



# **Mandatory First Aid Training**

Canyon View Little League 2019

# First Aid Agenda

INTRO



**01** Minor Injuries



**02** Major Injuries



**03** Concussion Management



**04** Heat Related Illness



**05** Prevention Strategies



Q&A



# General Recommendations

Report any incident to player, manager, coach, umpire or volunteer that requires first aid or more serious treatment

**2-Inform Safety Officer**

Immediately pulled from play and cannot return until a written release is obtained from MD,DO,ATC, PA or Nurse Practitioner

**4-Concussions**

**1-Injury Occurs**

Determine Severity  
Activate 911 if necessary/First Aid  
Alert Parents

**3- Medical Attention**

Injured Players must obtain a written release from a Medical Provider for Return to Play and Practice

**Safety Officer 2018**

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# First Aid

Most Common in Baseball/Softball

- Bone, Bruise, & Lacerations (Cuts)
- Eye Injuries
- Tooth Loss
- Nosebleeds
- Concussion
- Heat Related Illness
- Overuse Injuries

# Additional Topics

Policy/Procedure Related:

- Lightning Procedures
- Overuse Injuries/Pitch Counts
- Little League Injury Reporting
- First Aid Kits
  - Central Kit (Snack Bar)
  - AED (Automated External Defibrillator)
  - Small Kits for Coaches

# Minor Injury Management

## General Guidelines (Bumps/Bruises)

- RICE
  - R – Rest the injured part
  - I- Ice/Cool the area. Cold packs in Kit (20min with cold pack is ok, insulate actual ice bags and limit to 10min)
  - C- Compression. Ace Wrap, etc. Do not cut off circulation.
  - E- Elevate the injured part to limit swelling
- (If injury is not better within 24 hrs, instruct parent that further professional evaluation is necessary--- and if parent has ANY concern- get medical attention)

# Cuts and Scrapes

## When Do you Need Stitches?

- In general
  - Cut is more than one inch long
  - Edges of the cut don't easily come together or are "Jagged"
  - Looks like it is gaping (see layers of tissue)
  - Any Laceration to face requires at least a consult (Facial scarring)
  - Lip injuries that extend past the border of lip

# Cuts and Scrapes

## First Aid (Minor)

- Rinse the wound (“Strawberries”- parents may need to scrub those out at home)
- If Debris cannot be removed- seek medical
- Apply a clean gauze or cloth and pressure to stop bleeding (If bleeding is bad- Medical attention)
- Topical Antibiotics (Parent), Covered wounds heal- bandaid/bandage
- Tetanus Shot (Need Current)



# Sprains & Strains

Injuries to Muscles, Ligaments, Tendons

- Most are minor injuries
- If injury results in inability to move area or abnormal movement (limping) pull from game. If it looks funny (deformity)- Medical
- Ankle Sprains
  - If cannot put weight on it
  - (may need X-ray)/Medical Attention
  - Popping noise with injury- Bad

# Sprains & Strains

## First Aid

- Stop Play (When in doubt..pull them out)
- RICE- Rest, Ice, Compression, Elevation
- If the injured part is deformed – do not attempt to put it back in place or correct
- Immobilize if you are trained to
- Call 911 if unsure- alert patient
- Follow up with Medical (Urgent Care/Fast Track System, Family Medical Provider)

# Fractures (Broken Bones)

## Emergency

- A fracture is a broken bone- it requires emergency medical attention
- Do Not Attempt to move the part yourself
- Call 911 if
  - There is bleeding associated with the break- bone comes through the skin
  - Light pressure or motion causes pain
  - The limb doesn't look right (deformed)
  - The extremity has numbness or looks bluish

# Splints in First Aid Kit

## In the Snack Bar

- SAM Splints
  - Flexible splints to immobilize area injured
- Ace Wraps
- AED
- \*\*\*Don't attempt to provide care if you do not know how to do so.

# DON'T

If You Think it Might Be Broken.....

- Do Not move the person unless the bone is stable (if you don't know...don't move 'em)
- Do Not move a person with an injured hip, pelvis, or upper leg
- Do Not move someone that could have a spine injury (neck/back)
- Do Not try to move a bone back into place
- Do Not test a bone's ability to move (You)

# Eye Injuries

## Minor Injuries

- **Foreign body in eye (small objects)**
- Use Water to Rinse Eye
  - Lukewarm tap water run over the eye/Irrigation solution (In Snack Bar First Aid Kit)
- Blink Several times
- Pull the upper lid over the lower lid
- Don't Allow person to Rub the eye-scratches it

# Eye Injuries

## Minor Injury

- Black Eye
  - Caused by bleeding beneath skin around eye
  - Most are not serious
  - Take into account the cause of the black eye (How bad was the impact? Concussion?)
  - First Aid
    - Apply cold pack around eye 10-15min
    - Try not to press on the eye itself
    - Look for signs of more serious problems...

