

# EMERGENCY FIRST AID CHECKLIST

## 1 PRIMARY SURVEY

Quickly check for any life-threatening conditions:

- DO NOT remove their helmet
- If unconscious DO NOT move the player, other than for airway support
- **Do they respond?**  
Ask them to open their eyes and tell you their name, gently shake their shoulders.

**If unresponsive, ask someone to call 999 / 112 for an ambulance while you attend to the casualty**

- **Is their airway clear and unblocked?**  
If not, lift their chin to open the airway, remove helmet keeping head in neutral position if necessary.
- **Are they breathing normally?**  
If unconscious and not breathing, call 999 / 112 for an ambulance and start CPR.
- **Is there any severe bleeding?**  
If yes, apply pressure and raise above heart level. Call 999 / 112 if bleeding is severe.

Once you are sure there are no life-threatening conditions, check for a spinal injury. →

## 2 ASSESS FOR SPINE INJURY

- DO NOT remove their helmet
- DO NOT move the person
- Check for signs of a spine injury:
  - Severe pain in the neck or back
  - Deteriorating consciousness
  - Won't move their neck
  - Loss of control over limbs
  - Loss of sensation, or abnormal sensations, e.g. burning or tingling
  - Loss of bladder or bowel control
  - Breathing difficulties
  - Complaints of weakness, numbness or paralysis
  - Neck or back is twisted or positioned oddly

### IF SPINE INJURY IS SUSPECTED

- Reassure them and tell them not to move.
- Stop their head and neck from moving to prevent further damage.
- Check if they are breathing then call 999 / 112. If they are not breathing, perform CPR.

**You need to support the head until emergency services have arrived and can take over.**

## 3 RED FLAG WARNINGS

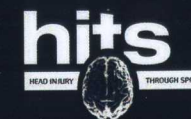
All head injuries are potentially serious. If you see any of the following, make a note and call 999 / 112 for an ambulance:

- One pupil larger than the other
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures
- Clear fluid or watery blood coming from nose or ear
- Progressive deterioration in the level of response

**While waiting for an ambulance, monitor the patient for changes in their vital signs:**

- Level of response
- Breathing
- Pulse

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# CONCUSSION RECOGNITION CHECKLIST

## 4 SIGNS & SYMPTOMS

If one or more concussion signs and symptoms are suspected, the player **must be immediately removed from play** for medical evaluation.

- |   |   |
|---|---|
| <input type="checkbox"/> Unconscious    | <input type="checkbox"/> Pressure in head   |
| <input type="checkbox"/> Unresponsive   | <input type="checkbox"/> Sensitive to noise |
| <input type="checkbox"/> Slow to get up | <input type="checkbox"/> Sensitive to light |
| <input type="checkbox"/> Dazed look     | <input type="checkbox"/> Blurred vision     |
| <input type="checkbox"/> Clutching head | <input type="checkbox"/> Fatigue            |
| <input type="checkbox"/> Confusion      | <input type="checkbox"/> Poor balance       |
| <input type="checkbox"/> Headache       | <input type="checkbox"/> Anxiety            |
| <input type="checkbox"/> Dizziness      | <input type="checkbox"/> Amnesia            |
| <input type="checkbox"/> Nausea         | <input type="checkbox"/> Irritability       |
| <input type="checkbox"/> Vomiting       | <input type="checkbox"/> Sadness            |
| <input type="checkbox"/> Drowsiness     | <input type="checkbox"/> Highly emotional   |
| <input type="checkbox"/> Neck pain      | <input type="checkbox"/> "Don't feel right" |

Loss of consciousness occurs in **less than 10%** of concussions



## 5 MEMORY TEST

Failure to answer any of these questions correctly may suggest a concussion. The player **should be immediately removed from play** for medical evaluation.

**What venue are we at today?**

**What day of the week is it?**

**Which chukka is it now?**

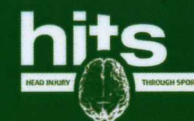
**What is the name of your team?**

**What team position are you playing?**

If you suspect concussion, you **must remove them from play right away**



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## 6 EMERGENCY SIGNS

All head injuries are potentially serious. If you notice ANY of the following symptoms, call 999 / 112 for an ambulance:

- Severe neck pain
- Deteriorating consciousness
- Increasing confusion or irritability
- Severe or increasing headache
- Repeated vomiting
- Unusual behaviour change
- Seizure or convulsion
- Double vision
- Weakness or tingling/burning in arms or legs

While waiting for an ambulance, monitor the patient for changes in their vital signs:

- Level of response
- Breathing
- Pulse