**Safety Tips**

**How to treat Injuries:**

**Burns:**

**Acid:**

Step 1: Remove any clothing or jewelry that may have come in contact with the acid. Immediately brush any chemical powders off the skin. Do not remove clothing that is stuck to the skin. Cut around it, if possible.

Step 2: Rinse the affected area for at least 30 minutes. Chemical burns may continue to cause damage for long periods after the initial exposure. The water should be cool to lukewarm. Avoid rinsing a burn with cold or hot water.

Step 3: Avoid applying any oils, butter, or creams on the burned area. It may result in a chemical reaction that can increase injury and tissue damage. Do not put ice on the burn.

Step 4: Assess the depth and severity of the burn. If the acid penetrated through the top layer of skin, or if the burn is larger than 3 inches in diameter, emergency medical attention is required. Medical help is also necessary for chemical burns affecting the hands, feet, face and groin. Burns covering a large joint may also need medical attention.

Step 5: Apply a cool towel or compress to minor burns and take ibuprofen or acetaminophen to help control pain. If pain increases, rinse the affected area again for 15 more minutes.

Step 6: Cover the burn with a dry, sterile bandage or cloth to prevent infection. Avoid wrapping the burn too tightly, and use care when removing the bandage to prevent loss of skin. Apply antibacterial or other ointments on minor burns as directed by a doctor.

Step 7: Watch for signs of shock, such as a pale complexion, fainting or shallow breathing. Call 911 if the burn victim displays any of these symptoms, loses consciousness or has burns coving large areas of the body. Hospitalization is necessary for severe burns.

\*\*\*\*Extra Tip: Whenever possible, have a sample of the acid available for identification and faster treatment.

The National Institutes of Health recommends that victims of even minor burns get a tetanus shot.

Things You’ll Need: Clean towels, over-the-counter pain reliever, sterile bandages.

**Fire:**

**Minor Burns:**

Step 1: Hold the burn under cold running water for 10-15 minutes. If cold, running water is not available, immerse the burn in cold water or cover it with cold compresses. **Be sure not to put ice directly against the burn; direct contact with ice can cause frostbite and more damage.**

Step 2: Do not apply butter to the burn. Butter will trap heat in the damaged tissues, which can potentially cause more damage and increase you chance of developing an infection.

Step 3: Once the burn has cooled via cold water or compress exposure, apply lotion to the area. Lotion may soothe any discomfort that you feel, and will also prevent dryness.

Step 4: Once the burn is moisturized, cover it with a sterile gauze bandage. Just be sure to wrap the burn loosely to avoid putting too much pressure on the wound.

Step 5: Sometimes, in order to prevent infection, your body will produce fluid-filled blisters. Do not break these blisters. They will resolve on their own. If they break on their own, wash with water and plain soap, dry it, and apply antibiotic ointment and a loosely wrapped gauze bandage. It is fine to trim off dead skin from popped blisters.

Step 6: If needed, you can use over-the-counter pain reliever like acetaminophen until the pain is tolerable.

**Major Burns:**

Step 1: For all major burns, seek medical care as soon as possible.

Step 2: Be sure that the cause of the burn has been eliminated, but do not remove burned clothing that has adhered to the skin.

Step 3: Until you receive emergency medical treatment, cover the burned region with a dry sterile bandage or clean cloth.

Use a cotton bed sheet for large areas. Do not use blankets or towels, as both stick to burns.

Step 4: Do not apply ointments or try to break blisters.

**Wounds/Injuries:**

**Cuts:**

Step 1: Wearing protective gloves, apply firm pressure to the wound ideally using a clean cloth or towel. Remove pressure when the bleeding stops, usually within 5-10 minutes.

Step 1.5: Seek medical help if the bleeding does not stop in 10 minutes, or if you see bright red and spurting blood. (This means that an artery has been severed.)

Step 2: Rinse the wound with clear water. Running tap water can be used. Remove any foreign material (dirt, gravel, glass, metal, fabric) using tweezers if necessary. Clean the wound with a sterile gauze. Avoid using wool. If bleeding restarts, apply firm pressure.

