

2007 Little League Program



Killingworth Youth League
Baseball & Soft ball

2007

ASAP: A Safety Awareness Program



SAFETY



- Starts from the time you pull into the parking lot until you leave the field
- Everyone's job!

Injury Prevention



- Stretch
- Hydrate
- Proper & Functional Equipment
- Pay attention (bats and balls)

First-Aid Kit



- Try to standardize the minimum
 - dressings/band-aids
 - gloves
 - ice packs
 - sani-wipes
 - ACE wrap
 - tape
 - customize

First-Aid



- Additional equipment
 - cervical collars
 - splints
 - safety glasses
 - (these will be in the storage sheds at each field)

Universal Precautions

- Infection control practices that are observed with every accident/injury to prevent exposure to bloodborne pathogens
- Use of latex or non latex gloves to protect yourself
- Clean up with hand sanitizer after exposure

Open Wounds



- Cut in the skin causing visible bleeding
 - abrasion
 - laceration
 - puncture
 - avulsion

Open Wounds



- Treatment
 - Apply pressure
 - Pressure dressing
 - Elevation
 - Pressure points
 - Tourniquet (NO)
- Can clean wound after bleeding stopped or in ED

Joint & Muscle Injuries



- sprain
- strain
- fracture
- dislocation
- cramps
- contusions

Joint & Muscle Injuries



- RICE treatment
- immobilize (splint)
- see your doctor
- call 911
- have parents take child to ED

Head & Neck Injuries

- If suspected try to be calm
- if patient not awake then ABC's
 - airway
 - breathing
 - circulation
- do NOT move the patient
- call 911!

Concussion



- confused
- loss of consciousness
- slurred speech
- headache
- stumbling
- player cannot return to play until note by doctor!

Plant poisoning



- poison ivy
- poison oak
- poison sumac
- rash, itch, redness, blisters, swelling
- wash area and clothing
- call your doctor if rash spreads or involves face, hands, and/or genitals

Heat Injuries



- Heat cramps
- Heat exhaustion
- Heat stroke

Heat Injuries



- Heat exhaustion
 - heat illness characterized by minor changes in mental status, dizziness, nausea, HA, and mild to moderate rise in core temperature
- Heat stroke
 - syndrome where the body's normal cooling mechanisms fail or become overwhelmed. Extreme body temperatures causing organ failure

Heat Injuries Treatment

- Heat cramps
 - cool shady spot
 - remove tight/excess clothing
 - stretch affected muscles
 - electrolyte fluids (i.e.gatorade, etc.)
 - cool compresses
 - usually not require EMS
- Heat exhaustion
- Heat stroke
 - Medical Emergency!
 - Same as heat cramps and 911!

Bites & Stings



- Spider (Black widow)
- Ticks
- Bees
- Wasps
- Hornets
- Yellow jackets, etc.

Spider bites



- most are venomous
- most do NOT penetrate skin
- Black widow (exception)
- pain and/or numbing
- 2 small fang marks
- HA, chills, fever
- nausea/vomiting

Spider bite care

- Catch the spider?! (for identity)
- wash
- cool compress
- medical care for black widow needed

Tick bites

- They don't call it Lyme disease for no reason
- painless
- diseases carried (i.e. Lyme disease, Ehrlichiosis, RMSF, Babesiosis)
- Deer tick carries the diseases

Tick bites

- remove tick with tweezers
- grasp as close to skin as possible
- wash area
- keep tick and send to your doctor
- see your doctor for rash, HA, fevers, muscle aches or weakness, or joint swelling



Stings

- immediate pain
- itching
- swelling
- short of breath/chest tightness
- hives all over
- nausea/dizziness

Stings



- remove stinger (only bees)
- use credit card, etc.
- no tweezers b/c it can squeeze more venom in
- wash area and cool compress
- observe patient for 30 min for more severe reactions
- if so then 911

Contact Info

- Alan Kostek, President 663-2700
- Eric Fisher, Safety Officer 663-1707
- EMS 911
- Resident State Trooper 663-1123
- State Police Westbrook Barracks (860) 399-6221
- Middlesex Hospital ED (860)344-6686
- Shoreline Clinic (860)358-3701