

# First Aid

ARARAT YOUTH PROGRAMS

BOWDOIN

BOWDOINHAM

HARPSWELL

TOPSHAM



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# The Basics

- First Aid is the immediate care you give someone with an illness or injury before trained help arrives and takes over.
- First Aid kits are supplied by the Recreation Departments. Every gym has one.
- Game Day - There will be a designated person on site to help handle illness or injury. We do not expect coaches to fully handle these situations alone.
- In all cases - Use Common Sense!
- Call Parent or Guardian AND/OR 911, if needed.

## There are a few things you should know:

- Bloodborne Pathogens: Bloodborne pathogens are microorganisms that can cause disease when transmitted from an infected individual to another individual through blood and certain body fluids. They are capable of causing serious illness and death. The most common illnesses are Hepatitis B, Hepatitis C, and AIDS (HIV).
- Do you know what to do if there is blood gushing or vomit on the floor?
- Do you know where your gloves and biohazard kit are?
- Our Recreation Departments now have a universal training. The training has been provided to you on paper. Please read and sign the clipboard indicating you have received our training.

# Injuries

1 in 3 children who play team sports are injured seriously enough to miss practices or games, and some suffer lifelong consequences.

62% of most organized sports-related injuries occur during practice rather than games.

Sprained ankle is the most common injury.

## Nose Injuries

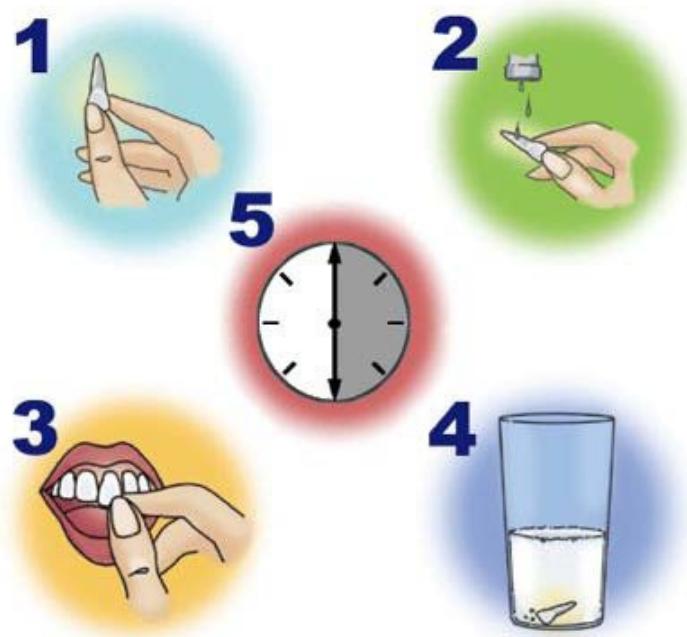


Press both sides of nostrils (about  $\frac{3}{4}$  of the way down the nose) while the person sits and leans forward.

Place constant pressure on both sides of the nose for a few minutes until bleeding stops. If bleeding continues, press harder.

If bleeding is uncontrollable or does not stop in 15 minutes, call 911.

# Tooth & Mouth Injuries



- If the mouth is bleeding rinse with water, use gauze and have the injured person hold it in place until bleeding subsides.
- If an adult tooth is loose, have the child bite down on gauze to hold the tooth in place until they can get to a dentist.
- If an adult tooth is knocked out, rinse the tooth with water, place in a cup, cover with milk or saliva and get to an emergency room or dentist within 30 minutes.

# Head Injuries

## Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

## Some symptoms of a head injury:

Person only moans or groans  
Confusion or sleepiness  
Headache  
Vision changes  
Seizure

# Symptoms of a Concussion

## Observed v. Reported

**These signs and symptoms may indicate that a concussion has occurred.**

### SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned

Is confused about assignment or position

Forgets sports plays

Is unsure of game, score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows behavior or personality changes

Can't recall events prior to hit or fall

Can't recall events after hit or fall

### SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy, or groggy

Concentration or memory problems

Confusion

Does not "feel right"

# What should you do if you suspect a concussion?

- Remove the athlete from play and seek medical attention.
- Do not try to judge the severity of the injury yourself.
- Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the athlete is symptom free and provide a note that it's OK to return to play.

\*See page 24 in AYBL handbook for policy and procedure on concussions.

# Broken Bones, Strains & Sprains

- Do not try to straighten or move any body part that is bent, deformed or could be broken.
- Fill bag with ice or use ice pack on injury, up to 20 minutes.
- Raise the injured body part unless it causes pain.
- Call parent or guardian and/or 911 if needed.

