

Wildflower Triathlons Festival Communications Sub-Committee First Aid Information

Things to Remember:

- Know your limits! Provide treatment that you are comfortable with, and no more. Trained EMS professionals are only minutes away.
- In the case of a head, neck or back injury (bicycle crash), keep the patient still to avoid aggravating their injuries.
- To treat for shock, elevate the patient's legs and cover them with a blanket.
- Don't give water to patients you think might be transported by ambulance. If they're dehydrated, the paramedics will give them fluids through an IV.
- If they're wearing a helmet and haven't removed it by the time you get there, encourage them to leave it on. Let the professionals determine whether or not it should be removed.
- To stop major bleeding, use the sterile gauze and apply direct pressure. Don't release the direct pressure until Fire/EMS arrives, and if the gauze soaks through, add more, don't replace what's already there.
- If there's any chance of exposure to the patients blood, wear gloves. None of us want to come home from the weekend with a nasty disease.
- Get training. Even a simple Red Cross first aid course is better than nothing. Advanced First Aid, First Responder or EMT courses are even better!

Equipment Suggestions:

Note: At the time of this writing, attempts are being made to get a first aid kit for each Rover and Chase vehicle. But you really should have this stuff in your vehicle all the time anyway!

- Assorted Band-Aid bandages (20)
- Sterile Gauze-Pads, 4"x4" (20)
- Surgical Tape (1 roll)
- Sterile Roller Gauze, 3" (2)
- Latex Gloves (5 pair)
- Sterile Saline Solution for Irrigation (1 bottle)
- Large Sterile Dressing (multi-trauma) (1 dressing)
- CPR face mask (1)