



First Aid Training Cicero Little League



The ONE-PAGER

1. Be ready:

Where's your Med Kit, Medical releases, Emergency numbers?

2. Prevent the problem:

Inspect the field, warm-up the players, use helmets/mouthpieces/nets

3. Assess the problem:

Head or eye injury, LOC, Deformity, Knocked-out tooth, Bee sting (allergic) (=call '911')

Does the player look & act normal? (=treat)

4. Treat the problem:

Stop bleeding with pressure

RICE (rest, ice, compression, elevation)

a) Hit below the head (RICE)

b) Strain or sprain (RICE)

c) Bleeding (gauze, apply pressure, bandage)

d) Bloody nose (squeeze nostrils, ice)

e) Bee sting (remove stinger, ice; EpiPen or '911' if allergic)

f) Heat illness (shade, remove clothing, cold pack in pits or water on body)



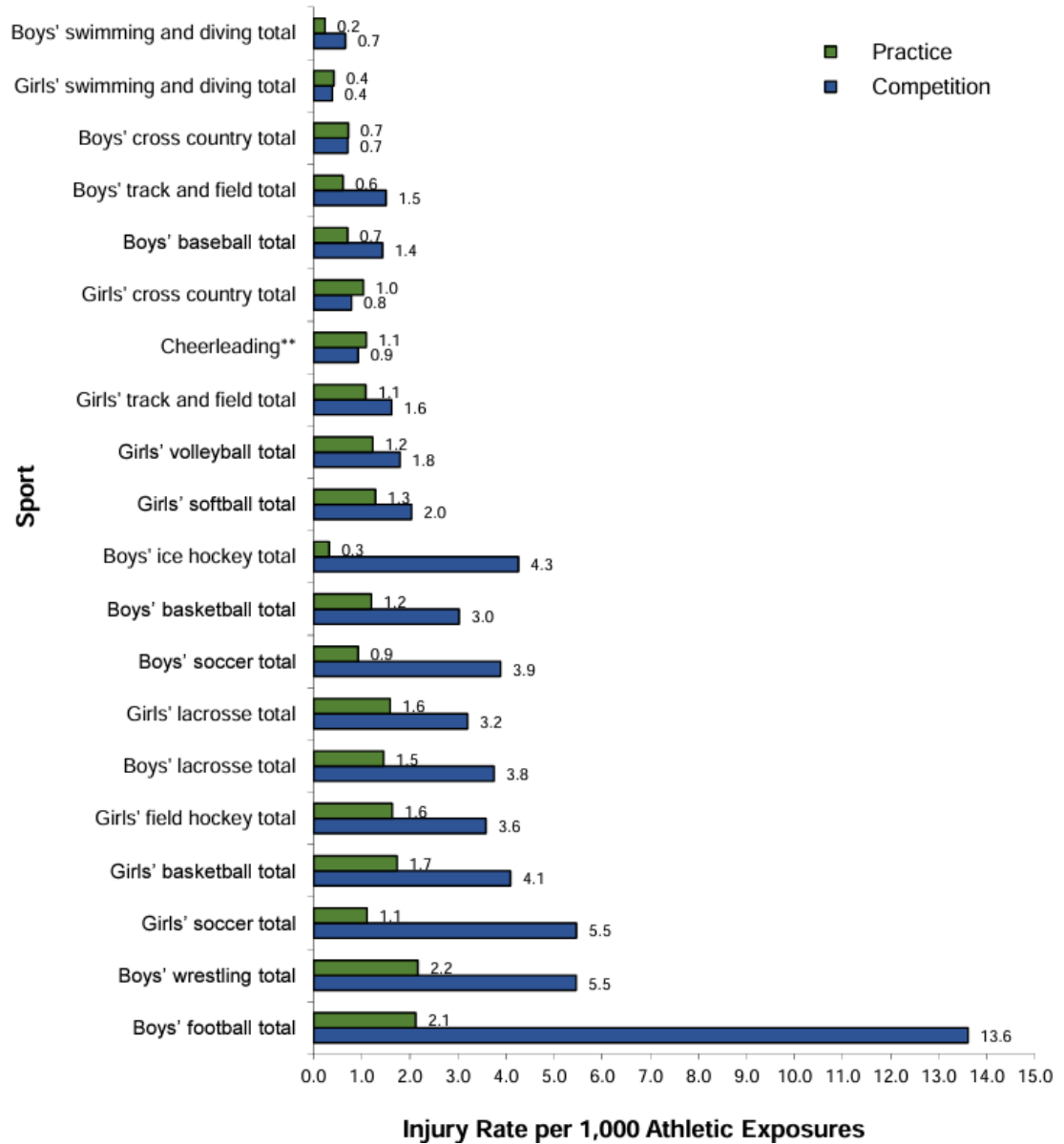
The ONE-LINER

- Hit in the head? Looks or acts wrong? call '911'
- Most everything else? Pressure to stop the bleeding, then R.I.C.E.
- Use helmets (batter), mouthpieces (infield), nets (pitchers)
 - Pitchers should use helmets during practice



Far fewer injuries in baseball than in other sports

Figure 1: Convenience Sample Injury Rates per 1,000 Athletic Exposures by Sport and Type of Athletic Exposure, National High School Sports-Related Injury Surveillance Study, US, 2021/22*



Source: NATIONAL HIGH SCHOOL SPORTS-RELATED INJURY SURVEILLANCE STUDY (2022)

Most common baseball injuries: strains, fractures