# **Cold & Flu Season**

We play right through cold and flu season!

If a child has missed school due to illness please don't let them attend practice or games until they have been fever free for 24 hours.

# **Covid**

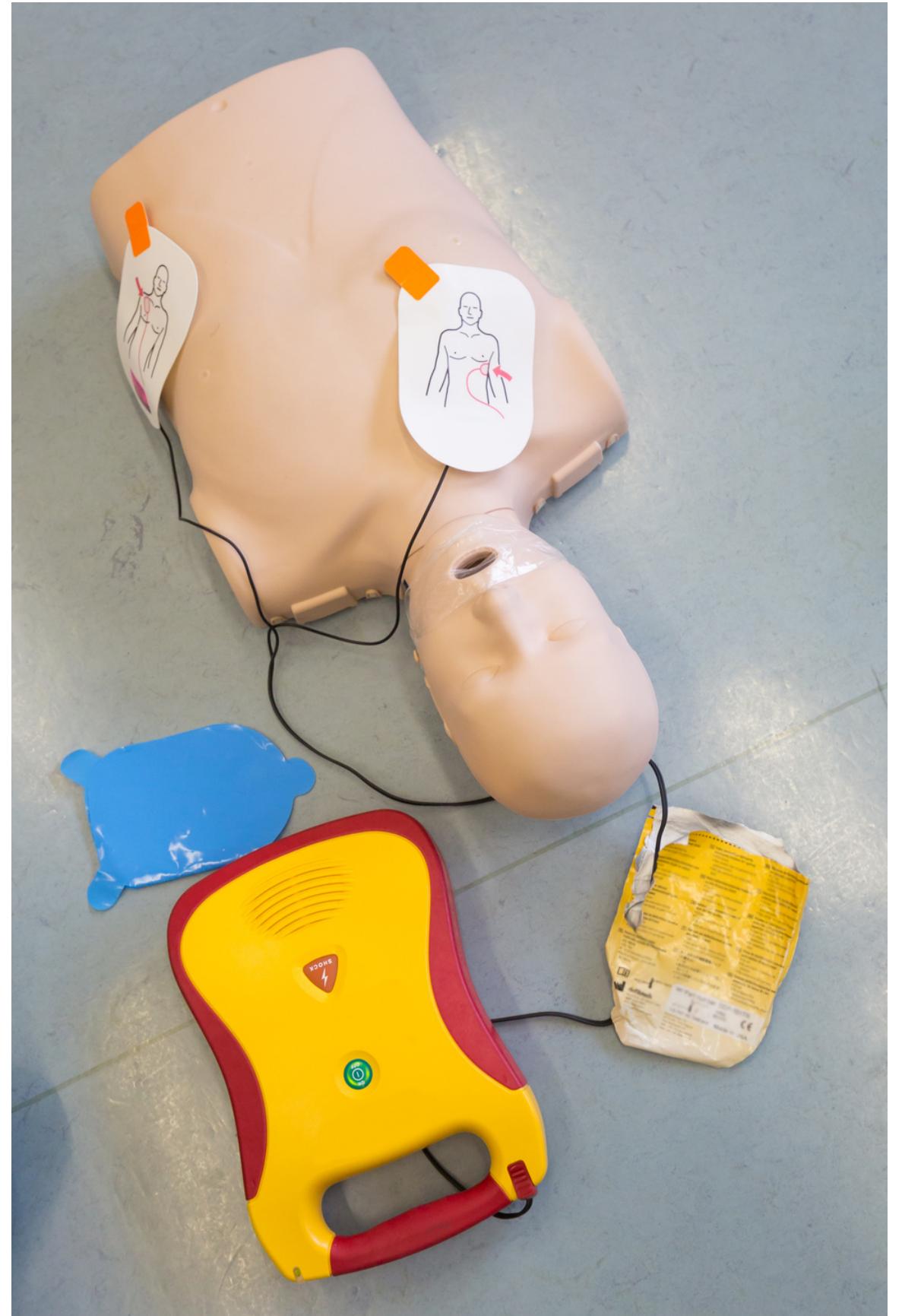
Covid guidelines are always changing! Please be aware of the most recent updates.

If you are unsure, contact your Recreation Director for guidance.

## **Wash Your Hands !**

# AED

- Automated External Defibrillator
- Every school has an AED - know where it is!
- If you have to use this - Call 911!
- The unit will give you verbal instruction throughout the whole process until trained personnel arrive.



