

## **FIRST AID PROCEDURES FOR DEALING WITH MINOR INJURIES**

### **Minor Cuts and Bruises**

- Gloves are used at all times to reduce risk of spread of infection
- Clean around cuts using antiseptic wipe/cloth, cleaning from the centre outwards
- A check is carried out to locate small bodies which may be embedded in the wound
- Plaster, gauze or lint is placed on the wound
- Teacher observation is maintained
- Parents are notified
- In sports, such as hurling/camogie safety helmets must be worn

### **Sprains/Bruises**

- In the event of a sprain/bruise use ice and rest
- Parent/s are contacted
- Teacher observation is maintained

### **Faints and Shocks**

- Lie the casualty down
- Raise the legs slightly
- Loosen any tight clothing
- Ensure there is fresh air
- Keep crowds away
- Reassure casualty when they recover
- Contact parents
- The event is subsequently recorded in the Accident Book

### **Stings/Bites**

- Vinegar is used for wasp stings
- Bread soda is used for bee stings
- Contact parent/s

### **Severe Bleeding**

- Act instantly. Apply pressure. Lie the injured party down
- Use gloves
- Elevate the injured party.
- Put a clean dressing over the wound and secure it firmly with a bandage
- Add extra bandaging if necessary
- Reassure casualty
- Treat for shock- keep casualty warm
- Contact parents
- Call an Ambulance
- Record incident on Injury Report Form (found in office)

### **Burns/Scalds**

- Immediately remove student from danger area
- Cool burnt area with cold running water
- Remove rings etc. and other tight fitting accessories
- Do not remove objects stuck to skin
- In the event of a minor burn use paraffin gauze/Burneze

### **Unconsciousness**

- Call an ambulance
- Place child in recovery position
- Ring parents
- Check for broken bones, neck or back injury

### **Allergies**

- Find out if the casualty carries an EpiPen auto injector
- Contact parents
- Call ambulance