

STINGS AND BITES AND HOW TO APPLY A COMPRESSION BANDAGE.

Stings and bites from bees, wasps, ants and scorpions can be very painful but are not generally dangerous*. Apply cold packs to the bitten areas *unless there are multiple bites or the player suffers anaphylactic reactions to insect stings

SPIDER BITES

Although almost all Australian spiders are venomous, few can penetrate human skin. The only spider that causes an immediate threat to life is the Funnelweb although the Redback can cause a lot of pain and other symptoms.

FUNNELWEB SPIDER

Most species of potentially fatal funnelweb spiders are found in eastern NSW and Queensland. Their bite can be life threatening. Even though another species of funnelweb exists in eastern Victoria, no serious illness has been observed from their bite, however any bite from a large dark-coloured spider (2cm or more), should be considered as a dangerous bite and treated as per instructions below.

Signs and symptoms of a funnelweb spider bite:

- pain at the bite site
- tingling around the mouth
- sweating profusely
- copious secretion of saliva
- abdominal pain
- muscle twitching
- breathing difficulties.
- confusion
- unconsciousness

TREATMENT OF A FUNNELWEB SPIDER BITE:

Immediately:

- Ensure the player does not use the bitten limb AT ALL.
- Call triple zero 000. You need to get this player to a hospital.
- Apply a bandage using Pressure Immobilisation technique

Proudly endorsed by:



REDBACK SPIDER

This spider is approximately 1cm in body length and has a characteristic red, orange or pale stripe on its back.

Signs and symptoms of a redback spider bite:

- immediate pain at the bite site which becomes hot, red and swollen
 - intense local pain which increases and spreads
 - nausea, vomiting and abdominal pain
 - profuse sweating, especially at the bite site
 - swollen tender glands in the groin or armpit of the envenomed limb.
- Local pain occurs rapidly after the bite, but the venom acts slowly so a serious illness is unlikely to develop in less than 3 hours.

TREATMENT OF A REDBACK SPIDER BITE:

Immediately:

- Apply an ice pack to the bite area.
- Do not apply pressure as that will increase the pain.
- Ensure the player does not use the bitten limb AT ALL.
- If signs and symptoms do not rapidly decrease: Call triple zero 000.

SNAKE BITES

The key to effective treatment is to **STOP THE VENOM FROM SPREADING.** Immediate action is essential.

If a snake strikes it does not always inject venom but you must assume it has.

TREATMENT OF A SNAKE BITE:

Immediately:

- Place firm pressure on the wound.
- Keep the victim as calm and still as possible. Muscle movement can accelerate the spread of venom.
- Ensure the player does not use the bitten limb AT ALL.
- Call triple zero 000. You need to get this player to a hospital.
- Apply a bandage using Pressure Immobilisation technique

DO NOT:

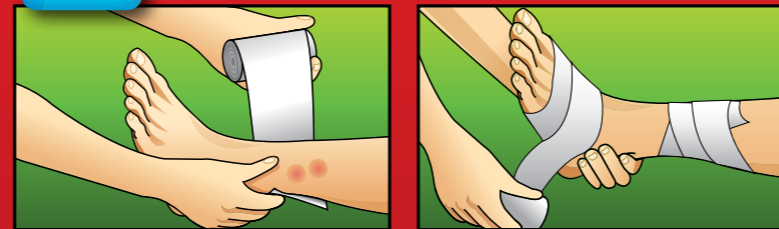
- Attempt to suck venom
- Wash the bite area (venom can be collected from the bite area by medical staff to determine which antivenom to give.)
- Cut into wound
- Apply a tourniquet.

