

Basic First Aid

DO NOT move the injured or suddenly ill person until you have a clear idea of the injury or illness and have applied first aid!

The first aider must not assume that the obvious injuries are the only ones present because less noticeable injuries may also have occurred.

In all actions taken during the initial survey the first-aider should be especially careful not to move the victim any more than necessary to support life. Any unnecessary movement should be avoided because it might aggravate undetected fractures or spinal injuries. **(If a victim is on the ground in fetal position do not roll them or extend the limbs until you have assessed the injury)**

To find out what is wrong and how extensive it is the first-aider should follow a systematic approach known as a victim assessment.

A victim assessment attempts to:

- Get the victim's consent
- Gain the victim's confidence
- Identify the victim's problem(s)

Suggested First Aid Kit:

Disposable gloves	Ace Bandage
Band-aids – big size	Blanket
Towel	Gatorade/Powerade
Alcohol wipes	Sugar Packets
Insect repellent	Orange 100% Juice Boxes
Cotton swabs/balls	Sunscreen
Gauze pads/adhesive tape	Water Bottles
Hydrogen peroxide	Paper Cup
Ice packs	Milk (dry milk section)

Special considerations:

Split lip – apply some sugar to area – clots blood immediately

Lost tooth – if you have the tooth- put in cup with milk. Go immediately to hospital

Please coaches:

Please always suggest to parent or care giver to seek medical advice in any accident.