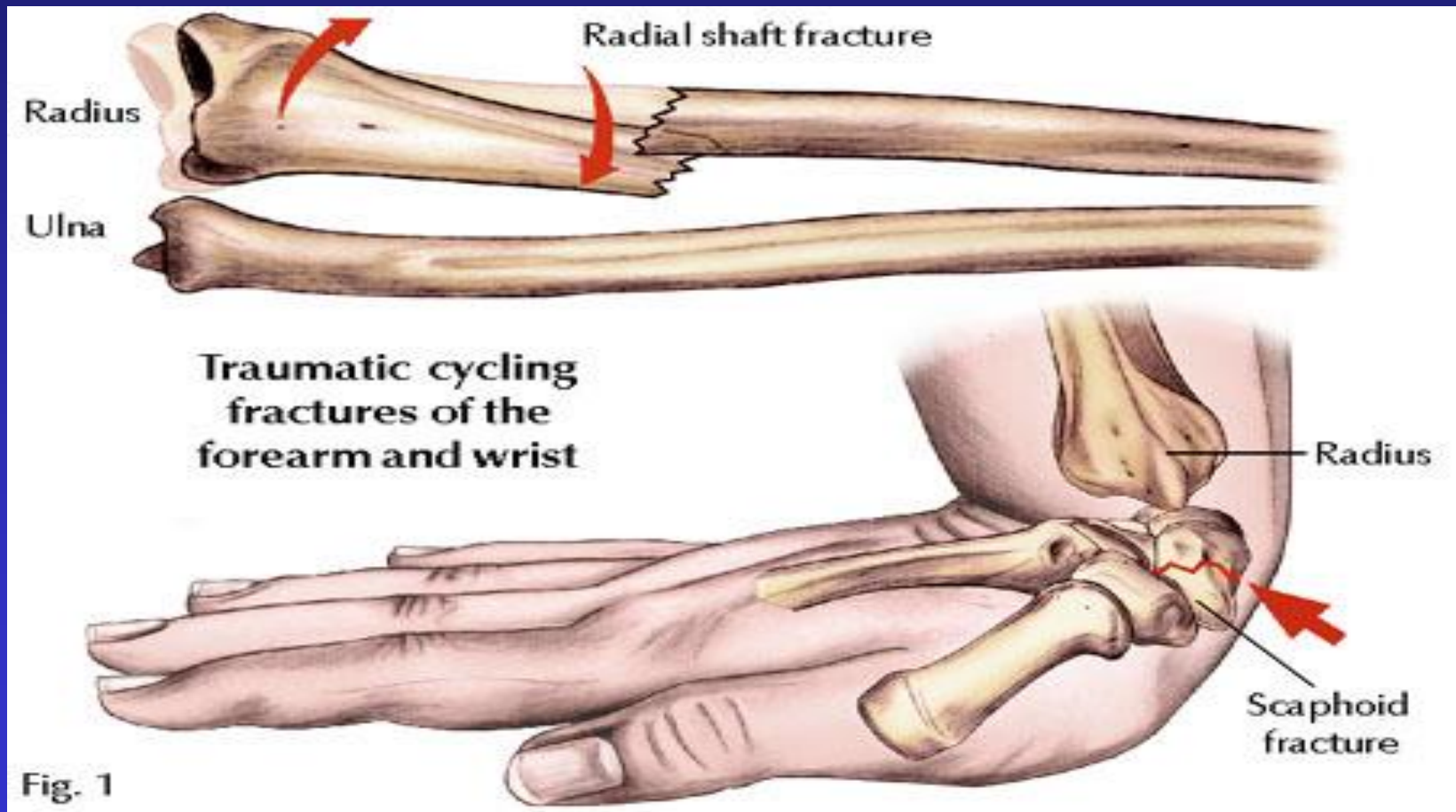
Signs & Symptoms of a fracture

- Swelling
- Loss of movement
- Irregularity
- Pain
- Deformity
- Unnatural movement
- Crepitus
- Tenderness
- Shock

