

Emergency Procedure

DR. ABC



When approaching what looks like a seriously injured or unconscious person to administer first aid. This "DR. ABC" can help you to remember what to do.....

Danger

- Check the area, make sure YOU are safe and so are people around you.

Response

- Can the casualty hear your voice?
- Can they open and close their eyes?
- Do they respond to touch?
- Voice...can they respond?
- Eyes...do they open and close spontaneously?

Airway

- Is the mouth (airway) clear and free of debris?
- If patient not awake, tilt head back using a head/chin tilt.

Breathing

- Is the patient breathing NORMALLY?
- N.B. Snoring and gasping is NOT normal.
- Is the patient their normal colour?

Circulation

- Is there any catastrophic bleeding?
- If you are trained to take a pulse...
 - Is there a pulse?
 - Is the heart beating?
 - Is the pulse weak / strong / racing?

Emergency Procedure

C.P.R.



Cardiopulmonary resuscitation (CPR) is a first aid technique that can be used if someone is not breathing normally or if their heart has stopped.

Chest compressions and rescue breaths keep blood and oxygen circulating in the body. If someone is not breathing normally and is not moving or responding to you after an accident, call 999 or 112 for an ambulance. Then, if you can, start CPR straight away.

Adult

- Give two breaths.
- Place your hands on the centre of the person's chest and, with the heel of your hand, press down by 5–6cm at a steady rate, slightly faster than one compression a second.
- After every 30 chest compressions, give two breaths.
- Tilt the casualty's head gently and lift the chin up with two fingers. Pinch the person's nose. Seal your mouth over their mouth and blow steadily and firmly into their mouth.
- Check that their chest rises. Give two rescue breaths, each over one second.
- If you are unable or unwilling to give mouth to mouth, simply continue giving continuous chest compressions.
- Continue with cycles of 30 chest compressions and two rescue breaths until the patient wakes up or emergency help arrives.

Child

- Open their airway by placing one hand on the child's forehead and gently tilting their head back and lifting the chin.
- Pinch their nose. Seal your mouth over their mouth and blow steadily and gently into their mouth, checking that their chest rises. Give five initial rescue breaths and blow gently and steadily until you see the chest rise then stop and allow the chest to fall (approx. 2 seconds) then repeat a further 5 times.
- Place your hands on the centre of their chest and, with the heel of your hand, press down by one-third of the depth of the chest using one or two hands.
- After every 30 chest compressions at a steady rate (slightly faster than one compression a second), give two breaths.
- Continue with cycles of 30 chest compressions and two rescue breaths until the patient wakes up or emergency help arrives.

Emergency Procedure

A.S.H.I.C.E.



It is essential that a good patient report is given to either the ambulance or medical services at hospital. A correct patient handover avoids unnecessary patient disturbance and provides the hospital with a complete picture when the casualty finally reaches the Accident and Emergency department. The report needs to be clear and concise, yet transfer all relevant information. The recommended format for giving a casualty report can be remembered by the use of the mnemonic ASHICE.

Age

- The patient's age.

Sex

- Whether the patient is male or female.

History

- What has happened to the patient? (e.g. collapsed playing football)

Illness or Injury

- What injuries have been sustained and what illness or symptoms are presenting?

Condition

- Observations of the patient and any interventions used.

E.T.A.

- ETA (Estimated Time of Arrival to the hospital) – this will be provided by ambulance staff to the hospital.

Emergency Procedure

Be Prepared



Managers and Team Officials – Make sure you are **PREPARED**

Location

- Where are you?
- Postcode
- Landmarks
- Entry Points

Contact Details

- Nominal Roll – Players / Parents / Guardians
- Nearest A&E
- Club Officials – GM/CWO
- Opposition Manager / Officials

Player Medical Records

- Allergies / Sensitivities
- Medical Conditions / Illnesses
- Tetanus Vaccination

Kit and Equipment

- First Aid Kit
- Emergency Procedure Checklists
- Mobile Phone