

First Aid for Cyclists

Carolina Tarwheels Cycling Club – September 28th, 2017

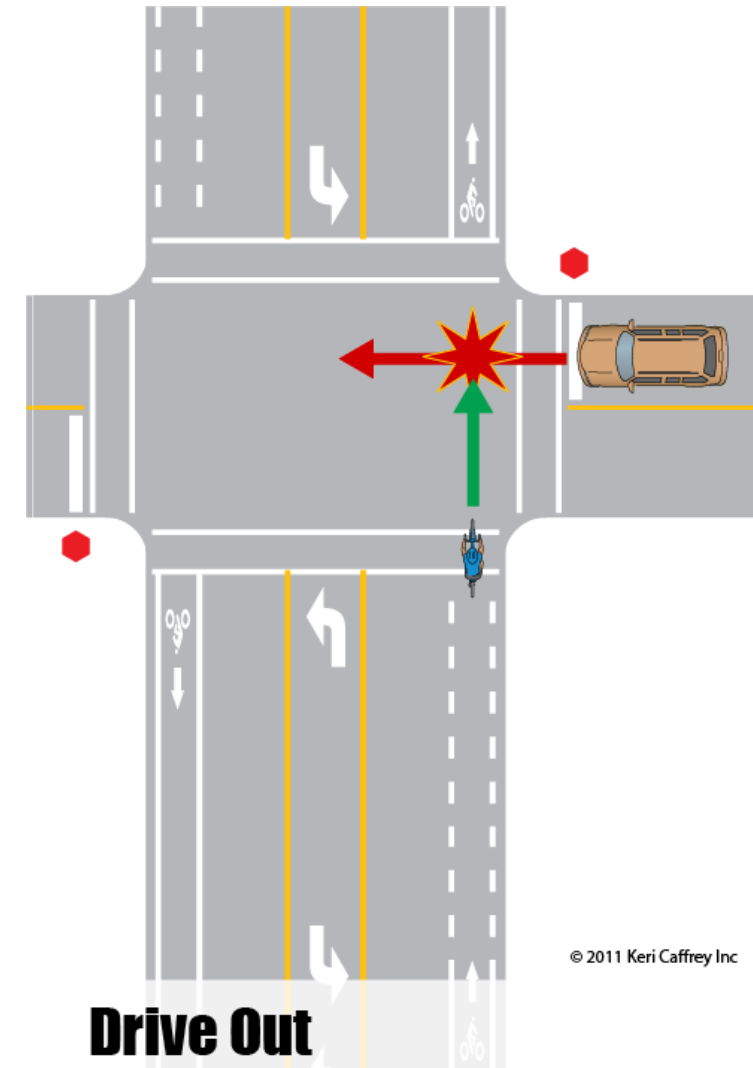
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Topics of Discussion

- Causes of Accidents
- Basic Treatment
- How to Help EMS and Fire
- A Proposed Cyclist's Basic First Aid Kit

Road Accidents (Share the Road!)

- The Left Hook – left turning vehicle
- The Right Hook – right turning vehicle
- T-Bone – intersection
- Doors – Driver opens door into Cyclist



Off-Road Accidents

- Other Bicyclists
- Pedestrians and Pets
- Other Objects – Rocks, Debris, Trees



Basic Treatment

- Bumps & Bruises
- Lacerations
- Extremity Injuries
- Head Injuries
- Extreme Injuries

Lacerations

- Clean the wound
- Direct Pressure (with what?)
- Activate Emergency Services, if needed

Extremity Injuries

- Activate Emergency Services
- Secure the scene
- Stabilize the Injury
- Keep Patient Calm and Wait for Help

Head Injuries

- Activate Emergency Services
- Secure the Scene
- Don't remove the helmet!
- Don't move the patient!
- Stabilize the cervical spine (Holding C-Spine)
 - Keep Patient Calm and Wait for Help

Extreme Injuries

- Activate Emergency Services
- Secure the Scene
- Provide Life Saving Interventions as Needed
- CPR Saves Lives – get Certified!

How to Assist Fire and EMS

- Take a deep breath before you call 911
- Communicate clearly to the dispatcher
- Tell them exactly where you are in 10 words or less
- Tell them what the nature of the injury is
- Don't hang up until the dispatcher says it is OK.
- There is more than one dispatcher
- **BE PATIENT!**

How to Assist Fire and EMS

- Have somebody flag us down.
- Don't stop your intervention just because we arrived.
- Have one person talk
- Calmly tell us what happened
- Calmly tell us what interventions you provided
- Ask us how you can help
- Don't get upset if we ask you to backup 😊

Basic First Aid Kit

- Cyclists are Space and Weight Limited
- Suggested Kit:
 - Water (already have that, right?)
 - Triangle Bandage
 - 1 or 2 4x4s
 - Roller Gauze (aka: Kling)
 - Gloves
- Everything fits inside the gloves!