



# First Aid & Information

Basic issues with baseball/softball would be:

- Contusions
- Muscle pulls and strains
- Over-use injuries
- Sprains
- Fractures
- Injuries to small joints
- Facial injuries
- Injuries to teeth
- Eye injuries
- Insect bites and stings
- Heat illness

## **When an injury occurs:**

Make sure everyone (players, managers/coaches) stop all play to protect the player from further injury, as well as those not being closely monitored due to the focus on the injured player.

1. Check player's breathing, pulse, and alertness to immediately judge the seriousness of the injury.
2. Evaluate the injury: Can player be moved off field?
  - a. If not, clear area around player and begin Examination.
  - b. If yes, move player to sideline for closer examination. Determine if player can return to play or needs first aid.
3. If necessary, advise someone to call 9-1-1 or get an ambulance/EMS.
4. Call the player's parents
5. Send someone to nearest intersection to direct emergency services to your location
6. Review the Medical Release form for any important information/ warnings about medical conditions the player may have.
7. EMS (AMR ambulance and Roseville FD) will want chief complaint, name, DOB, address, hospital (Kaiser, Sutter, Mercy, UCD, etc.), medical history, medications and/or allergies to medications.
8. Give the appropriate first aid for the injury.
9. Turn over care to professionals when they arrive and help as directed.
10. If parents are not available, go with player to treatment center with ambulance; turn over team to authorized coach.
11. Record the injury on an injury report.
12. Follow up with the player until injury is healed and player can
13. Return to play.
14. Get medical release prior to allowing player to return if formal treatment was required.



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## First Aid Kits

A team's first aid kit should contain:

- Ice in bags; these will be used almost anytime you have an injury to help reduce the pain and potential swelling. If using chemical cold packs, be cautious using around the face in case of leaks.
- Bandages, both large and small, gauze; some type of dressing material like an Ace wrap or elastic wrap to hold gauze in place, or athletic tape.
- Clean abrasions or cuts before wrapping use water or a cleanser (antiseptic wipes, etc.).

## First Aid Basics

### **Remember CPR “A.B.C.”**

**A** – Airway: Be sure the airway is open and not obstructed

**B** – Breathing: Begin assessment and provide respiratory support if needed

**C** – Circulation: If pulse is absent send for defibrillator (if one is available), call 911

### **Begin CPR Heimlich:**

1. Stand behind them, make a fist with one hand.
2. Put your arms around them, grasp your fist with your other hand near the stomach just below the rib cage.
3. Make quick hard movements upwards and inwards. (With children you can get on one knee and don't thrust hard enough to lift them up off their feet).

**\*\*\*VERY IMPORTANT: Once you have started CPR, you cannot stop until a medical professional is able to take over\*\*\***



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## Basic Trauma – Remember “P.R.I.C.E.”

**P**rotect

**R**est

**I**ce

**C**ompress

**E**levate

Protect the injury, hold pressure, elevate, and call 911.

## Heat Emergencies

### **Heat exhaustion:**

- Faint or dizzy
- Excessive sweating
- Cool
- Pale

### **Heat stroke:**

- Throbbing headache
- No sweating
- Red
- Hot
- Dry skin
- Nausea vomiting

### **Seizures:**

- Cushion head,
- Turn on their side,
- Time the seizure,
- Don't put anything in their mouth
- Don't restrain them.



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## Anaphylaxis (Allergic reaction): “Food or Insect bites”

\*\*\*If Severe (call 911) - Remember parents may have a EpiPen\*\*\*

- Difficulty/noisy breathing
- Swelling of the tongue
- Tightness in throat
- Difficulty talking or hoarse voice
- Wheezing
- Pale
- If Mild/Moderate – Hives/welts, swelling of lips, face, and eyes

## Concussions

A type of traumatic brain injury that can show up right after the injury or days or weeks later. Most occur without a loss of consciousness. Young children and teens are more likely to get a concussion and take longer to recover than adults.

If you suspect a concussion remove the child from play until evaluated by a medical professional.

### Signs and symptoms:

- Headache
- Nausea/vomiting
- Off balance
- Dizziness
- Light or noise sensitivity
- Double or blurred vision
- Sluggish