

Handling Injuries

adapted from the NCA Coaches Manual

BACK AND NECK INJURIES

In any accident involving the back and/or neck, injury to the spinal cord should be considered.

FIRST AID

1. DO NOT MOVE the individual
2. Call for professional help immediately
3. Keep the victim quiet and immobilized until professional help arrives
4. Make him/her as comfortable as possible

CHOKING

If an individual is choking, perform the Heimlich maneuver. If the individual is coughing forcefully, leave him/her alone

FIRST AID

1. Step behind the individual, reach around under the arms, and grasp your hands directly in the middle of the abdomen (slightly above the navel)
2. Bend the person over and pull up with your fists in a quick motion toward the diaphragm.

DIABETES

Diabetes shock or coma could result from an insufficient supply of insulin

Signs: pale color, moist skin, fainting, seizures, coma

FIRST AID

1. Sugar (cubes, ice, candy, etc.) should be given to a conscious or semi-conscious diabetic.
2. Call for professional help immediately

DISLOCATIONS

Displacement of a bone end from a joint, particularly at the shoulder, elbow, fingers or thumb

Signs: Swelling obvious deformity in some cases, pain upon motion, discoloration

FIRST AID

1. Immobilize the affected joint in the position in which it was found, elevate if limb is involved, and ice.
2. Seek professional help to reset the joint

EPILEPSY

A chronic disease, usually characterized by convulsions (grand mal seizures)

Signs: Brief twitching of muscles, momentary loss of contact with surroundings, staring off into the distance

FIRST AID

1. Clear area of objects
2. Don't put blunt objects in the victim's mouth; use a soft object like a leather belt
3. Keep the victim from hurting himself
4. Keep the airway open

FAINTING

A partial or complete loss of consciousness due to a restricted supply of blood to the brain for a short time

FIRST AID

1. Keep victim lying down and comfortable
2. Loosen any tight clothing
3. Keep people away
4. Maintain an open airway
5. If victim vomits, put him/her on side and clean out mouth
6. Do not give liquid unless fully revived
7. Don't pour water in face; place a cool wet cloth on instead



FRACTURES

A splintering or breaking of bone tissue. May have the same symptoms as a sprain

Signs: Pain upon motion, swelling and discoloration, obvious deformity

FIRST AID

1. Immobilize all surrounding areas
2. Elevate, ice and have x-rays taken

HEAT CRAMPS

Muscular pains and spasms due largely to the loss of salt from the body due to sweating or to an inadequate intake of salt.

Signs: Pain, muscle spasms, pale and clammy skin

FIRST AID

1. Exert firm pressure with hands and attempt to put affected parts into stretched position
2. Massage the affected muscle in a firm and smooth manner to relieve the cramp
3. Continue to keep the affected muscle in a stretched position
4. Rest, and ice if necessary

HEAT EXHAUSTION

A response to heat characterized by fatigue, weakness and collapse due to extreme loss of water through sweating

Signs: Pale and clammy skin, profuse perspiration, tiredness and weakness, headache (perhaps cramps) nausea, dizziness, possible fainting.

FIRST AID

1. Give fluids (water, Gatorade, etc.)
2. Keep victim lying down in a shaded area and raise feet 8-10 minutes
3. Loosen clothing
4. Apply cool, wet cloths to forehead and allow victim to rest

HEAT STROKE

A response to heat characterized by extremely high body temperature and disturbance of the sweating mechanism

Signs: Body temperature is high; skin is hot, red, dry; pulse is rapid and strong; possible unconsciousness

FIRST AID

1. Cool the body immediately
2. Be careful not to over-chill once the body temperature is below 102 degrees
3. Sponge skin with cool water or alcohol and apply cold packs continuously
4. Dry off after body temperature has lowered

HYPERVENTILATION

Occurs when a person ventilates rapidly and overbalances the oxygen in the lungs. The faster the victim breathes, the less carbon dioxide they exhale. This causes an imbalance of oxygen and carbon dioxide in the lungs.

Signs: Extreme excitement, upset, rapid and shallow breathing, complaints of not getting air.

FIRST AID

1. Cover nose and mouth with hands or paper bag so victim will breathe
2. Keep victim calm and reassure him/her
3. Keep victim as comfortable as possible



MUSCLE CRAMPS

A sharp pain in the muscles of the body

Signs: Sharp, sudden intense pain in muscle(s)

FIRST AID

1. Slowly stretch the muscle

NOSEBLEEDS

FIRST AID

1. Individual should gently pinch the nose, just enough to close the nostril.
2. Head should be held a little forward.
3. Apply an ice pack to the upper part of the nose.
4. Individual should not blow nose for 24 hours.

OPEN WOUNDS

Breaks in skin tissue resulting in a loss of blood.

FIRST AID

1. Give gauze dressing to individual and have him/her apply direct pressure to the wound.
2. Use cold, wet packs or ice as direct pressure control.
3. Elevate and immobilize.
4. Keep the victim calm.
5. Do not allow anyone, except the victim, to touch the blood unless they are wearing rubber gloves.

SHIN SPLINTS

Pain in the front of the leg, below the knee

Signs: Pain, swelling

FIRST AID

1. Rest and ice.
2. X-rays recommended, if pain is severe, to rule out stress fracture.

SPRAINS

An injury to the soft tissue surrounding the joints

Signs: Swelling, tenderness, pain upon motion, discoloration

FIRST AID

1. Immobilize, elevate, ice and wrap firmly.
2. X-rays recommended, if pain is severe.

STRAINS

Injuries to muscles from overexertion

Signs: Pain upon motion, tenderness, possible discoloration

FIRST AID

1. Immobilize.
2. Wrap firmly (if possible), and ice.
3. Massage if possible.
4. Drink plenty of water.