# Bloodborne Pathogen Training

# Why is this required?

- All of the requirements of OSHA's Bloodborne Pathogens standard can be found in Title 29 of the Code of Federal Regulations at 29 CFR 1910.1030. The standard's requirements state what employers must do to protect workers who are occupationally exposed to blood or other potentially infectious materials (OPIM), as defined in the standard. That is, the standard protects workers who can reasonably be anticipated to come into contact with blood or OPIM as a result of doing their job duties.
- Anyone that works/volunteers for the Town who may have exposure to BB pathogens is required to complete training.
- The more you know, the better you will perform in real situations!

# What is a Bloodborne Pathogen?

Bloodborne pathogens are infectious microorganisms present in blood that can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV), the virus that causes AIDS. Workers exposed to bloodborne pathogens are at risk for serious or life-threatening illnesses.



# Common BB Pathogen Diseases?

Malaria

Brucellosis

Syphilis

**Hepatitis B(HBV)**

**Hepatitis C(HCV)**

**Human Immunodeficiency Virus (HIV)**

# Potentially Infectious Body Fluids

Skin tissue, cell cultures

Any other bodily fluid such as:      Blood

Saliva

Vomit

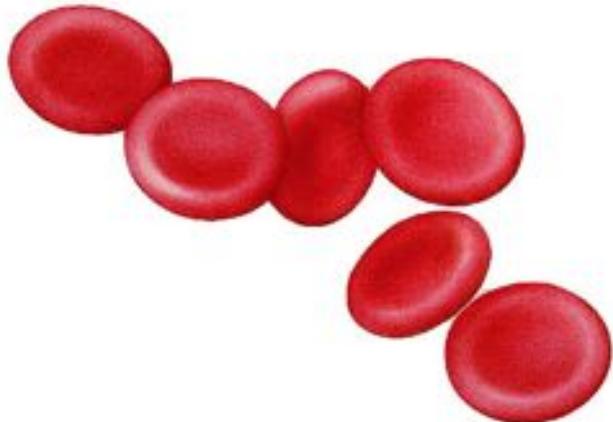
Urine

Semen or vaginal secretions

# Transmission Potential

- Contact with another person's blood or bodily fluid that may contain blood
- Mucous membranes: eyes, mouth, nose
- Non-intact skin
- Contaminated sharps/needles

# Your Exposure Potential



- Administering first aid
- Post-injury cleanup
- Janitorial or maintenance work
- Handling of any waste products

# Universal Precautions

Universal precautions is an approach to infection control to treat all human blood and certain human body fluids as if they were known to be infectious for HIV, HBV and other bloodborne pathogens, (Bloodborne Pathogens Standard [29 CFR 1910.1030\(b\)](#) definitions).

- Use of proper PPE
- Treat all blood and bodily fluids as if they are contaminated
- Proper cleanup and decontamination
- Disposal of all contaminated material in the proper manner



## Personal Protective Equipment (PPE)

Anything that is used to protect a person from exposure

Latex or Nitrile gloves, goggles, CPR mouth barriers, aprons, respirators

# PPE Rules to Remember

- Always check PPE for defects or tears before using
- If PPE becomes torn or defective remove and get new
- Remove PPE before leaving a contaminated area
- Do not reuse disposable equipment

# Decontamination

- When cleaning up surfaces use Hepacide Quat®
- Do an initial wipe up
- Spray and allow it to stand for ten minutes then wipe up
- Dispose of all wipes in biohazard containers
- PPE should be removed and disposed of in biohazard containers



# Hand Washing

- Wash hands immediately after removing PPE
- Use a soft antibacterial soap
- A hand sanitizer can be used but wash with soap and water as soon as possible.



# Exposure Incident

- A specific incident of contact with potentially infectious bodily fluid
- If there are no infiltrations of mucous membranes or open skin surfaces, it is not considered an occupational exposure
- Report all accidents involving blood or bodily fluids
- Post-exposure medical evaluations are always offered

# Post Exposure Evaluation

- Confidential medical evaluation
- Document route of exposure
- Identify source individual
- Test source individuals blood  
(with individuals consent)
- Provide results to exposed employee/volunteer



# In Conclusion

BB pathogen rules are in place for your health and safety

Failure to follow them is a risk that does not need to be taken

# Thank You !

- Everyone can benefit from first aid training.
- If you are interested in obtaining certification for basic first aid, visit the American Heart Association at [www.heart.org](http://www.heart.org) for more information.
- If enough of you are interested we could hold a class locally for coaches. Let us know!

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