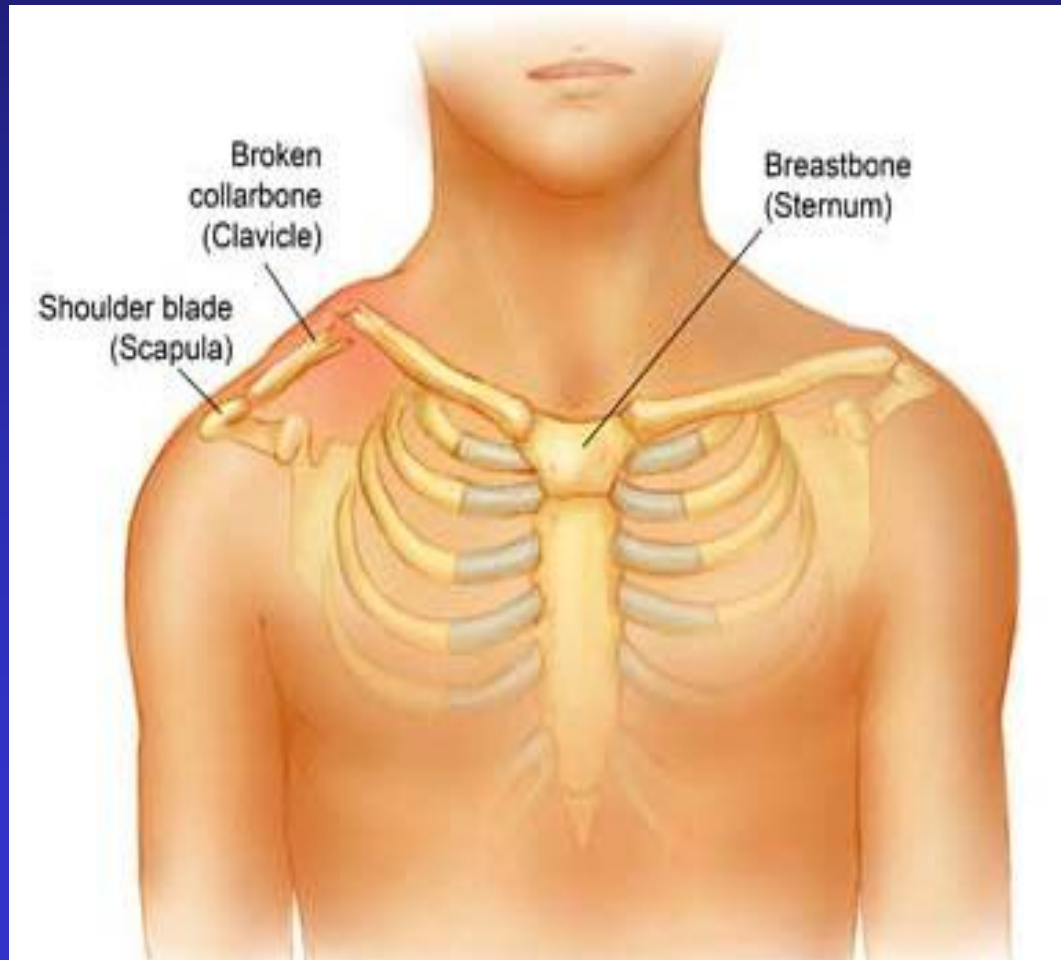
Hand Injuries



FOOSH-Arm Injuries



Broken Collar Bone



Broken Collar Bone



Complications of Collar Bone injury

- Damage to Underlying Organs- Punctured Lung causing difficulty in breathing
- Damage to blood vessels- Arteries and veins leading to blood loss
- Damage to nerves- loss of movement or sensation

