



Coaches: At-a-Glance First Aid Guide

Reviewed By: J. M. Martin, RN

Unconscious 1) **Call 911**. 2) **ABC's**: Clear **A**irway. 2) If trained, provide rescue **B**reathing. 3) Check pulse. 4) If no pulse, in order to **C**irculate blood, if trained, administer chest compressions. 5) Follow 911 provided instructions until ambulance arrives.

Heart Attack – 1) **Call 911**. 2) If trained in CPR, start chest compressions and continue until ambulance arrives. 3) Use an AED if available (don't delay compressions to find device, if possible, have someone else look for it). AED stands for "Automated External Defibrillator."

Bleeding – 1) **Remember ABCs**. 2) Wash hands & put on disposable gloves. 3) Cover the wound with whatever is available and suitable to be used as a bandage. 4) Apply direct pressure. 5) If possible, raise bleeding body part above heart. 6) Don't remove bandage if it becomes soaked (add more layers if needed) if caused by a bite, puncture, burn, or electrical injury, it is suspected to be an arterial wound (spurting and/or bright red blood), or it won't stop bleeding, then transport the athlete to a medical care service provider or call 911.

Choking – **Make sure the person is choking. Ask.** If they are coughing or speaking, they are not choking. If they are not choking, DO NOT perform Heimlich maneuver. **If they are choking and conscious:** 1) Stand behind the person then lean them slightly forward. 2) Put your arms around their waist. 3) Place clenched fist between their navel & rib cage. 4) Pull clenched fist up and back in 5 quick thrusts. Repeat until the breathing obstruction is dislodged. **NOTE:** For someone obese or pregnant, perform same procedure around the chest. **If someone is unconscious as a result of choking:** 1) Place them on their back. 2) Place the heel of your hand slightly above the navel. 3) Place your other hand on top of it. 4) Give quick upward thrusts to dislodge the obstruction.

Blisters – **If the blister is small, unbroken and not very painful,** leave it alone. **If an unbroken blister is large or painful:** 1) Wash your hands and sterilize a needle with alcohol. 2) Make small punctures at the edge of the blister. 3) Gently push the fluid out. 4) Apply antibiotic ointment. 5) Bandage. **If the blister is broken open:** 1) Gently wash with clean water. 2) Smooth the flap of the broken skin over the exposed wound, unless it is dirty, torn or pus has gathered under it. 3) Apply petroleum jelly. 4) Change the bandage if it gets wet. 5) Take bandage off when going to bed.

Head Injury – **Don't move the athlete in the case of a neck or spine injury.** Carefully roll on side if having seizures or vomiting. **What to watch for:** Prolonged loss of consciousness and/or vomiting. **What to do:** 1) Put a cold pack on the injured area for 20 minutes every 3-4 hours (protect the skin). 2) Athlete should be carefully monitored for the next 24 hours. **If the athlete falls asleep normally,** if their skin color and breathing appear normal and you do sense a problem, let them sleep unless a doctor advises otherwise. **If something seems abnormal,** wake them and if they seem overly drowsy, waken them completely. **If you cannot waken them, call their doctor or 911 for an ambulance.**

Fractures/Broken Bones – **Treat the injury(ies) as break(s)** until x-ray(s) prove otherwise. **Call 911 immediately if:** The person is bleeding profusely, is unresponsive, not breathing and/or has numerous injuries, or you suspect a fracture or other injury to the spinal column, head, hip, pelvis or thigh. **If any of the aforementioned situations exist,** DO NOT move the person. **If the preceding described condition does not exist:** 1) Do not try to straighten the bone. 2) For a limb, use a splint and padding to keep it still and elevate it. 3) Put a cold pack or ice on the injury - with a barrier between the cold pack and skin. 4) Give anti-inflammatory drugs like Advil (ibuprofen) or Aleve (naproxen) for pain.

Sprains – 1) Avoid unnecessary movement. **Get Immediate medical care if:** Severe pain occurs with movement or touch and/or the injured person suffers an ongoing inability to bear weight on the injured joint and/or the injured person suffers increased bruising, numbness or “pins and needles” pain near the joint. **If the preceding symptoms are absent, begin first aid:** 1) Apply a cold pack. 2) Elevate the injured part if you can do so safely. 3) Give anti-inflammatory medication like Advil (ibuprofen) or Aleve (naproxen sodium) for pain.

