

Auckland kendo Club

First  Aid

Instructions

First Aid

First aid recommended for injuries, illness in the dojo

Injury	Treatment
<i>Anaphylactic shock</i> <i>(severe allergic reaction)</i>	<ul style="list-style-type: none"> • Maintain open airway • Give medication if available • Treat for shock • Seek medical assistance
<i>Asthma attack</i>	<ul style="list-style-type: none"> • Sit upright, lean forward (if possible close to a table or back of another chair) keep back straight • Reassure • Loosen tight clothing • Encourage, relax and control breathing <p>Note: students with asthma must have their inhaler handy. No inhaler, no practice.</p>
<i>Bleeding nose</i>	<ul style="list-style-type: none"> • Make comfortable • Control bleeding (pinch nose between nostrils and bridge for ten minutes) • Apply cold packs to forehead and back of neck. • If bleeding does not stop seek medical assistance
<i>Burns</i>	<ul style="list-style-type: none"> • Cool the burn • Remove contaminated or restrictive clothing, footwear or jewellery • Cover burn with clean non-adhesive dressing • Treat to minimise shock • Seek medical assistance if necessary
<i>Bruising</i>	<ul style="list-style-type: none"> • Put in comfortable position • Place cold pack on injured area for maximum of 20 minutes every 2 hours • Rest • Ice • Compression • Elevation • Seek medical assistance if required
<i>Choking</i>	<ul style="list-style-type: none"> • Reassure, encourage them to cough • If necessary stand behind and give five

	abdominal inward and upward thrusts, interlocking hands under ribcage
<i>Chest Injury</i>	<ul style="list-style-type: none"> • Make comfortable • Cover any wound • If suspect fractured ribs place padding under arm and over the fractured ribs and immobilise upper arm • Seek medical assistance
<i>CPR</i>	<ul style="list-style-type: none"> • Avoid pressure over abdomen • Heel of hand on lower half of breastbone • Check pulse after every four cycles • Continue until resuscitation occurs or medical assistance arrives • The rate is 15 compressions to 2 breaths for adults; 5 compressions to 1 breath for children
<i>Diabetes</i>	<ul style="list-style-type: none"> • If breathing but unconscious call ambulance • If conscious try and get some food or sugar into them • Seek medical assistance if necessary • Reassure and calm them
<i>Dislodge teeth</i>	<ul style="list-style-type: none"> • Make comfortable • Replace tooth in original position • Place piece of cloth over teeth • Seek dental assistance
<i>Dislocated shoulder</i>	<ul style="list-style-type: none"> • Use sling and self support • Take to hospital
<i>External bleeding</i>	<ul style="list-style-type: none"> • Apply direct pressure to the wound, using a pad • Elevate wound • Apply pressure • Seek medical assistance if required
<i>Eye injuries</i>	<ul style="list-style-type: none"> • If serious dial 111 • If object can be removed flush with plenty of water and use a moistened swab or cloth if necessary • If object cannot be removed cover eye with eye pad or clean cloth and secure in position. Cover both eyes.
<i>Fits and seizures</i>	<ul style="list-style-type: none"> • Do not restrain or force mouth open • Protect casualty from further damage (clear

	<p>area around)</p> <ul style="list-style-type: none"> • Place something soft under casualty's head • When seizure stops place in recovery position • Talk calmly and quietly
<i>Fractures (broken bones)</i>	<ul style="list-style-type: none"> • Control bleeding • Make comfortable • Treat for shock • Minimise movement • Immobilise limbs • Seek medical assistance
<i>Heart attack</i>	<ul style="list-style-type: none"> • Make casualty comfortable • Seek urgent medical assistance • While waiting for assistance check airway, breathing, circulation, level of consciousness • CPR if necessary (see above CPR)
<i>Hyperventilation</i>	<ul style="list-style-type: none"> • Reassure • Encourage slow regular breaths through the nose • Get patient to breathe in and out of a paper bag until symptoms disappear • Seek medical assistance if symptoms persist
<i>Kidney stones</i>	<ul style="list-style-type: none"> • Call ambulance • Reassure
<i>Resuscitation</i>	<ul style="list-style-type: none"> • Clear airway • Open mouth, remove any visible obstruction • Tilt head backwards • Check for breathing • Breathing absent, give two deep breaths using a barrier • Look for air being expired between each breath • If chest does not rise check for obstruction • Check pulse, if pulse present continue mouth-to-mouth; if pulse absent commence CPR; continue until medical assistance arrives or they start breathing • Once breathing restored place in recovery position. • For adults and children over 8 years, maximum head tilt, breathe into nose or

	<p>mouth, two full breaths to start and then one full breath every 5 seconds. Child 1 to 8 years, moderate head tilt, mouth or nose, two gentle breaths, one small breath every 4 seconds.</p>
Shock	<ul style="list-style-type: none"> • Make them comfortable • Lay them down and raise legs • Reassure • Keep calm • Moisten their lips if thirsty • Do not give food, fluids or alcohol • Seek medical assistance
Stroke	<ul style="list-style-type: none"> • Make comfortable • Reassure • Head and shoulders slightly raised • Loosen tight clothing • Turn on side if having difficulty breathing • Seek medical assistance • Monitor airways, breathing, pulse, level of consciousness
Suspected Fracture of Head or Damage to Neck and Back (after fall possibly)	<ul style="list-style-type: none"> • Do not move patient • Support neck • Remove helmet (cut himo) taking care not to move the head. • If conscious ask how they are feeling i.e. is there any pain? • If they complain of feeling strange in their limbs call 111 immediately • Check ears for discharge or bleeding • Ask patient questions re time, name, day etc, to assess degree of comprehension. If no adverse signs and patient can move then treat head injury with ice pack and observe • If any concerns whatsoever call an ambulance
Unconsciousness	<ul style="list-style-type: none"> • Assess level of consciousness by shouted command “can you hear me, open your eyes” gentle shake of shoulders etc • Open airway and clear if necessary • Check for breathing • Resuscitate

	<ul style="list-style-type: none">• Check for pulse• CPR• Place in recovery position unless spinal injury suspected• Seek urgent medical assistance
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Note:

- 1) Shelf to be provided for first aid book, inhalers, medication etc.**
- 2) All Kendoka with medications, inhalers etc to use this shelf.**
- 3) First aid book to be present.**