# Eye Injuries

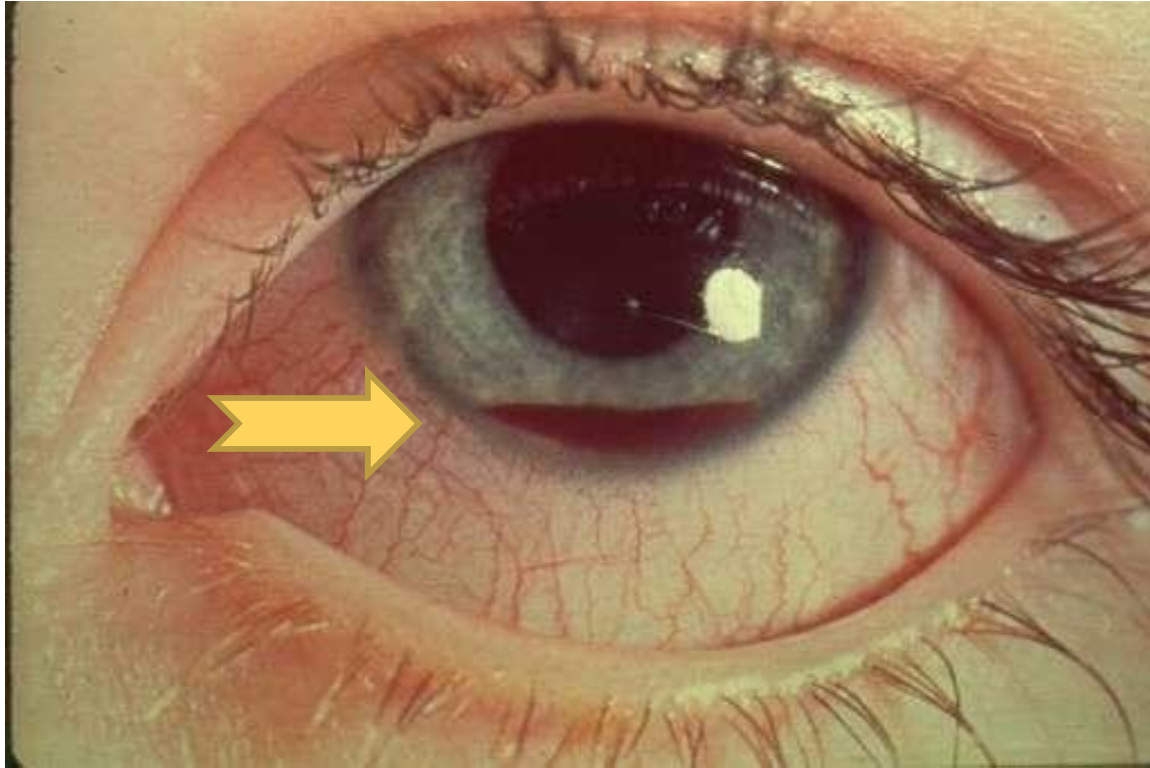
## Major Injuries- Emergency

- Blood in the white part of the eye
- Blood in the colored parts of the eye
- Bony Step Off- eye looks “funny”, not sitting right
- Raccoon Eyes
- Vision is blurry or affected in any way
- Pain in the actual eye
- Big Object in the eye (Don't try to remove)



# Hyphema

EMERGENCY



Serious Injury- Immediate medical Attention  
(Picture from [www.artisanoptics.com](http://www.artisanoptics.com))

