

Willamette Valley Relay First Aid Guidelines

1. CAPTAINS:

- Given the “length and breadth” of this event, it is important for you to be prepared to be the first responder to first aid issues. The course has been very carefully designed to reduce any risks- expect the best and create your own safety net.
- Know your team: encourage team members to carry personal identification and notify you in advance if they have any major medical problems or allergies.
- Expect and prepare for the challenges of hot weather exercise.

2. Potential problems fall into 3 categories- discuss these with members of your team and refer to the Guidelines below. Designating one person to be “First Aid Coordinator” may be a good idea.

- **Life Threatening, call 911:** Unconsciousness, heat stroke, eye injury, any car accident
- **Need to transport to closest medical provider:** suspected broken bones, animal bites
- **Ok to rest and watch:** but remember the goal is to get there happy and whole!

3. CARRY FIRST AID SUPPLIES in BOTH VEHICLES

- A **charged cell phone** to call 911 for assistance- there are very few areas without transmission, generally south of Salem. In rural areas, be aware of closest landmarks in case you need to describe your position.
- **Water, keep at least 2 gallons** in the vehicle at all times. **Start hydrated and STAY hydrated-** the best way to judge- are you “circulating” lots of pale yellow water out.
- **Gatorade** or other electrolyte solution, **2 liters at all times**
- **Ice** in a cooler, **5 lbs** or cold packs
- **Band-aids**, gauze pads, blister dressings, packets of antibiotic ointment, plastic gloves
- A cloth arm **splint** and ankle splint
- **Blanket**
- **Flashlight(s)**
- **Flares** or other warning device- designate someone who will place them
- **Vaseline** for chafing

First Aid Guidelines- keep these handy!

UNCONSCIOUSNESS (Any walker with these symptoms is DONE)

- Do not leave an unconscious victim alone except to **call 911 for medical help. While waiting for care to arrive:**
 - Assess victim’s state of awareness by asking if they are OK.
 - Check the victim’s Airway, Breathing, and Circulation (ABC’s).
 - If the victim’s ABC’s are not present, perform CPR. **IMPORTANT:** only a trained & qualified person should administer CPR.
 - If ABC’s are present and spinal injury is not suspected, place victim on their side with their chin toward the ground to allow for secretion drainage.
 - Cover the victim with blanket to keep warm and prevent shock. Symptoms of shock include pale cool skin, rapid heart rate, decreased level of consciousness, marked weakness.

SERIOUS BLEEDING (Any walker with these symptoms is DONE)

- **CALL 911** for medical assistance. **While waiting for care to arrive:**
 - Keep victim lying down.
 - Apply direct pressure using a clean cloth or sterile dressing directly on the wound.
 - **DO NOT** take out any object that is lodged in a wound; see a doctor for help in removal.
 - Carefully elevate the wound above the victim’s heart.
 - Once bleeding is controlled, keep victim warm, continuing to monitor for shock. Symptoms of shock include pale cool skin, rapid heart rate, decreased level of consciousness, marked weakness.

EYE INJURIES (Any walker with these symptoms is DONE)

- If an object is impaled in the eye, CALL 911 and DO NOT remove the object. **While waiting for care to arrive:**
 - Cover both eyes with sterile dressings to minimize the movement of the injured eye.
 - DO NOT rub or apply pressure, or ice to the injured eye.
 - If the injury is a black eye, apply ice to cheek and area around eye, but not directly on the eyeball.

HEAT EXHAUSTION- (Any walker with these symptoms is DONE)

- This condition usually develops gradually and is caused by loss of salt and water from the body through excessive sweating or loss of ability to sweat.
- Symptoms of this condition may include; headache, dizziness, confusion, loss of appetite, nausea, sweating with pale, clammy skin, cramps in arms, legs or the abdominal wall, rapid weakening pulse and breathing.