HOW TO APPLY A

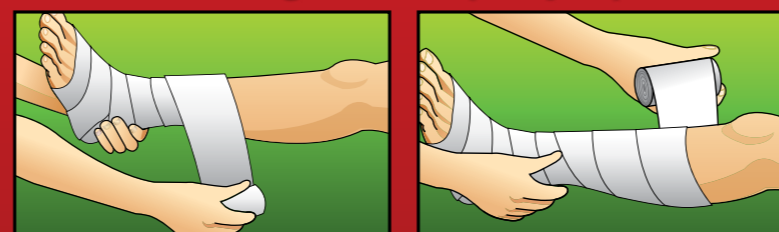
COMPRESSION BANDAGE

ENSURING THE PLAYER IS AS STILL AS POSSIBLE:

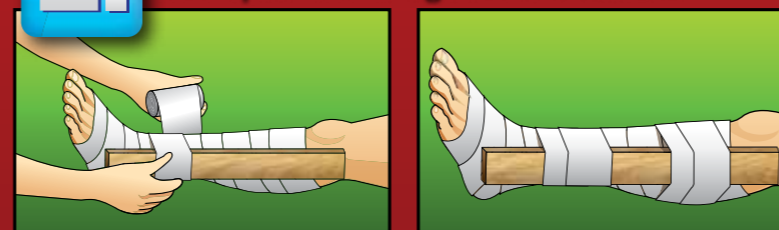
1. Start by firmly winding one bandage directly over the bite. Then firmly wind a second bandage starting from the toes or fingers, over the rest of the limb.



Wind the bandage TOWARDS the heart. The bandage should NOT be so tight as to completely stop blood flow.



2. Once the limb is wrapped. Apply a splint to prevent movement. You could use a golf club as a splint if nothing else is available.



3. Do not remove the bandage. Seek medical assistance as soon as possible

FORE!!!

HITS, KNOCKS, BLOWS AND STRIKES: FROM BRUISES TO CONCUSSION

Most golfers can generate club head speeds of up to 150 kph. A golf ball can travel at speeds of 300 kph or more. So it is not surprising that an accidental strike from a swinging club or a blow from a golf ball can cause bruising, bleeding, serious concussion or even be potentially lethal.

CONCUSSION

Impact to the head can damage the brain enough to cause concussion and possibly start bleeding within the skull.

Signs of concussion include:

- Period of unresponsiveness – usually brief
- Dizziness, nausea, vomiting
- Blurred vision
- Confusion, loss of memory
- Headache.

TREATMENT OF HEAD INJURY

The important thing is to recognise that there has been a concussion.

The injured player may be reluctant to seek medical assistance but in their confused state YOU might be in a far better position to judge the gravity of the situation. Calling an ambulance is strongly recommended if there has been any loss of consciousness.

Immediate specific first aid is to support and reassure the casualty and to closely observe them for signs of deterioration or of more serious signs and symptoms such as:

- Numbness and tingling in the fingers and feet
- Mental confusion
- Blurred vision
- Discharge from ears, nose or mouth
- Unequal sized or pupils slowly responding to light
- Changes to breathing – reduced rate or stopped.

Note: Cool compresses can be applied to the back of the neck or directly on to the injury site but ICE should NOT be applied to any injury above the level of the shoulders.

RECOVERY POSITION

The recovery position is used for a casualty who is unconscious but breathing.



BLEEDING

Almost all bleeding can be controlled by applying direct pressure to the wound. If the wound is contaminated with dirt and debris, wash the injured area - preferably with lots of running water.

Apply a pad to the wound preferably using a sterile dressing but otherwise the cleanest cotton pad you have – a handkerchief or part of a towel or shirt.

Bind the pad in place if you can. Do not remove this pad if blood seeps through (that disturbs the clot that is forming) but you can apply other pads on top.

Elevate the limb.

If player has lost a lot of blood or is distressed call 000.

BRUISES

A bruise is caused by bleeding beneath the skin. Most are minor but bruising resulting from impact can be accompanied by significant damage to deeper structures such as muscle and bones. Trying to walk out the bruise is likely to make it worse.

SPRAINS AND STRAINS

Sprains are injuries to joints and strains are injuries to muscles and tendons. If the injury is only minor the player may be able to play on but a severe injury will need your help.

