# **Sports Injury First Aid**

This playbook provides a step-by-step guide on how to respond to sports injuries with immediate first aid and injury stabilization while waiting for professional medical help to arrive.

### Step 1: Safety First

Ensure the area is safe before you provide help. Do not move the injured person unless they are in immediate danger.

## Step 2: Call for Help

Dial emergency services or have someone nearby make the call. Provide clear information about the injury and location.

#### Step 3: Assessment

Quickly assess the injured person's breathing, consciousness, and circulation. If necessary, begin CPR (if trained).

#### Step 4: Stop Bleeding

If there is bleeding, apply firm pressure to the wound with a clean cloth. Elevate the wound if possible.

## Step 5: Immobilize Injury

If the injury involves a limb, immobilize the area with splints or slings. Avoid moving the injured part to prevent further damage.

Step 6: Apply Ice

Apply ice packs wrapped in cloth to the injured area to reduce

swelling and pain. Do not apply ice directly to the skin.

**Step 7: Comfort and Monitor** 

Keep the injured person comfortable and warm. Monitor their

condition for any changes, and relay information to emergency

responders upon their arrival.

**General Notes** 

Consent

If the injured person is conscious, obtain their consent before

administering any first aid.

First Aid Kit

Always have a well-stocked first aid kit readily accessible at sporting

events.

**First Aid Training** 

The instructions above are basic guidelines. Comprehensive first aid

training is recommended to effectively assist in an emergency sports

injury situation.

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