

Motorcycle First-Aid

I. INTRODUCTION

A. Acknowledgements and Thanks

B. Instructor(s) intro

1. Qualifications

2. Contact info

D. Legal Stuff

1. The “Good Samaritan Law”, Red Cross/AHA/50-State AED

Applicable to whom?

Updated 2009 as a result of Van Horn v. Watson

2. The “Duty to Act”, “Gross Negligence”

II. PREPARATION AND TRAINING

A. Prevention of C-V Emergencies

1. Risk Factors (Preventable vs. Non-Preventable)

B. Basic Anatomy of the:

1. Airway

2. Pulmonary System

3. Cardiovascular System

4. Central Nervous System

C. Recognition of C-V Emergencies

1. Signs and Symptoms of Heart Attack

Classic signs

“Silent” – Who?

3. Signs and Symptoms of Stroke (Brain Attack)

Droop, slur, gaze, weakness

4. Mechanism of Injury and Major Trauma

Accident dynamics, coup contra coup, 3 impacts – vehicle, body, internal organs

D. Brief Review of CPR

1. Techniques – latest info – breathing? Hard and fast?
2. Effectiveness of Traumatic CPR vs. Medical CPR
3. Automatic External Defibrillators (AED's)

E. Riding Specific Concerns

1. Typical Injuries Sustained by Riders
2. The Importance of Good Riding Skills and Practice
3. The Importance and Benefits of Good Protective Gear
4. Your Emergency Information Needed by Medical Personnel

III. ON THE SCENE (Red Cross: CHECK, CALL, CARE)

A. Secure the Scene

1. Protect Yourself, the Bikes, Fellow Riders/Rescuers, Patient
 - a. Traffic, Other Hazards (i.e. Fire, Downed Wires, Fluids)
 - b. Emergency Relocation: Drags and Carries (spinal alignment)

B. Assess the Patient(s)

1. The “Kill Zone” aka The “Primary Survey” (Triage ALL Patients)
 - a. Conscious? Yes/No (Alert, Talking, Swearing)
 - i. Orientation (Ask Name, Date, What Happened)
 - ii. Follows Commands: “Squeeze My Fingers”
 - iii. Response to Painful Stimulus (Axillary Pinch)
 - iv. Do NOT Shake or Roll Patient Over
 - v. Never Move Injured Pt. Unless Life Threatening
 - b. Breathing? Yes/No (Check the Airway)
 - i. Breathing Rate/Depth/Quality
 - ii. Obstruction to Airway (Bleeding, Facial Damage)

- iii. Only Remove Helmet if Airway is Not Secure
- iv. Continually Reassess Airway Throughout
- v. Rescue Breathing, if Required

c. Pulse? Yes/No (formerly: “Signs of Circulation”) (carotid, radial, femoral)

- i. A Breathing Pt. Has a Pulse
- ii. A Non-Breathing Pt. May or May Not Have a Pulse

d. Bleeding? (Assess and Control Any Bleeding)

- i. Direct Pressure
- ii. Elevation
- iii. Pressure Points (Tourniquets) Lessons learned from Iraq, Afghanistan,

etc.

e. Spinal/Neurological Status

- i. Is Pt. Moving All Extremities Equally?
- ii. Injury/Deformity to Neck/Spine?
- iii. Sufficient “Mechanism of Injury” to Suspect?
- iv. Techniques of Spinal Immobilization
- v. Techniques of Safe Helmet Removal

h. Signs of Shock? (RPM-30,2,CanDo...Treat For Shock)

- i. Respirations (>30/min?)
- ii. Perfusion (Capillary Refill <2 Seconds)
- iii. Mental Status (Oriented/Follows Commands/Can Do)

C. Quickly Assess Your Needs

1. Multiple Patients? (“Triage” for Multiple Patients)
2. Extrication/Evacuation Required? (Let Dispatcher Know)
3. Major Trauma? (Get Air Medical on the Way ASAP)

D. Call For Help

1. Cell Phones (Give Very Specific Location) (Enhanced 911)
2. Landlines (Quickest--If Close By)
3. Runners (May Be Needed in Rural Settings; Out of Cell Range)
4. Satellite Alerting (SPOT)
5. Always Verify That Help Has Been Called

E. The “Secondary Survey” (Including Head-to-Toe Exam)

1. Talk to Patient, Calm and Reassure Them
 - a. Help Is on the Way (Don't Make False Promises)
 - b. Bike is Safe
 - c. Others Are Okay
 - d. Family Is Informed (or Being/Not Being Notified)
2. Find Any Other Hidden Injuries
 - a. Need to Expose Body For Visualization
 - b. Protect/Maintain Proper Body Temperature
 - c. DO NOT Let Pt. Jump Up and Walk Around, If Possible
3. Continually Re-Assess Mental Status, Airway, and Shock

Vital when compared to initial assessment. Changes? Trends?
4. Signs and Symptoms of a Closed Head Injury
 - a. Confusion (Not Fully Oriented to Person, Place, Event)
 - b. Repetitive Questioning (i.e. “What Happened?”)
 - c. Behavioral Changes (Combativeness, Lethargy)
 - d. Changes in Respirations (Patterned Breathing)

F. Gather Important Information

1. Rider's Personal Information

- a. I.D. (Driver's License)
 - b. Past Medical History
 - i. Surgeries
 - ii. Previous Accidents
 - iii. Disabilities/Defecits, etc.

 - c. Current Medical Conditions
 - i. Heart condition
 - ii. Diabetes
 - iii. Seizure Disorder
 - iv. Asthma, etc.
 - d. Current Medications Taken (especially blood thinners)
epi-pen, inhalers, insulin
 - e. Known Allergies (i.e. Drugs or Bee Venom)
 - f. Emergency Contact Info
 - i. Names
 - ii. Phone Numbers
 - iii. Should You Contact, and Whom?
 - g. Health Insurance Info (Subscriber Name/Group Number)
 - h. Organ Donor Status (“Can we have your liver, then?”)
2. Involved and/or Responsible Party(s)
- a. Names
 - b. Contact Info
 - c. Vehicle Make/Model/Color/License Plate/VIN/Year
 - d. Insurance Info
3. Witnesses to the Accident
- a. Names
 - b. Contact Info

G. How to Share Information and With Whom

1. Don't pass on any information you are not sure of
2. Maintain confidentiality of parties involved
3. Make a copy of pt.'s medical info for EMS (if possible)
4. Make a copy of witnesses' contact info for Police (if possible)

IV. FIRST AID

A. Basic Anatomy of a 1st-Aid kit (and Body Substance Isolation)

B. Techniques for Controlling Bleeding

1. Bandaging and Dressing Wounds

C. Sprains/Strains/Fractures/Dislocations (Treat With R.I.C.E.)

1. Rest (Splinting and Immobilizing)
2. Ice (or cold packs)
3. Compression
4. Elevation

D. Hypothermia

E. Hyperthermia

1. Maintaining Proper Hydration
2. Maintaining Proper Electrolyte Balance
3. Recognizing Heat-Related Emergencies

F. Burns (Including Sunburns)

G. Bites/Stings

H. Eye Injuries

I. Amputations

1. Care of Body Parts (Fingers, Teeth, etc.)

J. Embedded/Impaled Objects

K. Abdominal Emergencies

1. Internal Bleeding

2. Eviscerations

L. Dehydration

V. FOLLOW-UP

1. After the Accident (Hand-Outs)

2. Thanks and Acknowledgements

3. Where to Go to Learn More

4. More Questions and Answers

(Full version. Updated: January 25, 2012)