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!