# Raccoon Eyes

Signs of a much larger problem

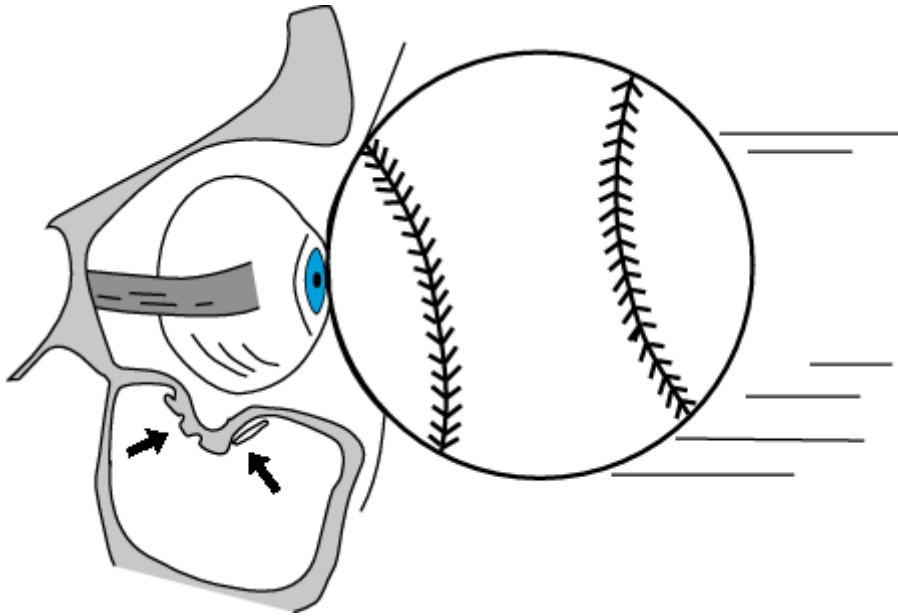


Raccoon Eyes

Battle Sign

# Orbital Fracture (Blowout Fracture)

Emergency



*Image from [www.Lifeinthefastlane.com](http://www.Lifeinthefastlane.com)*

Eye Looks sunken in with these --have difficulty looking down (R Eye)

# Tooth Loss

## Emergency Dental Assistance Required

- Regular Dentist? Call Them first
- If no immediate ability to go to dentist- send to ER
- Loss or Broken/Chipped (save the chip)
- Tooth Loss Kit (First Aid Kit at Snackbar)
- Milk or Saline solution if kit not available

# Tooth Loss

## Dental Emergencies- Save tooth/Pieces



- Handle the Tooth by the top only, not by the roots
- Don't rub it or scrape it to remove dirt
- Put tooth or pieces of tooth in Tooth Saver or saline solution or milk
- This is an emergency and needs emergency evaluation
- Need fast attention, longer tooth is out- less chance of being ok

# Nose Bleeds

## First Aid

- Sit Upright (Don't tip the head back)
- Pinch the nose (5-10min)
- To prevent re-bleeding (don't pick the nose)
- If re-bleeding occurs- repeat process
- Seek medical care if
  - Bleeding lasts > 15 to 30min
  - Person feels weak or faint
  - Bleeding is rapid or begins by trickling down back of the throat

# Nose Bleeds

## First Aid



*Image from Ptinr.com*

# Concussions

## Brain Injury

- All concussions are serious
- Can occur without loss of consciousness
- Can occur in any sport
- Recognition and proper management are key
- Playing before the brain recovers can lead to more serious problems and possibly death in worst cases



# Recognizing a Concussion

## Watch for These Things

- A forceful blow to the head or body that results in rapid movement of the head
- Any change in the player's behavior, thinking or physical functioning
- (\*\*CDC handout for Coaches, Parents)
- Link on Canyon View LL website

# Concussions

## Signs/Symptoms

- Appears Dazed
- Is confused about position
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- May become “irritated or agitated”

# Suspect a Concussion?

What do you do?

- If you suspect that a player has had a concussion, keep them out of the game or practice (young kids do not always show a lot of symptoms immediately, so being conservative in this instance is better than not)
- The player should be kept from play until a written clearance is obtained by a health professional with experience in evaluation of concussion- Physician, ATC, PA and NP in AZ

# Suspect Severe Head Injury?

Dial 911

- Severe head or facial bleeding
- Change in level of consciousness
- Black and Blue eyes- Raccoon Eyes
- Battle sign- bruising behind ear
- Confusion
- Loss of balance
- Weakness in arm or leg
- Loss of breathing or labored breathing
- “When in doubt, send them out – 911”

# Severe Head Injury

Waiting for Ambulance...

- Keep person lying down until help arrives
- Do not move them if you suspect a neck Spinal injury (if you suspect a bad head injury, suspect spine injury)
- Do not move an unconscious person unless not breathing, loss of pulse
- If not breathing, rescue breathing, if loss of pulse too- CPR
- Protect the spine in all instances

# Annual Concussion Forms

## Canyon View Little League

- Acknowledgement of reading of Fact sheet on the CDC website
- That league has provided information on concussions to players/parents
- That players/parents will report injury and symptoms if they occur

# Heat Related Illness

## Arizona

- Three levels of progressive problems
  - Heat cramps
  - Heat exhaustion
  - Heat stroke (life threatening)

# Heat Related Illness

Who's most at risk?