THE BEST WAY TO TREAT STRAINS, SPRAINS AND BRUISING IS BY USING:

THE R.I.C.E.D. TECHNIQUE

- R REST** Rest the injured limb
- I ICE** Cool the joint or muscle for 10 to 20 minutes, preferably using a slurry of ice and water wrapped in a towel.
- C COMPRESSION** Apply a compression bandage. Use whatever is available, perhaps golf towels.
- E ELEVATE** Elevate the limb to reduce blood flow.
- D DOCTOR** Get the injury checked by a professional because often there are other injuries

- Kneel beside the player.
- Put their arm that's farthest from you out at right angles to their body.
- Place their nearer arm across their chest.
- Bend their nearer leg up at the knee; the other leg should be straight.
- While supporting their head and neck, roll the player away from you.
- When they are on their side, keep their top leg bent at the knee, with the knee touching the ground.



BE Safe THRU 18



MEET GREG.

GREG HAS HAD A FEW BAD DAYS ON THE GOLF COURSE AND NOT JUST BECAUSE OF HIS SWING. HE AND HIS GOLFING MATES - CLUB CAPTAIN MAX AND WOMEN'S CHAMP PENNY, HAVE JUST COMPLETED A FIRST AID COURSE AND BETWEEN THEM THEY CAN NOW HELP YOU TO DO THE RIGHT THING SHOULD YOU AND YOUR PLAYING PARTNERS BE FACED WITH ANY OF THE COMMON EMERGENCIES THAT OCCUR ON OUR GOLF COURSES.

THIS IS THEIR GUIDE FOR FIRST AID ON THE COURSE. IT ISN'T A SUBSTITUTE FOR A FIRST AID COURSE BUT IT SHOULD HELP YOU TO HELP YOUR MATES WHEN THEY MOST NEED IT.



HEART ATTACK!

IN A HEART ATTACK A SUDDEN BLOCKAGE OF AN ARTERY WITHIN THE HEART CAUSES SOME OR ALL OF THESE SIGNS:

- PAIN IN THE CHEST REGION OFTEN DESCRIBED AS FEELING LIKE A TIGHT BAND AROUND THE CHEST OR CRUSHING FEELING.
- THE PAIN MAY RADIATE TO THE JAW AND NECK AND/OR SHOULDERS AND ARMS (ESPECIALLY THE LEFT ARM).
- FEELING OF NAUSEA
- BREATHING BECOMES DIFFICULT - SHORT OF BREATH
- SKIN PALE, COOL OR SWEATY.
- MAY BE LOSS OF CONSCIOUSNESS
- DEATH

THE D.R.S.A.B.C.D. STRATEGY

WHEN FACED BY AN EMERGENCY IT MIGHT HELP YOU TO FOLLOW A FIXED SET OF STEPS. THE STANDARD PLAN IS CURRENTLY:

DANGER RESPONSE SEND FOR HELP
AIRWAY BREATHING CPR DEFIBRILLATE

D DANGER Check for Danger. Especially to yourself. You must not start first aid until it is safe for you to do so.	R RESPONSE Check for response. Shake their shoulder. Ask Loudly: "Can you hear me?" "Open your eyes." "Squeeze both my hands"	S SEND FOR HELP CALL 000 for an ambulance
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A AIRWAY Open their mouth. If foreign material is present and the player is unconscious: • Place them in the recovery position • If possible, clear their airway. Beware of being bitten	B BREATHING Check for breathing: Put your cheek down next to their mouth and LOOK, LISTEN and FEEL for any breathing. Normal Breathing: Place them in recovery position Not Normal Breathing: Start CPR	C CPR Resuscitation: Start CPR: Give 30 chest compressions then 2 rescue breaths Repeat '30 and 2' again and again until help arrives or the player recovers.
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D DEFIBRILLATION

If available, use a defibrillator. You don't need experience or training to use a defibrillator. All models have a green button. Push the green button to be guided through the simple steps.