Signs and Symptoms of Collar Bone Injury

- Pain over the area of the break
- A bump may be felt or a step seen
- A reddish-purple bruise starts to appear
- The shoulder appears to sag or drop
- Inability to raise the arm due to pain
- People report a popping or snapping sound

Treatment of Collar Bone Injury

- Look for Underlying problems, breathlessness, bruising, loss of movement or tingling
- Support the injured side
- Send to hospital for an X-Ray
- Do not allow to ride any further

Fractures - Treatment

- Upper limbs - support in a comfortable position
- Lower limbs - do NOT move unless life is threatened
- Lower limbs - do NOT attempt to straighten limbs
- Look for bleeding

Spinal Injuries - Signs & Symptoms

- History is Vital
- May be no obvious signs of injury
- Lack of sensation
- Pins & Needles
- Inability to move limbs
- Back or Neck pain
- No symptoms present - damage yet to be done

Spinal Injuries - Treatment

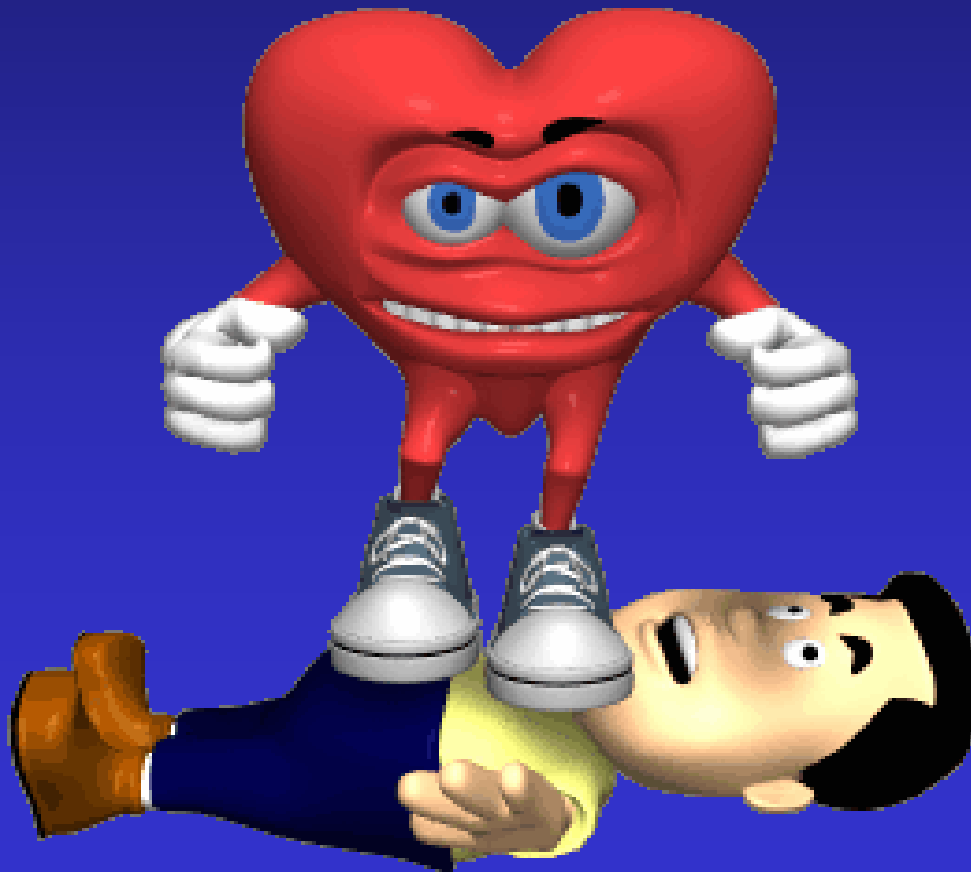
If you suspect a spinal injury

- The Casualty must Not be moved unless their life is threatened
- Keep the head still - Trauma Head hold
- Do not allow others to interfere
- Remember - there is no second chance

