



Primary Survey



The accident procedure primary survey is a systematic approach that should be committed to memory through practice so that it can be relied upon in times of stress.

A	Assess	Danger & cross contamination
	AVPU	Response
	Airway	Head tilt & Chin Lift
B	Breathing	Chin lift on and off
C	Circulation Or CPR	Either: Resuscitate Or: Look for serious bleeding

You must be competent in administering the following life saving first aid treatments:

- Safe Airway Position
- Choking
- CPR
- CARE
- Shock



Head Injuries



Use Maddock's questions* to do an immediate, on-field assessment of casualty memory function.

Any incorrect response is indicative of concussion. The casualty must NOT return to play and further medical evaluation is needed.

Maddock's questions

- Which ground are we at?
- Which team are we playing today?
- Who is your current opponent?
- Which time period are we in?
- How far into the time period is it?
- Which team scored the last goal?
- Which team did we play last week?
- Did we win last week?

Remember:

- You must consult the relevant governing body for your specific sport to ask for their guidance concerning return to play after concussion.
- It is not the role of the first aider to decide if a player has concussion.

*Ref England Hockey Concussion Policy Statement and Management Guidelines
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Spinal Injuries



- Stop Play
- NEVER NEVER move a casualty with suspected neck or spinal injury UNLESS they are in imminent danger of death
- Call 999
- Keep casualty warm (emergency shelters must be kept in the minibus or clubhouse)



Limb Injuries



If there is significant swelling, loss of function or severe pain there will be no return to play for the casualty and the first aid treatment (RICE) will commence as soon as is practical.

If there is no significant pain or swelling use SALTAPS to assess function before allowing return to play.

S	Stop
A	Ask
L	Look
T	Touch
A	Active
P	Passive
S	Stand

Remember:

- look for signs of pain, guarding and limping.
- If there is pain during active movement but not during passive rest for 10 minutes and then reassess. If the pain is no longer there the casualty may resume play.



Use of Ice



Do NOT use ice:

- If the injury site is without sensation
- If there is poor circulation e.g. diabetes
- Over and open wound
- Over and obvious fracture

If you choose to use ice to treat an injury you must:

- NEVER apply ice directly to the skin
- Inform the casualty that they must NOT return to play
- Complete an accident report form



After the Incident



- Fill out an accident report and/or make sure the accident book has been completed
- Make sure the accident report has been witnessed
- Replenish used first aid supplies
- Dispose of any waste accordingly
- Remember that the person dealing with the incident may have been through an extremely stressful situation, and be aware of Post Traumatic Stress
- Seek counselling or advice from your doctor if dealing with an incident is continuing to affect you

First Aid Kit Contents

This kit has is designed for use in a pitch-side environment by a trained first aider. It contains:

1	emergency blanket
4	pairs nitrile gloves
2	clinical waste bags
1	pocket mask
1	pair tough cut scissors
6	non-alcoholic wipes
4	sterile wound dressings - large
4	melanin gauze - large
1	finger / toe dressing and applicator
2	triangular bandages
2	conforming bandages
2	ice packs
2	eye pads
1	safety scissors
1	assorted plasters
1	4m zinc oxide tape 10mm
4	safety pins
3	tubes saline solution
5	accident report forms
1	laminated set of support cards



This first aid kit does NOT contain items such as Vaseline, heat spray or cold spray. Use of such products does not form part of first aid but rather part of treatments that should be administered by your Coach, Physiotherapist, Sports Massage therapist or yourself.