What happens

- Games: strains/sprains, fractures, contusions (bruises)
- Fractures are more common, concussions less than other sports
 - Concussions not common, but more in games than practice

Where it happens

Home plate (24%), First base (20%), Second base (19%), Pitcher's mound (18%)

When it happens

Games: Fourth inning (30%), Third Inning (20%)
Practice: 1-2 hours into practice (41%), NOT first 1/2 hour (11%)

Who it happens to

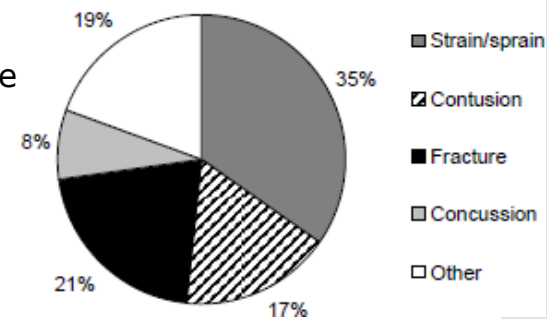
Games: Base runner (23%), Pitcher (19%), Batter (16%)
Practice: Pitcher (27%), NOT Base runner (9%), NOT Batter (3%)

Why it happens

Practice: Fielding and pitching; Games: Fielding, Base running, Batting, Pitching NOT sliding, throwing (not pitching), catching

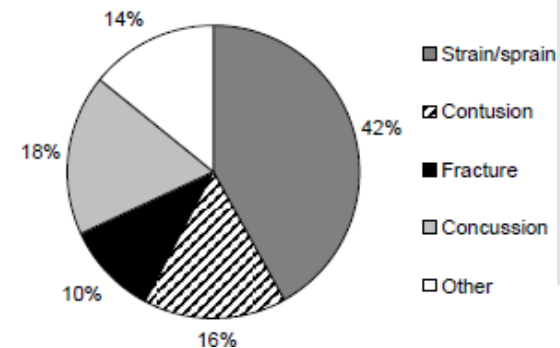
Baseball

Competition n=35,200



All sports

Competition n=754,091



How to wrap an injured joint (wrist, ankle)



1) Be ready for a problem

Got the med kit? Look through it.

ace bandage, athletic tape, 4x4" gauze pads, antibiotic cream, non-latex gloves, band aids, hand sanitizer, antiseptic wipes, scissors, tweezers, cold packs, plastic bags for ice, CPR mask, triangle bandage

Got the kids player's medical releases? Ask parents.

Emergency contact info and medical issues (ask parents: allergies, asthma, diabetes?) Have it with you at all practices and games

Got the Emergency Phone List?

