



## Speed Week Medical Emergency Procedures

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### Immediate response actions

1. Move injured person away from danger if safe to do so.
2. Call for an ambulance and doctor on UHF radio. State the location clearly.
3. Call for Race Director on UHF radio.
4. First aid: Names of trained first aiders are posted at registration caravan

### Special actions by injury type

#### Bleeding

Stop the bleeding at once and call promptly for the ambulance and doctor. Control by direct pressure and elevate the limb if possible. Apply the pad of sterilised dressing(s) (in the first aid cabinet) and bandage firmly. It may be necessary to apply a second pad on top of the first one. Where such dressings are not available, arterial bleeding may be controlled by pressing the artery against the underlying bone with the finger or thumb.

#### Burns

If serious, call promptly for an ambulance or a doctor. If possible, run affected area under cold water for 10 minutes if skin is intact. Do not burst blisters, and do not try to remove clothing sticking to the burn or scald. With chemical burns, remove contaminated clothing and flush the burn with plenty of cold water.

#### Cardiac arrest (heart attack) - suspected

Call on radio for ambulance and Doctor.

#### Collapse

If the casualty is unconscious, but is still breathing and has a pulse, place him or her on their left side (coma position) and call on radio for ambulance and Doctor. Cover with a light blanket or clothing – but no hot water bottles. Do not give anything to eat or drink by mouth.

#### Concussion

After a blow on the head, especially when there is interference with consciousness, a doctor should see the casualty. Neither you nor the casualty can decide the importance of this.

#### Electrical shock

Act quickly. Switch off the current. If this is not possible, free the person by using something that will not conduct electricity - DRY, folded newspaper, wood, cloth or rubber. Do not touch the individual - you may get a shock yourself. If breathing is failing or stopped, apply artificial respiration - do not waste time. Get help and send for ambulance and Doctor.



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### Eye injuries

- Chemical in the eye or chemical burn  
Flush the open eye at once with clean cold water for at least 15 minutes. Send the casualty for medical attention immediately.
- Foreign body in the eye  
Send the casualty to the doctor immediately.

### Fractures

Do not attempt to move a casualty with broken bones or injured joints unless he/she is in immediate danger.

### Gassing

If inhalation of any gas is suspected then:

1. Ascertain that it is safe to enter the confined space then carry the patient into the fresh air. DO NOT let patient walk. If breathing has stopped, apply artificial respiration - get help and call for the doctor;
2. If any doubt that the gas may still be present in the room call emergency services.