

# SUMMER INJURIES

## EMERGENCY PREPAREDNESS TOPIC

It's important to have knowledge about different injuries and what steps to take if one should occur.

### PROCESS

- Call 9-1-1 if advanced medical support is needed
- Keep victim still and comfortable
- Render first aid if trained
- Send someone to meet the ambulance
- If the injured person is an employee, report the injury to the department head or supervisor.
- Poison control: 1-800-222-1222

### BURNS

#### Minor Burns: (red skin, blisters)

- Cool the burn. Hold under cold running tap water until the area is free from pain even after removal from the water. If that is not possible cool with a cold compress.
- Cover the burn with a sterile nonstick dressing and bandage. Wrap the bandage loosely to avoid putting pressure on burned skin.
- Take an over-the-counter pain reliever. Aspirin, Ibuprofen (Advil, Motrin, etc.), naproxen (Aleve) or acetaminophen (Tylenol, etc). Use caution when giving pain relievers to children or teenagers.
- If a sunburn, avoid creams that contain benzocaine, lidocaine, and petroleum. Use aloe vera to relieve some discomfort.

#### Major/Severe Burns: (charred or gray skin)

##### Get immediate medical attention. Call 9-1-1

- Make sure the victim is no longer in contact with smoldering materials or exposed smoke or heat.
- Check for responsiveness and signs of normal breathing. If there is no normal breathing begin CPR.
- Treat for shock: have the person lie on back, elevate legs (if no trauma) and maintain normal body temperature (cover with a sheet or blanket)
- If you are unsure about the depth of the burn, treat it as a severe burn.

#### DO NOT:

- Use ice – ice can cause further damage to the wound.
- Apply butter or ointments – can increase severity of burn.
- Use bandages made out of fluffy cotton or other material – could stick to or get lint in the wound
- Break blisters – broken blisters are more vulnerable to infection.
- Remove clothing that is stuck to the skin
- Immerse large severe burns in cold water – could cause a drop in body temperature (hypothermia) and deteriorate blood



## SPRAIN/STRAIN

- **Rest**- as soon as the injury occurs. This prevents further damage to the injury, which would increase your rehabilitation period.
- **Ice**- Contracts the blood vessels, decreasing blood flow to the area. You should apply ice for 20 minutes every 2 – 4 hours over a period of 24-48 hours. Ice should be applied within a damp towel to prevent any ice burns.
- **Compression**- Reduces blood vessel leakage by increasing the pressure of the surrounding tissues. This can be achieved by applying a bandage to the injured area.
- **Elevation**- Elevating the injured area so it is above the heart will also reduce the amount of blood going to the injury.

### DO NOT:

- Consume alcohol or aspirin for the first 1-3 days – increases blood flow and may increase swelling
- Massage or stretch the injury for the first 1-3 days – increases blood flow and may increase swelling

## TICKS

- Use a pair of fine-tipped tweezers to grab the tick near the head. Pull slowly and steadily outward without twisting.
- Once the tick is removed, clean the bite with a disinfectant like rubbing alcohol, an iodine scrub, or soap and water.
- Since ticks are carriers of Lyme disease, anyone with typical symptoms of Lyme disease should visit a doctor immediately. Typical symptoms of Lyme disease include: red rashes near tick bite, flu-like symptoms, fatigue, headache, neck stiffness, slight fever, swollen glands, and stiffness in joints and muscles.

### DO NOT:

- Pull the tick by the body – the body might detach leaving the head and mouth inside the skin
- Cover the tick with petroleum jelly or paint over it with nail polish
- Use hot matches, alcohol or other irritants to remove the tick – could cause the tick to burrow deeper into

## WOUNDS

- Wash your hands to help avoid infection. Also put on disposable gloves if they're available.
- Minor cuts and scrapes usually stop bleeding on their own. If not, apply gentle pressure with a sterile bandage or clean cloth and elevate the wound.
- Use clear water to rinse the wound. Clean around the wound with soap and a washcloth; however keep soap out of the wound.
- Apply a thin layer of antibiotic cream to keep the surface moist.
- Cover the wound with a bandage to keep the wound clean and keep harmful bacteria out.
- Change the dressing at least once a day or whenever the bandage becomes wet or dirty.
- Get stitches for deep wounds (goes all the way through the skin or gaping or jagged with exposed fat or muscle).
- If the injured person hasn't had a tetanus shot in the past five years and the wound is deep or dirty, he or she may need a booster shot.

- **DON'T** use hydrogen peroxide to clean the wound – can harm tissue and delay healing
- **DON'T** leave wounds uncovered
- **DON'T** rip bandages off – could pull off the scab or reopen the wound

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## MORE INFORMATION

[ksl.com](http://ksl.com) – Do's and Don'ts of Removing a Tick

[CDC.com](http://CDC.com) – Ticks

[Mayoclinic.com](http://Mayoclinic.com) – Cuts and Scrapes: First Aid

[NSC.org](http://NSC.org) – Treating Burns (PDF)

[WebMD.com](http://WebMD.com) – Wound Care: Your Essential First Aid Care Guide