Emergency Phone Number:

Local Police Non-Emergency

League Safety Officer: Chris Vangel

League President: Mike Zinsmeyer

911

(315) 425-2333

(315) 380-3038

2) Prevent the problem

The Field

- Walk the field before practices and games (e.g. holes)
- Pull damaged equipment (e.g. cracked helmets)
- Check the weather (e.g. heat, rain, lightning possible?)

The Players

- Follow rules for safe play
- Warm-up before play (stretch at end)
- Begin the season slowly, not too much
- Use proper training and form
- Hydrate

The Equipment

- Do NOT kid-pitch batting practice (net, helmet)
- Helmets for batters
- Mouthpieces for infielders



3) Assess the problem

Assess the injury (mild or severe)

1. Stop play
2. Get First Aid Kit (with med forms) and your phone
3. Keep others away
4. Assess the player: ask "what happened?"
-- Problems with ABC (airway, breathing, circulation), moving, deformity, alertness?
5. Decide: mild injury (treat) or severe injury (call '911')
6. Contact parent and MLL (incident form)

Know your limits: If you're not comfortable, don't touch `em, don't move `em, call 911.

Mild injury (treat with 'RICE')

- a) Hit below the head (contusion, bruise)
- b) sprain or strain
- c) Bleeding (laceration)
- d) bloody nose
- e) bee sting (not allergic)
- f) heat illness

Severe injury (call '911')

- g) Head injury
- h) Deformity (Dislocation, Fracture)
- i) Eye injury
- j) Loss of consciousness
- k) Bee sting (if allergic)
- l) Teeth

4) Treat the problem (and what not to do)

Mild injury: treat ('RICE' everything)

- a) Hit below the head (contusions, bruises) (RICE – rest, ice, compression, elevation)
- b) Strains (muscles) and sprains (ligament) (RICE)
- c) Bleeding (laceration) (put on gloves, press gauze pad on wound to stop bleeding)
- d) Bloody nose (squeeze and apply ice)
- e) Bee sting (use tweezers to get the stinger out, then ice; if allergic, use EpiPen or '911')
- f) Heat illness (shade, lay on back, remove clothing, cold pack in pits or water on body)

Severe injury: Call '911'

- g) Head injury (possible concussion, call '911')
- h) Loss of consciousness (watch for vomiting)
- i) Deformity (possible fracture or dislocation, splint, call '911')
- j) Eye injury (leave object in, cover)
- k) Knocked-out tooth (rinse, keep tooth wet, see dentist <1hr)
- l) Bee sting (if allergic and no EpiPen, call '911')

Strains (muscles) and sprains (ligaments)

RICE

Rest: avoid using the injured part, avoid the activity

Ice: for 20 min every hour, reduces swelling

Compression: entire limb, not too tight

Elevation: raise injury higher than the heart, reduces swelling

If they can't tighten the muscle or the limb is deformed, it is more serious. Call '911'



Bleeding

Prevention: players cannot wear jewelry

Treatment: Put on gloves, flush with water to clean, press gauze pad on wound to stop bleeding, bandage.

- If deep, can't be pinched closed, or bleeding won't stop, call '911'.
- If player dizzy or lost a lot of blood, lie down with feet up (shock), call '911'.
- Bloody equipment? Disinfect with 10% bleach/90% water solution for 30 seconds.



Bloody Nose

Squeeze the fleshy part of the nose (up to five minutes)

Ice on the bridge of the nose (reduces swelling, promotes clotting)

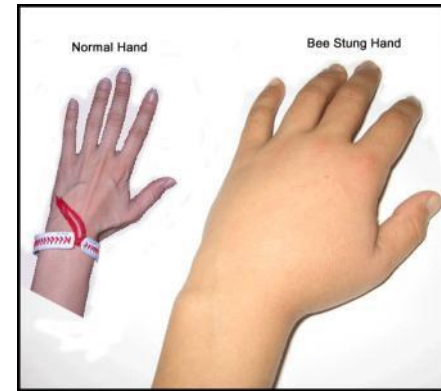
(Tilting the head back doesn't help, just makes the blood run down their throat)



Bee sting, Heat illness

Bee Sting

Use credit card to scrape the skin to get the stinger out, then ice. If allergic (wheezing, large areas of rash, hard to swallow), use EpiPen or '911'



Heat Illness

Drink before thirsty.