Step 3: Apply a sterile bandage from a first aid kit.

**Puncture Wounds:**

Step 1: Stop the bleeding, apply gentle pressure with a clean cloth or bandage. If bleeding persists after several minutes, seek emergency assistance.

Step 2: Rinse the wound with clear water. Use tweezers cleaned with alcohol to remove small, superficial particles. If debris remains embedded, see your doctor. Clean the area around the wound with soap and a clean cloth.

Step 3: After you clean the wound, apply a thin layer of antibiotic cream or ointment.

Step 4: Cover the wound. Bandages help keep the wound clean and free of harmful bacteria.

Step 5: Change the bandage regularly. Do so at least daily or whenever it becomes wet or dirty.

Step 6: Watch for signs of infection. See your doctor if the wound doesn’t heal or if you notice any redness, drainage, warmth, or swelling.

See your doctor if the puncture wound...

- Is deep.

- Is in your foot.

- Has been contaminated by soil or saliva.

- Is the result of an animal or human bite.

If you haven’t had a tetanus shot within 5 years, you doctor may recommend a booster within 48 hours.

**Impalement:**

Step 1: Stay safe. Sharp objects such as knives or nails are not only capable of causing injury to the rescuers, but are also contaminated with the victims blood. Follow universal precautions and wear personal protective equipment.

Step 2: **Call 911.**

Step 3: **DO NOT REMOVE IMPALED OBJECT!** Impaled objects create a puncture wound and then puts pressure on that same wound, controlling the bleeding. However, as with every rule, there are exceptions. Impaled objects may be removed if:

The victim needs CPR and the object is in the way.

The object is in the way of the victim’s airway.

Step 4: If an ambulance is unavailable or the victim must be moved, it will be necessary to secure the object. Start by shortening the object if possible. The more an object sticks out of the body, the more leverage it has to do damage to the surrounding tissue.

Step 5: Secure the object to prevent its movement and the increase of soft-tissue damage and bleeding it will cause.

Step 6: Follow the steps for basic first aid of a cut.

**Severed Finger:**

Step 1: **Call 911.**

Step 2: Wrap the finger in a gauze square.

Step 3: Place the gauze wrapped finger in a small plastic ziplock baggie.

Step 4: Place the small baggie into a larger bag with ice and a little water. The water will help prevent the finger from totally freezing.

Step 5: Victim’s injured hand should be held high above heart with a clean bandage on the site of the injury. Do not use a tourniquet and do not give the victim anything via mouth.

**Knocked Out Teeth:**

Step 1: Collect tooth, teeth or teeth fragments. Handle with care because damage may prevent re-implantation. Touch only the Crown, the top of the tooth. Do not touch the root of the tooth. Rinse gently if necessary. Do not scrub, scrape, or use alcohol to remove dirt.

Step 2: Store the teeth or teeth fragments in whole milk.

Step 3: Rinse mouth with warm water.

Step 4: Control bleeding with sterile gauze or cloth. For pain and swelling, apply a cool compress. For pain, take ibuprofen or acetaminophen.

Step 4: For teeth that have been knocked out, see a dentist or go to an emergency room immediately. Take teeth or teeth fragments with you. For chipped or broken teeth, call a dentist.

**Eye:**

If an object such as a piece of glass or metal is sticking out of the eye, **CALL 911 IMMEDIATELY!!!**

Chemical Exposure:

Step 1: Do not rub eyes.

Step 2: Immediately wash out the eye with water. Use whatever is closest -- water fountain, water from sink, water bottle, eye wash in a first aid kit.

Step 3: Get medical help immediately or after 15-20 minutes of continuous flushing.

Step 4: Do not bandage the eye.

Foreign Particle:

Step 1: Don’t rub the eye.

Step 2: Bend forward facing the ground. Pull down the lower lid and blink repeatedly.

Step 3: If particle is still there, rinse with eye wash.