Trauma Head Hold



Cardio Pulmonary Resuscitation - CPR



Priorities for CPR

D - Danger

R - Response

S - Stop Life Threatening Bleeding

A - Airway - be Neck Injury Aware

B - Breathing NO dial 999

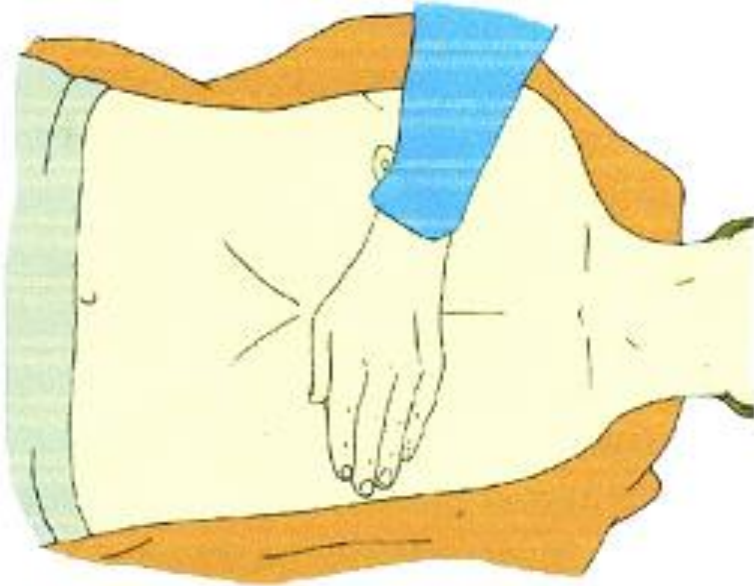
C - Chest Compressions

(1 person to hold the head)

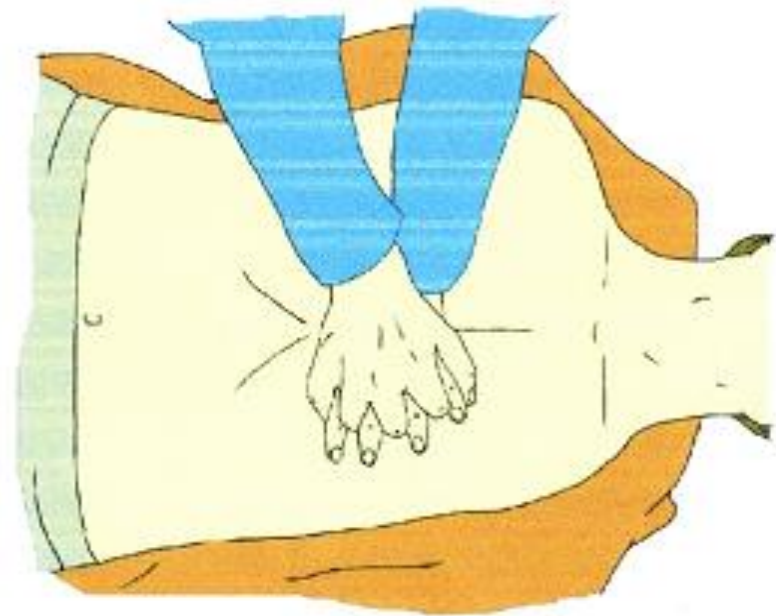
Trauma Head Hold



Hand Position - Adult



Place the heel of one hand in the centre of the victim's chest.



Place the heel of your other hand on top of the first hand.

Defibrillator Heart Restarter

Anyone can use it
No training necessary



For an unconscious person
NOT breathing normally



Call
999

Start
CPR

Switch on
defibrillator

Follow its
instructions

ICE in your Mobile

- It is recommended that you place In Case of Emergency (ICE) in your contacts within your Mobile phone
- It is good practice as Emergency workers like Doctors , Nurses and Paramedic will be able to contact your family if you are Unconscious or Badly injured
- Place Name, Number and relationship

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