Treatment:

- Help the walker to a cool place, lay the person down and raise the legs.
- Give the person plenty of water. If possible, follow with weak salt or electrolyte solution (one teaspoon of salt per liter of water.)
- Even if the walker recovers quickly, ensure s/he sees a doctor. If responses deteriorate, place in the recovery position and dial 911 for an ambulance.
- Monitor and be ready to call for help with resuscitation if needed.

INJURIES TO KNEE JOINT (Any walker with these symptoms is DONE)

- Help the walker to lie down.
- Place soft padding, such as a blanket, under the injured knee to support it in the most comfortable position
- Wrap soft padding around the joint, and bandage it carefully in place
- Take or send the walker to hospital, transporting on a stretcher
- Do not attempt to straighten the knee forcibly.
- Do not allow the person to walk, eat or drink; an anesthetic may be necessary.

SPRAINED ANKLE. (Any walker with these symptoms is DONE)

- The ankle will be painful and may be swollen. If you are unsure whether an ankle injury is a sprain or break (fracture), treat as a fracture. Treat sprains by the RICE procedure
 - R** - rest the injured part.
 - I** - apply ice or a cold compress. This helps to reduce swelling and pain.
 - C** - compress the injury by wrapping with an ace-type bandage, being very careful to avoid cutting off circulation.
 - E** - elevate the injured part. Raise and support the leg to reduce swelling and to minimise bruising.
Advise the walker to rest the ankle and to see a doctor if pain persists

CLEANING & BANDAGING WOUNDS

- Wash your hands and cleanse the injured area with clean soap and water, blot dry.
- Apply antibiotic ointment to minor wound and cover with a sterile gauze dressing or bandage that is slightly larger than the actual wound.

BLISTERS

- A blister needs no treatment if unbroken, do not cover with any creams or lotions.
- If it breaks or is likely to be damaged, cover the injured area with a dry, non-adhesive dressing that extends well beyond the edges of the blister. Leave in place until the blister subsides, to prevent infection.

SUNBURN

Most cases are superficial - in severe cases the casualty may suffer heatstroke.

Treatment:

- Cover the skin with light clothing or towel
- Cool the skin by sponging with cold water. Do not apply ice
- If there is extensive blistering or other skin damage, seek medical advice.

ABRASIONS, SCRAPES, SMALL PUNCTURE WOUNDS

A skin graze or abrasion can contain embedded foreign particles which may result in infection.

Treatment:

- Wash your hands thoroughly and avoid touching the wound with your fingers while treating it (if possible use disposable latex gloves).
- Small pieces of glass or grit can be carefully picked off or rinsed off with cold water before you give any treatment - however do not attempt to remove objects embedded in the wound, as you may cause further damage
- If the wound is dirty, clean it by rinsing under running water or use an antiseptic wipe.
- Apply an adhesive dressing
- Encourage the person to seek medical attention if not up to date with regard to protection against tetanus.

ANIMAL BITES

- Control any bleeding by applying direct pressure or with elevation. To avoid risk of infection, do not close wound.
- Rinse the bite thoroughly, holding it under running water. Cleanse with soap and water and hold under water again for five minutes.
- Do not put ointments or medicines on wound. Cover with dry sterile bandage or gauze.
- Seek medical assistance immediately.
- Note: **report animal and human bites to local police and/or health authorities.**

BEE STING

- If possible, remove stinger by scraping it off with a blunt edge (e.g. credit card).
- Clean wound and apply cold compress to reduce swelling.
- Remove tight clothing and jewelry from areas near the bite in case swelling occurs.
- Watch for signs of shock or allergic reaction. Signs include swelling or itching at the wound site, dizziness, nausea or difficulty breathing. Call 911 immediately if any of these signs occur.
 - Continue monitoring victim for shock until medical help arrives.
 - Check victim's Airway, Breathing, and Circulation (ABC's). If ABC's are absent then call 911 and begin CPR. **IMPORTANT:** only a trained & qualified person should administer CPR.