



# UK **T**aekwondo

## Development Council

### First Aid

Safety Guidance SG-2

# First Aid

The UKTDC strongly recommends that all instructors and/or coaches hold a relevant qualification for administering first aid in sport. However, if the environment where they are coaching provides access to appropriate first aid provision, then it would be at the discretion of the instructor and the facility as to the necessity of the instructor's qualification, based on an appropriate assessment of risk. It is also advisable for clubs to have additional coaches properly trained in first aid to oversee the first aid requirements of the class.

The following provides some basic advice on first aid for use in an emergency. It is not however a substitute for effective training.



## Contents of a First Aid Box

There is no standard list of items to put in a first-aid box. It depends on what you assess the needs are. However, as a guide, and where there is no special risk in the workplace, a minimum stock of first-aid items would be:

- A leaflet giving general guidance on first aid, e.g. HSE leaflet *Basic advice on first aid at work*
- 20 individually wrapped sterile adhesive dressings (assorted sizes);
- Two sterile eye pads;
- Four individually wrapped triangular bandages (preferably sterile);
- Six safety pins;
- Six medium-sized (approximately 12 cm x 12 cm) individually wrapped sterile unmedicated wound dressings;
- Two large (approximately 18 cm x 18 cm) sterile individually wrapped unmedicated wound dressings;
- One pair of disposable gloves.

You should not keep tablets or medicines in the first-aid box.

The above is a suggested contents list only; equivalent but different items will be considered acceptable.

## What to do in an emergency

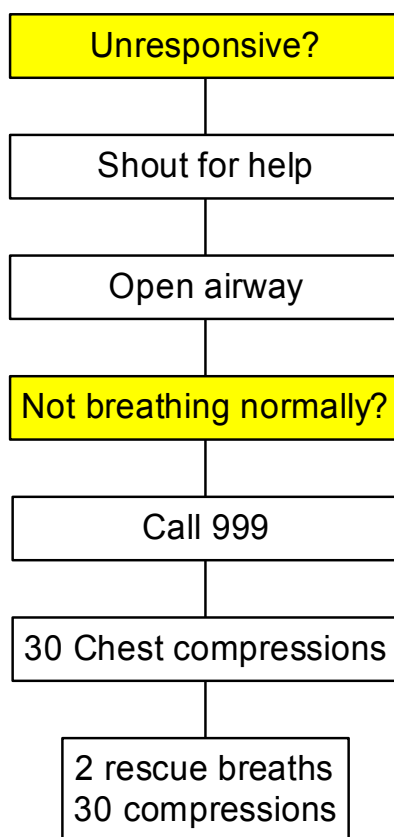
### Priorities

- Assess the situation
- Do not put yourself in danger
- Make the area safe
- Assess all casualties – attend to the unconscious first
- Send for help- do not delay

## Checking for a response

Gently shake the casualty's shoulders and ask loudly, 'Are you all right', if there is no response then:

- Shout for help
- Open the airway
- Check for normal breathing
- Take appropriate action



## A.B.C.

### **A**irway – to open the airway

- Place your hand on the casualty's forehead and gently tilt the head back;
- Lift the chin with two fingertips

### **B**reathing –

- Listen for normal breathing no more than 10 seconds:
- Look for chest movement
- Listen to the casualty's mouth for breathing sounds
- Feel for air on your cheek

If the casualty is breathing normally;

- Place in the recovery position
- Get help
- Check for continued breathing

If the casualty is **not** breathing normally;

- Get help
- Start chest compressions

### **C**PR

- Lean over the casualty and with your arms straight, press down on the centre of the breastbone 4-5cm, then release the pressure, then release the pressure
- Repeat at about 100 times a minute
- After 30 compressions open the airway again
- Pinch the casualty's nose and allow the mouth to open
- Take a normal breath and place your mouth around the casualty's mouth making a good seal
- Blow steadily into the mouth while watching the chest rising
- Remove your mouth from the casualty and watch the chest falling
- Give a second breath and then start 30 compressions again without delay
- Continue with chest compressions and rescue breaths in a ration of 30:2 until qualified help takes over or the casualty starts breathing again.

## PRICE - The protocol for immediate treatment of injury

The PRICE regime is a simple 5 step protocol that even an untrained person can use to minimize the effects of immediate injury. The earlier the PRICE regime is adopted the better. The PRICE regime is a protocol that should be used immediately when an injury occurs and prior to being treated by Emergency Professionals or prior to receiving treatment from a Physiotherapist or Sports Medicine professional.

**P** is for **Protection** - Protect any injury from further damage. Stop playing, use padding and protection, splints or use crutches to take the weight off a knee or ankle injury.

**R** is for **Rest** - Allow an injury time to heal. Being brave and playing on is not always wise. Ensure rehabilitation time to allow even a small injury to heal.

**I** is for **Ice** - By applying Ice either from a freezer, an ice pack or even a pack of peas onto the injury you will reduce the pain and inflammation. Very cold products can induce hypothermia or cold burn so wrapping the ice in a cloth is advisable.

**C** is for **Compression** - Compression of the swollen area will help to reduce the swelling. Cohesive, Tear Tape, crepe or any stretchy bandage will suffice. Do not get these bandages mixed up with EAB (Elastic Adhesive Bandage) which is a product for support and compression that needs training to use.

**E** is for **Elevation** - Elevating the injury to above the heart reduces the flow of blood to the area and reduces the swelling.