On hot days, try breaks for both teams every three innings

- signs: cramps, fainting, rash; -> heavy sweating, dizzy, nausea, pale; -> stops sweating, high body temp
- what to do: shade, lay on back, remove clothing, cold pack in pits or water on body



Head Injury, Loss of consciousness – always severe

If there is a collision, or hit by ball (a hit ball is faster than thrown ball)

- If the player lost consciousness, call '911' (even if they feel fine)
- If they didn't, consider hospital (effects can be delayed)
 - Rest player for 15 minutes
 - Not acting right (headache >15 min, vomiting, unequal pupils, imbalance)

Player with a concussion should not return to play for a week, only after doctor approval.



Eye injury, Knocked-out tooth

Eye

- If any vision problem, bulging, pupils not equal, blood in eye, call '911'
 - If dirt in the eye, bruise, scrape, probably ok
- If something is stuck in the eye, don't remove it
- Have player close eyes, ice, cover both eyes with eye shield, tape in place

Tooth

- Use pressure to control bleeding
- If tooth is out, handle from white not root, rinse it, keep tooth wet, see dentist <1hr

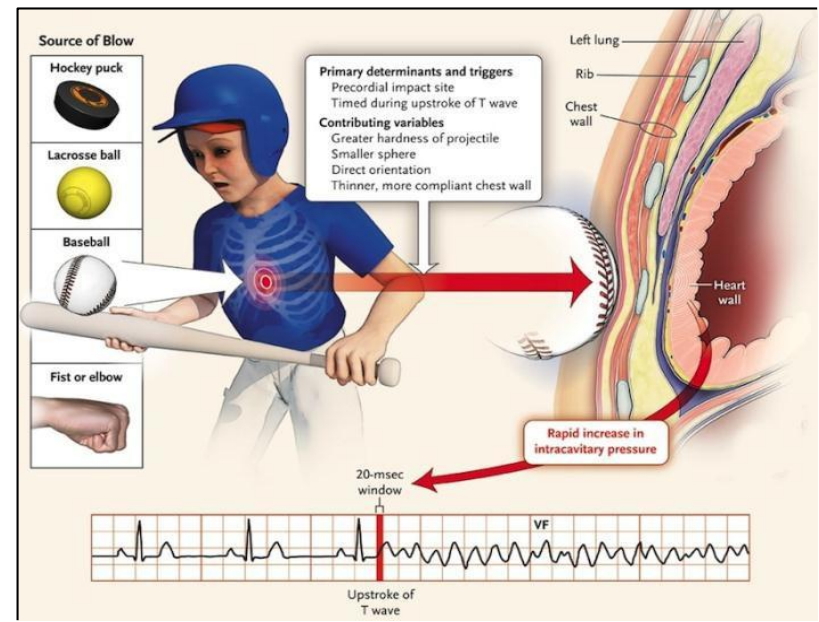
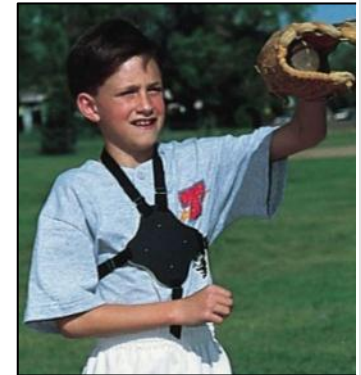


Rare: Comotio cordis (agitation of the heart)

- **Rare** (224 cases since 1995), but 65% die
- 95% male, commonly 10-18 yo
- Hit with baseball in center of chest
- Disrupts heart rhythm
(only during 'T' – ventricles recharging)
- Chest protectors do not prevent

To treat: CPR, then AED

To prevent: teach kids to turn chest away
from errant pitch



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Want to know
more?

Questions:

- Safety Officer Chris Vangel
 - Cvangel@cicerolittleleague.com

- Safety Plan, Accident Report,
and First Aid Training can be
found at
www.cicerolittleleague.com