- Prolonged play in hot temps
- Overweight or deconditioned players
- Over the counter and prescription medications- Asthma medications, allergy meds, etc
- Younger children

Lack of Hydration is a big problem. Keep them drinking, bring extra water in case kids forget, Fruit in the dugouts and at practice is a good way to help with hydration



# Heat Cramps

## Early Signs of Heat Illness

- Profuse sweating
- Fatigue
- Thirst
- Muscle Cramps
- Kids might act grumpy, tired or lazy
- (Get them out of the heat, fluids with sugar-Gatorade or other sports drinks)

# Heat Exhaustion

## Progression

- Headache
- Dizziness, light-headed
- Weakness
- Nausea and vomiting
- Cool, moist skin (start to go into shock)
- Dark Urine
- This can quickly progress to heat stroke, so treat emergently- remove from heat, may need medical attention

# Heat Stroke

## Medical Emergency

- Core Body Temperature is elevated
- Rapid Heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- Stop sweating
- Irritability and confusion
- Faint
- Unconsciousness

# Heat Stroke Treatment

CALL 911- Immediately if you suspect!

- Remove from heat
- Immediate submersion in ice is most effective
- Cold packs, ice, etc
- Monitor breathing, HR until help arrives

# Fainting

## First Aid

- Elevate the legs
- Loosen restrictive clothing
- Call 911 if unconsciousness continues
- Watch airway- vomiting
- Check for breathing and monitor for signs of decline

# Other Emergencies

## Comotio Cordis

- Player gets hit in the chest
  - Baseball/softball, bat
  - Collision between players
  - Does not have to be a high energy hit
  - Causes cardiac arrest (Heart Stops Immediately)
- Only 16% survive this- best chances with
  - Early recognition
  - Treatment with CPR and Defibrillation (AED)
  - Survival rates drop to 0 when intervention is delayed

# Comotio Cordis

What do you do?

- If a player gets hit in the chest and goes down
- No breathing, No Heartbeat
- #1- Call 911
- #2- Get the AED from the snack bar
- #3- Start CPR and get the AED on the player and follow its instructions
- If it's not comotio cordis, the AED will not allow a shock to happen and will not injure the player

# Overuse Injuries

## Baseball and Softball

- Baseball pitch counts
- Softball – pitch counts not established, but recommendations available
- Warm up slowly, rotate playing positions
- Don't allow throwing with pain
- Encourage kids to report pain
- Rest/Medical Attention- Prevention Screenings
- [www.StopSportsInjuries.org](http://www.StopSportsInjuries.org)



# Lightning Safety

## Precautions:

- If you can hear it(thunder), clear it(suspend activities)Stop the game, practice and leave field
- At the first sign of lighting- get to a closed building or a vehicle (not a picnic shelter)Car/vehicle is better with windows rolled up
- Avoid all metal- including baseball cap, bats, etc
- If caught outside remove metal objects, place feet together, duck head, crouch down low in catchers stance with hands on knees, stay 15 feet away from other people
- Avoid metal fences, ramadas, poles and bleachers
- **\*\*Activities should be suspended for 30minutes from the last observed lightning or thunder. So need to be free from all lightning and thunder for 30min prior to returning to play.**

# If you need 911

## Address of Mehl Park

- Mehl Park address is:
  - 4001 E. River Road- Tucson, AZ 85718
  - \*\*\*\*Take your first aid kit to all practices and games. Cold packs, bandages, gauze, etc in there.

# Snack Bar First Aid Kit

When do you need it?

- Snack Bar has AED
- Splints
- Eye Wash
- Tooth Saver
- If you don't have it in your Kit

# Injury Fast-Track System

As a Free Service to Canyon View LL

- Partnership to get specialized treatment to our kids faster. Available to players/family
- Expedited scheduling with a specialist:
  - Holly Beach, MD, Dr Mortazavi- Concussion specialists and youth sports injury specialists
  - Dr. Endean, & Dr. Minor Orthopaedic Physicians
  - Bodycentral Physical Therapy- Sports Medicine Specialists- Prevention & Rehab

# Prevention

Here is where you want the focus

- #1-Keep players hydrated
- Be smart during practice set up
- Swinging bats...Horseplay...
- Make sure players are alert during play
- Safety features
  - Helmets, facemasks, cups, etc.
  - Fitting helmets- Heads up concussion CDC free app- helmet fit, brain injury basics, etc.

# Summary

The important stuff

- Have Fun
- With Injuries
  - Always tell the parents what happened
  - Always tell the parents to follow up with medical provider of their choice
  - If you don't know, ask for help
  - Report injuries and events to safety officer
  - Don't do something you are not trained to do
  - Prevention is key