



South Windsor Little League

Safety Presentation
April 16th, 2018



First Aid...

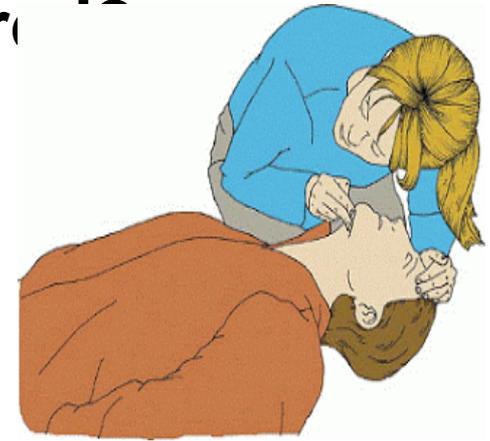
Emergency care delivered until medical services arrive

Not intended to take the place of professional medical diagnosis and treatment



Guidelines on Determining Extent of Injury

- **Primary Assessment: Is EMS required?**
 - **Is the player breathing?**
 - Look for the rise and fall of the chest
 - Listen for breathing
 - Feel for breath
 - **Is the player conscious?**
 - Do they respond to your voice or touch?
 - **Is the player bleeding?**
- **Secondary Assessment:**
 - Ask “what happened, what hurts”?
 - Concern of serious injury?



When to call 9-1-1

- **Concern of serious injury**
 - Severe concussion/ANY loss of consciousness
 - Heat illness:
 - confusion
 - extremely rapid or slowed heart rate
 - convulsions
 - Allergic reaction:
 - wheezing
 - hives or a rash
 - swollen mouth/tongue or throat
 - Cardiac issues:
 - blue gums or tongue
 - chest pain



When to call 9-1-1

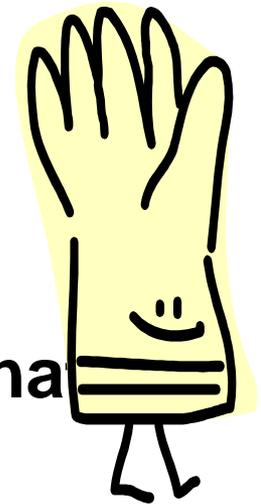
- **Concern of serious injury**
 - Respiratory distress
 - rapid breathing
 - rapid heart rate
 - blue lips or tongue
 - Suspected internal organ issue
 - Abdominal pain or tenderness
 - Shoulder pain after a direct blow
 - Suspected fracture
 - Facial injury
 - Severe bleeding
 - Unable to get off field on own power
 - Worsening signs and symptoms
- **When in doubt...CALL!**



Universal Precautions

Protect yourself and others

- **Assume all bodily fluids are contaminated**
- **Wash hands before and after gloving**
- **Always wear gloves when dealing with blood, vomit, saliva, etc.**



First Aid for Baseball Injuries



- **Cuts/Scrapes/Lacerations**
 - **Wear gloves**
 - **Apply pressure with gauze**
 - **Rinse or clean**
 - **Cover with a sterile bandage**
 - **MD assessment - stitches needed if 1/4" deep or wide and any facial injury**
- **Severe Bleeding**
 - **Wear gloves**
 - **Lay player down**
 - **Apply direct pressure over wound with gauze**
 - **DO NOT remove gauze- continue to add more on top if needed**
 - **9-1-1**

First Aid for Baseball Injuries



- **Nose Bleeds**
 - Wear gloves
 - Sit player upright and lean forward slightly
 - DO NOT tip head back
 - Apply gauze to nostrils
 - Pinch the bridge of the nose between the eyes
 - Apply ice pack to the back of the neck
 - Pack gauze under top lip

- **Insect Bites/Bee Sting Reaction**
 - Wear gloves
 - Ask player or parents of any know allergies
 - Wash area
 - Apply ice or cold pack
 - Monitor for allergic reaction

First Aid for Baseball Injuries



- **Eye Injuries**
 - **DO NOT** try to remove object with hands
 - **DO NOT** rub eyes
 - **Rinse** with clean water (bottle or “cup” water with hand)
 - **Apply** ice or cold pack – make sure not to apply pressure

- **Teeth Loss**
 - **DO NOT** handle by root end of tooth
 - **DO NOT** rub or rinse
 - **Seek ER/Dentist** immediately
 - **transport** tooth in players saliva, milk or saline solution

- **Facial Injury**
 - **Automatic MD** assessment or ER

R.I.C.E Principles for Injuries

- **R** Rest
- **I** Ice
- **C** Compression
- **E** Elevation



Lightening Safety

- **Suspend play when lightening is seen OR thunder is heard**
 - **Wait 30 minutes after last thunder/lightening before resuming**
- **Retreat to safe place – car, building, etc.**
- **Do not seek shelter near tree, light pole, telephone line, flag pole or dug out**