Step 4: If rinsing does not help, close eye, bandage lightly, and see a doctor.

**Seizures:**

Step 1: Stay safe, wear personal protective equipment.

Step 2: Remain Calm.

Step 3: Note the time. It is important to time the seizure form the beginning of convulsions to the end of convulsions. A seizure lasting more than 5 minutes should be treated differently than a shorter one. Seizures look very scary and unless a clock or a watch is used, it can be easy to overestimate the duration of the seizure.

Step 4: Clear hard or sharp objects away from the vicinity of the victim. Seizures cam be violent enough to injure a victim.

Step 5: Loosen tight clothing around the neck, especially ties or collars. These items may restrict breathing or block the airway.

Step 6: Pad under the head with a pillow or rolled-up jacket.

Step 7: If possible, roll the victim to their side. This way, sputum, or vomit will drain out of the mouth away from the airway. **DO NOT PUT ANYTHING IN THE VICTIM’S MOUTH!**

Step 8: If the seizure activity (convulsions) last more than 5 minutes, call 911.

Step 9: After the seizure, the victim will slowly regain consciousness, if he or she does not begin to wake up within a few minutes, call 911.

Step 10: If the victim stops breathing after a seizure, call 911 and begin CPR.

\*\*\*\*Extra Tips:

1. According to the Epilepsy Foundation, Call 911 for seizures if:

* There is no way to determine the cause. (Medical ID bracelet etc.)
* The victim is pregnant.
* The victim has diabetes.
* The victim is injured.
* The seizure lasts more than 5 minutes.
* Another seizure happens before the victim regains consciousness.

2. 911 does not have to be called if the victim is known to have epilepsy, the seizure ended in less than 5 minutes, the victim wakes up, and there is no signs of injury, physical distress or pregnancy.

**Fainting:**

Call 911 immediately if the person:

* Has blue lips or face.
* Irregular or slow heartbeat.
* Chest pain.
* Difficulty breathing.
* Is difficult to awaken.
* Acts confused.

Step 1: Make the person safe.

1. Lay the person flat on their back.

2. Elevate the person’s legs to restore blood flow to the brain.

3. Loosen tight clothing.

Step 2: Try to revive the person.

1. Shake the person vigorously, tap briskly, or yell.

2. If the person does not respond, **call 911 immediately**!

3. If person is not breathing begin CPR.

Step 3: Do home care for simple fainting:

1. If the person is alert, give fruit juice, especially if the person has not eaten in more than 6 hours.

2. Stay with the person until they are fully recovered.

Step 4: Call a doctor if:

1. Person hits their head.

2. Faints more than once in a month.

3. Is pregnant, has a heart condition or other serious illness.

4. Experienced unusual symptoms such as: chest pain, shortness of breath, confusion, blurred vision, or difficulty talking.

**Fire in the Pit:**

\*Paper: Water, Class A fire extinguisher.

\*Electrical:

Step 1: Call Fire department. Tell them its an electrical fire.

Step 2: If possible shut off the main breaker.

Step 3: Use a Class-C or multi-purpose ABC fire extinguisher to put out the flames.

Step 4: Throw baking soda on the fire to smother it. If the fire is small and a fire extinguisher is not available, throwing enough baking soda on the fire will put it out.

Step 5: Clear everybody out of the area and wait for help to arrive.

Tip: If your team uses curtains as walls, they need to be fire retardant. Fire retardant spray may be purchased on-line and sprayed onto items.

<http://www.grainger.com/Grainger/COLD-FIRE-Fire-Retardant-spray-8AWT0?Pid=search>

**Equipment to always have in you pit area:**

* Goggles
* Surgical Gloves
* First Aid Kit with saline for rinsing eyes and wounds.
* Clean Towel.
* CPR mask and instruction for performing CPR.
* Fire Extinguisher
* Baking Soda
* Baggies for body parts
* Vacuum/Broom

**Good Luck to all teams and remember… Safety *FIRST*!!!**