



## **Common Tennis Club First Aid Emergencies**

**Recognising something is not right and making the call for help is key.**

**Dial 999 or 112 and they will help 24/7 365 Days a Year**

*When you call 999 or 112 the Emergency Medical Dispatcher will prioritise your call and offer assistance over the phone.*

### **Scene Safety**

- Make Sure it is safe to approach the Patient 'The Scene is Safe'  
Ensure you will not be endangered by assisting is very important.
- If Personal Protective Equipment (PPE) is available put it on before approaching the patient. Considering you may know the player/patient if PPE not available do not delay care if a Life-Threatening Emergency exists.

### **Initial Impression**

As you approach to help the victim look up and down the Patient to observe their behaviour, position of the patient, skin colour obvious deformity and Bleeding.

### **Small Cuts and Grazes**

**Most cuts and grazes are minor and easily treated.**

- Clean the wound under running drinking water, irrigating with Wound Wash or using Saline Wipes – Try to get all the grit and dirt out of the wound
- To Stop Apply pressure to the area using a clean and dry absorbent Wound Dressing & Bandage
- Minor Wounds cover them with a plaster or dressing.
- If the cut is to the hand or arm raise it to help control stop the bleeding
- If the injury is to a lower limb, lie the patient down and raise the affected limb.

**It is important to cover wounds to help ensure they do not get infected**

### **Sprains, Strains and Fractures (Broken Bones)**

**Encourage the Player to do the following**

- Rest – stop any exercise or activities and try not to put any weight on the injury.
- Ice – apply an ice pack (or instant Ice Pack) to the injury.
- Compression – wrap a bandage around the injury to support it.
- Elevate – keep it raised on a pillow as much as possible.

**If there is Deformity, Swelling and Pain it may be a Broken Bone so caution should be taken moving the patient ensuring to immobilise the affect limb.**

**If in doubt treat as a Fracture (Broken Bone)**

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## Heart Attack

**A Heart Attack is one of the most common Life-Threatening Heart conditions.**

Symptoms of a heart attack include:

- Chest pain – Usually located in the centre or left side of the chest.
- Pain often described as a sensation of pressure, tightness or squeezing
- Pain in other parts of the body – down 1 or both arms, or into the jaw, neck, back or tummy.
- Shortness of breath, Nausea, vomiting, sweating, anxiety.

### **Call 999 or 112**

- Make the person Sit and make them comfortable.
- Reassure them Help is on the way
- Offer a 300mg aspirin tablet to chew slowly If available – Consider Advice from 999 Dispatcher
- If the person has any medication for angina, help them to take it.
- Keep a close eye on the Patient until the Ambulance or Cardiac First Responders arrive.
- If the person deteriorates and becomes unconscious, See below CPR

**Do not delay in calling 999 / 112 if Heart Attack is Suspected**

## Cardiac Arrest

### **Sudden Collapse or Loss of Consciousness**

- Unresponsive & Breathing Abnormally or Gasping (agonal Breaths)
- **Shout for Help – Call 999 or 112 – Get the AED (DEFIBRILLATOR)**
- If no signs of life - Commence CHEST Compressions immediately
  - Place Heel of one hand on the centre of the Breastbone
  - Place your other hand over the first hand and interlock your fingers
  - Press Hard 5cm Deep and Fast Rate of 100 – 120 compression per minute
  - Ventilate 2 Times every 30 Compression for 1 Second
- Attach the AED immediately
- Continue CPR with AED until Help Arrives

**Organising a CPR & AED Course is advised for all Sports Clubs**

**AEDs are an essential for all Sports Clubs**

**A Full First Aid Course is always advisable for Key Club Staff and Helpers.**

**If you need First Aid Supplies or Advice, Please Call us**

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