

Severe Bleeding Review



Date: _____ Reviewed Staff: _____ ERT Facilitator: _____
Other ERT Members: _____

Situation: A participant was using the REC when they suddenly cut their arm/leg. (ERT members must create scenario tailored to service area, pick leg or arm)

Victim: Approach your friend and hold your injury indicating where the laceration happened and explain the situation to the staff member.

Checklist - (Facilitator/victim will verbalize bold words in parenthesis):

___ Grab AED, first aid kit, radio and cell phone OR radio staff to bring these items to scene using correct radio language *

___ Check the scene (**scene is safe**)

___ Tell the victim you are first aid certified and want to help; obtain consent*

___ Assist person to a seated position

___ Before dealing with blood, put on gloves

___ Apply pressure with a clean gauze pad*

(blood is starting to soak through original gauze pad)

___ Apply one additional gauze pad*

(blood is soaking through the additional gauze pad)

___ Remove top saturated gauze pad & add additional clean gauze on top of original gauze. Press hard.

(blood is soaking through the gauze pads and is quickly pooling on the ground and victim is showing signs of shock: pale/ashen appearance, cool/moist skin, rapid breathing)

___ Direct someone to call 911 and University Police*

___ Direct second responder to apply pressure on the wound

___ Ensure bystanders or other staff open doors and meet EMS

___ Assist person to a lying down position

___ Apply tourniquet to victim*

- Placed 2-3 inches above the laceration.
- Have them twist the tourniquet, but not so it cuts off circulation or is painful.
- Record time that the tourniquet was applied

___ Monitor signs of life until EMS arrives

Questions

___ What do you do after EMS has arrived and taken over? *

- Fill out an Injury/ Illness Report on Connect2
- Inform the Chain of Command ASAP (Jeff and/or Neil)
- Clean the scene with appropriate solution located in your BBP Kit/ Blood Bin
- Place all saturated materials into biohazard bag and place bag in biohazard container; place all other materials (band-aids, gauze) into a garbage can.

___ What is the difference between a medical emergency and a medical incident?

- Medical Emergency: A life-threatening medical emergency involves an injury or illness that if left untreated or not identified quickly, could lead to a life-changing condition, or someone's death. These types of emergencies result in the need for advanced medical attention or the calling of an ambulance transport.
- Medical Incident: A non-life-threatening medical incident involves an injury or illness that is less severe and does not typically need more advanced medical attention. With the exception of medical needs due

to a pre-existing injury or injuries that occur when a Rec Sports Athletic Trainer is on-site, all injuries, no matter their severity, must be reported when care or resources (ice, bandages, etc.) is provided via an Injury/Illness Report.

___ When would you use the tourniquet*

- When the laceration is located on their arms or legs
- When direct pressure is insufficient

___ Where should the tourniquet be placed?*

- 2-3 inches above the wound

___ Can a tourniquet be placed over a joint?

- No

___ How tight should you make your tourniquet?

- As tight as you possibly can, even if the patient is in pain

___ Where are tourniquets located within the REC?*

- All REC first aid kits have one

___ What are the signs and symptoms of shock?

- Confusion, altered level of consciousness, pale/ashen appearance, cool/moist skin, rapid breathing, excessive thirst, nausea and/or vomiting

___ What are the six steps of the Rec Sports Incident Response Plan?

- CHECK, CALL, CARE, DOCUMENT, CHAIN OF COMMAND, CLEANUP & NEXT STEPS

___ Where are the BBP Kits/Blood Bins located?

- Info Counter- top cabinet closest to court 1 (blood bin)
- Fitness Center- Desk
- Mitchell Hall- Office

Write any comments below

If 3 () missed, staff automatically does not meet requirements*

Met Requirements

Did not meet requirements ___ (Facilitator: **Kylie will contact you**)

Signature of Facilitator: _____ Signature of Reviewee: _____

1/22/2024