PUSH GREEN BUTTON

IT'S EASY!
The machine will tell you exactly what to do next.

*These machines will NOT automatically deliver a shock

KEEPING THIS GUIDE IN YOUR BAG COULD LITERALLY SAVE LIVES!

The two main reasons people hold back from attempting first aid are the fear of doing the wrong thing and the fear of legal consequences if things go wrong. In Australia, people that attempt to give first aid within their skill and knowledge abilities are protected by what is known as the 'Good Samaritan legislation' to encourage you to provide first aid without fear of legal liability. No duty of care is owed to your fellow golfers, but be assured there is no legal danger if you provide first aid.

Any attempt at resuscitation is better than none.

The least you should do is call **000** or call the clubhouse for help.

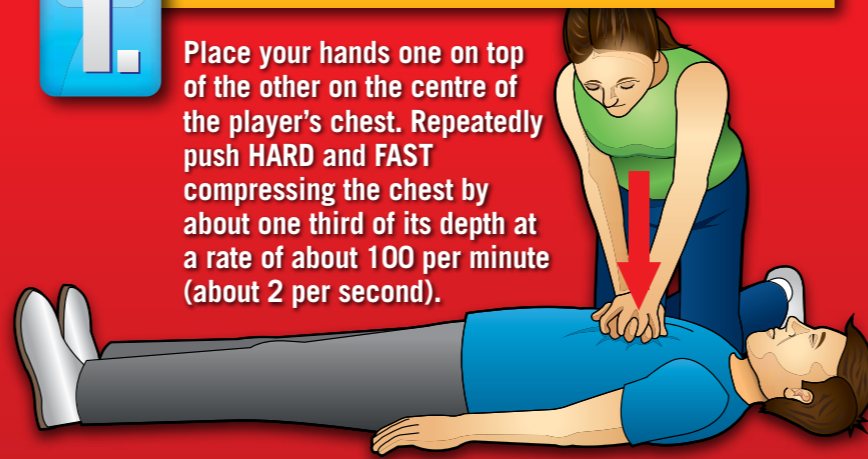
CLUBHOUSE PH NO:

HOW TO PERFORM

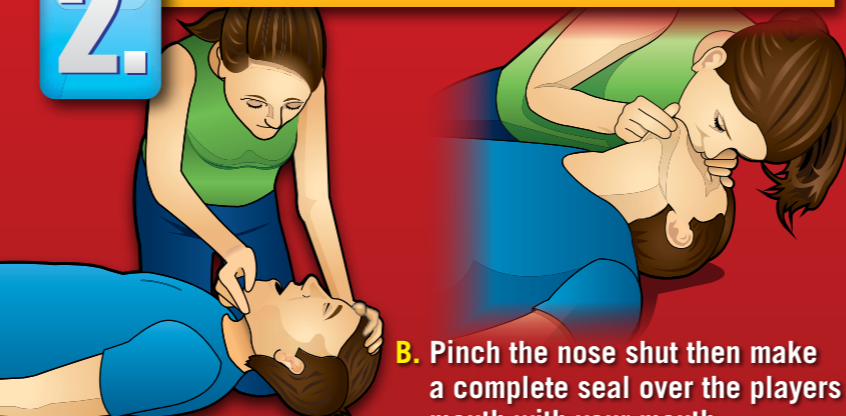
CPR

1. GIVE 30 CHEST COMPRESSIONS

Place your hands one on top of the other on the centre of the player's chest. Repeatedly push **HARD** and **FAST** compressing the chest by about one third of its depth at a rate of about 100 per minute (about 2 per second).



