

INJURY ASSESSMENT – REYNELLA FC

DRSABCD Principle

Danger: Assess the Scene: victim, bystanders, you

Response: Conscious or Unconscious – Talk, Touch

Send Help: Call 000

Airways: Open or Blocked (Lay on side and clear)

Breathing: Check

CPR: Perform if Unconscious Not Breathing. 30 Compressions, 2 Breaths, Repeat

Defibrillator: Unconscious Not Breathing. Follow Instructions from Machine.

On Field Assessment:

STOP Principle

Stop: Movement

Talk: what, how, where

Observe: swelling

Prevent: further injury: remove

Complete Assessment: TOTAPS Principle

Talk

Observe: Swelling, Deformity, Discolouration

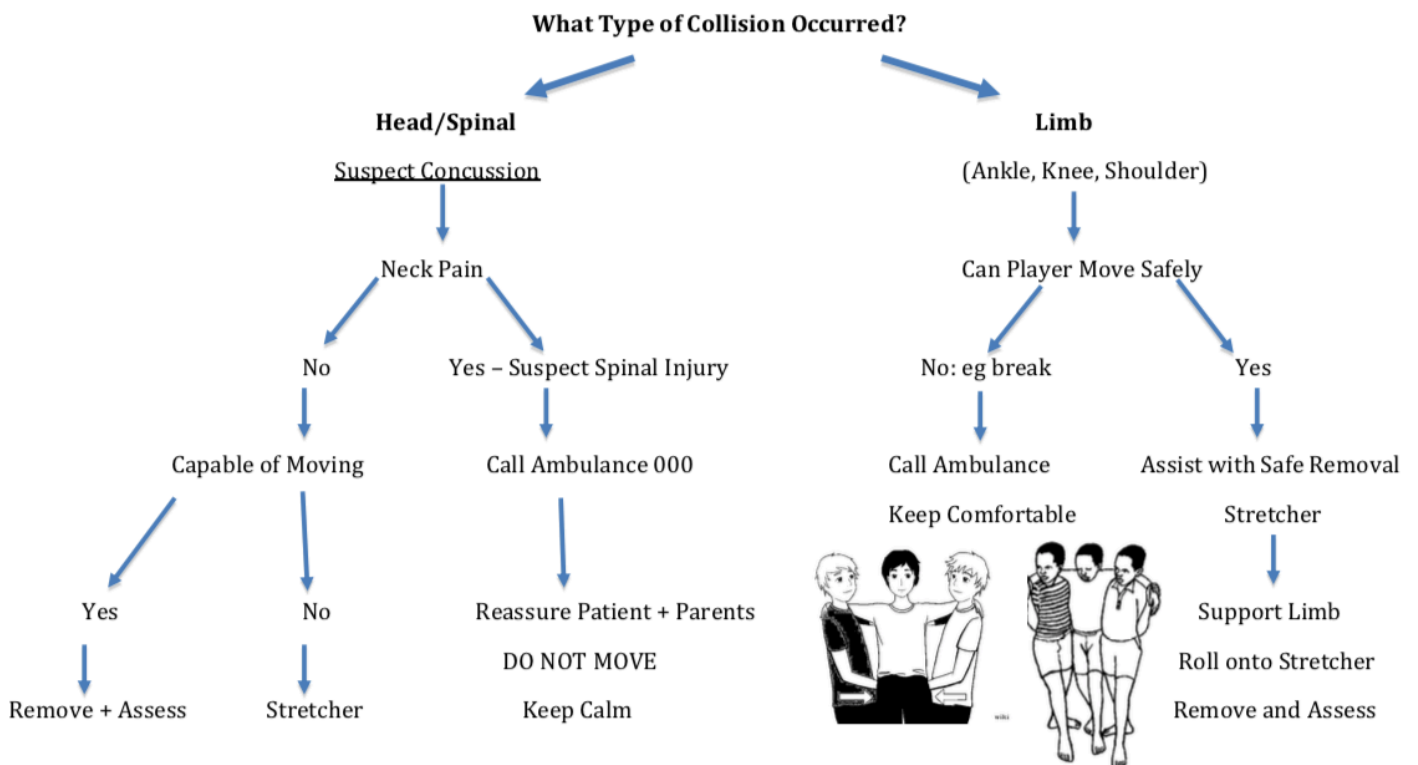
Touch: tenderness, temp, pain

Active: self movement, can they move limb

Passive: compare range motion with assist

Skill: full range movement

STRETCHER ASSESSMENT: IF IN DOUBT PHONE 000



STRETCHER: RAISE BOTH ARMS IN AIR

CONCUSSION = MUST GAIN MEDICAL CLEARANCE

MANAGING INJURIES – REYNELLA FC

RICER Principle

REST: Reduce Further Injury, Limit movement on injured limb

ICE: for 15min, cools tissue reducing pain, do not apply directly on skin

New Injury: every 2hrs for first 48hrs, then every 4 hrs

COMPRESSION: helps reduce swelling, bleeding

ELEVATE: lift limb on pillow to stop bleeding, swelling

REFERAL: for precise diagnosis, ongoing diagnosis

NO HARM Principle

NO HEAT: increases bleeding

NO ALCOHOL: increases bleeding, swelling, mask pain

NO RUNNING: increase blood flow to site, delays healing

NO MASSAGE: increase bleeding, swelling

CONCUSSION

MUST NOT Return to Field if Suspected

Require: Medical Certificate to Return to Training

Asthma Attack

- Slow deep breaths
- 4 puffs of reliever
- Give 4 puffs
- Take 4 breaths
- Repeat after 4min
- No Improvement: HELP

Nose Bleed

- Sit Up, Head Forward
- Apply pressure 10min
- Apply wet cloth to neck
- Persist: Seek Medical Aid

Dental Injuries

- Place tooth in water
- Refer to nearby hospital
- Head Injury: check Concussion

Diabetic

- Low: Give sweet food
 - Pale, Hungry, Sweating
- High: Insulin
 - Thirsty, hot, urination
- Unsure: give sweet drink

Wound/ Blister Management

- Clean: antiseptic
- Apply: light pressure: stop bleed
- Cover: dressing

TRAINERS / FIRST AIDERS

- Apply First Aid Principles
- NOT MEDICAL PROFESSIONALS
- IN DOUBT: Refer for Assessment

Sponsor: Nav, Xtend Physiotherapy

Aberfoyle Park, 8270 7714

REHABILITATION GUIDE ONLY: Recommend Physio