Nose Bleeds – 1) Lean injured person forward, not back. 2) Pinch the nose just below the bridge, but high enough that the nostrils aren’t pinched closed. 3) Check after five minutes to see if bleeding has stopped. If not, continue pinching and check again in additional 10 minutes. A cold pack can be applied to the nose while pinching. **See a healthcare provider if:** 1) The bleeding doesn’t stop after 15 minutes of squeezing. 2) There is a lot of blood loss. 3) The person is having a hard time breathing. 4) A lot of blood is swallowed and vomited up. 5) Sustained a serious injury or a blow to the head.

Bee Stings – 1) **Watch for an allergic reaction that can become fatal.** Signs include swelling away from the area that was stung, flushing, hives (large red or skin-colored bumps, itching, swelling, chest pain, confusion, sweating, blue lips and nails and difficulty breathing. 2) **If an allergic reaction is detected, call 911 immediately or get the person to the hospital.** 3) If the person has a known allergy to bee stings, use an EpiPen, if available. **If the person does not have a known allergy,** watch for signs of an allergic reaction while performing first aid: 1) Get the stinger out as quickly as possible. 2) Wash the area with soap and water. 3) Use a cold pack to reduce the swelling, but do not apply ice directly to the skin. 4) Administer an allergy medication, or antihistamine like Benadryl to reduce swelling and itching. 5) Use Tylenol (acetaminophen) or Advil (ibuprofen) for pain.

Asthma Attack – **Watch for:** Trouble breathing, wheezing, coughing, shortness of breath, difficulty performing normal tasks, coughing won’t stop, very rapid breathing, chest tightness or pressure, tightened neck and chest muscles, difficulties talking, feeling of anxiety or panic, pale, sweaty face, blue lips or finger nails. 1) **If a severe asthma attack occurs, call 911 for help. If the person does not have a predetermined asthma plan:** 2) Sit them upright and loosen clothing, 3) If the person has asthma medication, let them take it, 4) If the person does not have an inhaler and one is available from a first aid kit, let them use it – DO NOT use another person’s inhaler. Remove cap of the inhaler, shake well and insert the inhaler into a spacer, if available. Have the person breath out completely and put their mouth tightly around the inhaler. Press once to deliver a puff. Have the person breath in slowly through their mouth and hold their breath for 10 seconds, give a total of four puffs waiting about a minute between each puff. **If a spacer isn’t available:** have the person seal their lips around the mouthpiece and proceed as above. 1) After four puffs, wait 4 minutes, if breathing is still a problem, give four more puffs. 2) If there still is little or no improvement, give four to eight puffs every 20 minutes for 4 hours and until the ambulance arrives. 3) After four hours if help hasn’t arrived, a recommended dose is 4–8 puffs as needed every 1–4 hours.

Heat Stroke – **Watch for:** Nausea, seizures, confusion/disorientation, loss of consciousness or coma, throbbing headache, dizziness and light-headedness, lack of sweating; red, hot, dry skin, muscle weakness or cramps, vomiting, rapid heartbeat, rapid swallowing breathing or staggering. **CALL 911 immediately** – any delay might be fatal. 1) While waiting for paramedic(s) to arrive, move to an air-conditioned or shaded area, 2) Fan air over the patient’s armpits, groin, neck and back, 3) Immerse the patient in cool water. 4) If the patient is young and healthy, you can use an ice bath to cool them. **DO NOT USE ICE FOR OLDER PATIENTS, YOUNG CHILDREN, PATIENTS WITH CHRONIC ILLNESS, OR ANYONE WHOSE HEAT STROKE OCCURRED WITHOUT VIGOROUS EXERCISE.** 4) If emergency response is delayed, call the emergency room for additional instructions.



**If you or a loved one is in crisis, please contact
The National Suicide Prevention Lifeline 1-800-273-TALK 1-800-273-8255**

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