2. GIVE 2 RESCUE BREATHS



- Tilt the head back **ALL THE WAY** back and lift the chin up.
- Pinch the nose shut then make a complete seal over the players mouth with your mouth
- Blow for about one second: **ONLY** blow enough air in until the chest just starts to rise. That is enough.
- Repeat a second rescue breath before starting compressions again

*If you are unwilling or unable to give rescue breaths then just give chest compressions only

3. DO NOT STOP

Continue cycles of CPR (30 Compressions and 2 Breaths). Do not stop unless:

- You find an obvious sign of life such as breathing
- A defibrillator is ready to use
- A trained responder or paramedic is there to take over

STROKE

A stroke occurs when the blood supply to a part of the brain is suddenly cut off.

It is essential to get advanced medical aid as fast as possible and definitely within 3 hours.

To recognise whether someone has had a stroke:

THINK F.A.S.T.



- | | | | |
|---|---|---|--|
| F FACE
Check their FACE. Has their mouth or eyes drooped? | A ARMS
Can they lift BOTH arms to shoulder height? Check for weakness | S SPEECH
Is their speech slurred? Do they understand you? | T TIME
Time is critical. If you see any of these signs call 000 urgently. |
|---|---|---|--|

ASTHMA

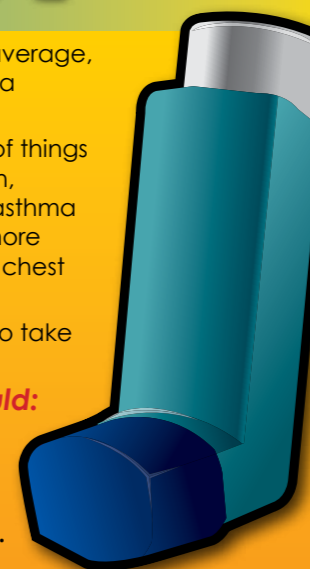
One in ten Australians has asthma and, on average, eight Australians die every week from asthma related conditions.

An asthma attack can be triggered by lots of things on a golf course including stress, heat, pollen, dehydration and illness. The signs of severe asthma include gasping for breath, inability to say more than two or three words per breath, distress, chest tightness, pallor and sweating.

Encourage the player to stop and rest and to take their medication.

In a severe asthma attack they should:

- Take **FOUR** puffs from a "reliever" puffer (Blue/grey in colour) preferably using a spacer with four breaths per puff.
- Wait four minutes and take four more puffs. Do this four times.



• If there is no relief after two sets of four puffs, call **000**.



HEAT STRESS / HEAT STROKE (HYPERTHERMIA)

Playing golf on very hot days can be dangerous. Many clubs have a 'heat policy' where players are discouraged or sometimes prevented from playing golf on hot days. The cut off is usually around 37 degrees. The effects of heat on a player can be magnified if it is humid, if the player does not drink sufficient water, has an existing medical condition such as high blood pressure or a cardiac condition and by the consumption of alcohol.

SIGNS OF HEAT STRESS (HEAT EXHAUSTION)

- Nausea, dizziness
- Profuse sweating
- Headache
- Muscle cramps which can become severe, even debilitating
- Flushed (later pale) skin
- Weak and rapid pulse

If the condition worsens, heat stress can progress to heat stroke

SIGNS OF HEAT STROKE

Heat stroke is when the body temperature rises over 40 degrees. It can be fatal. Signs of heat-stroke are:

- Sweating stops
- Skin becomes dry and hot to touch
- Breathing becomes rapid and shallow
- Pulse becomes rapid but gradually weakens
- Mental state deteriorates
- Consciousness reduces, loss of consciousness

TREATMENT OF HEAT STRESS (HEAT EXHAUSTION)

- Remove excess clothing, loosen tight clothing
- Give frequent sips of water
- Cool with sprays of water, moist towels, cold packs in armpit, between legs, back of neck, fanning

TREATMENT OF HEAT STROKE.

- Call for an ambulance
- Lie casualty down
- Cool casualty rapidly – running water, fanning to increase evaporation, cold packs in groin, armpits, back of neck
- If casualty can swallow, give frequent sips of cool water
- Give Oxygen if available.

