

First Aid and CPR Training

All Weatherford Little League managers/coaches are required to attend the annual Managers Meeting. The 2016 Managers meeting will take place February 16 and 18 at Central Christian Church beginning at 6:30 pm. Managers are not required to attend both meetings. If a manger is unable to attend either meeting time, a team representative can take the mangers place. Each manger/team representative must sign in for their team to get credit for attending the meeting.

At this meeting, managers will go over information pertinent to their team, their division, our association and our community. We have made some changes to our facilities, our policies and our procedures which managers need to be aware of. Medical Personnel will be on hand to go over First Aid and CPR techniques along with training all in attendance on the proper use of an AED machine. WLL has two AED machines at our complex. Board Members will be present to answer questions.



First Aid and CPR

Nosebleed Care

- Sit upright and lean forward. By remaining upright, you reduce blood pressure in the veins of your nose. This discourages further bleeding. Sitting forward will help you avoid swallowing blood, which can irritate your stomach.
- Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for five to 10 minutes. Pinching sends pressure to the bleeding point on the nasal septum and often stops the flow of blood. Ice can be applied if nose will not stop bleeding

Head Trauma

- **Keep the person still.** Until medical help arrives, keep the injured person lying down and quiet, with the head and shoulders slightly elevated. Don't move the person unless necessary, and avoid moving the person's neck. If the person is wearing a helmet, don't remove it.
- **Stop any bleeding.** Apply firm pressure to the wound with sterile gauze or a clean cloth. But don't apply direct pressure to the wound if you suspect a skull fracture.
- **Watch for changes in breathing and alertness.** If the person shows no signs of circulation — no breathing, coughing or movement — begin CPR.

Fractures

- **Stop any bleeding.** Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.
- **Immobilize the injured area.** Don't try to realign the bone or push a bone that's sticking out back in. If you've been trained in how to splint and professional help isn't readily available, apply a splint to the area above and below the fracture sites. Padding the splints can help reduce discomfort.
- **Apply ice packs to limit swelling and help relieve pain.** Don't apply ice directly to the skin. Wrap the ice in a towel, piece of cloth or some other material.
- **Treat for shock.** If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.

Heat Exhaustion/Heat Stroke

- A condition marked by weakness, nausea, dizziness, and profuse sweating that results from physical exertion in a hot environment
- Signs and symptoms of heat exhaustion may develop suddenly or over time and may include the following: Headache, Weak or Rapid Pulse, Muscle Cramps & Faintness
- Seek immediate medical attention if your body temperature reaches 104 F (40 C) or higher

CPR & AED

See next page for information

Disclaimer: This information is not intended as a substitute for professional medical advice, emergency treatment or formal first-aid training. Don't use this information to diagnose or develop a treatment plan for a health problem or disease without consulting a qualified health care provider. If you're in a life-threatening or emergency medical situation, seek medical assistance immediately

1

Check response
Can you hear me?
Open your eyes.
What's your name?
Squeeze my hand.



2

Establish an airway
Support the jaw and tilt the head.
If you see fluid or foreign objects, turn the patient onto their side and clear.



3

Check for breathing
Look at the chest.
Listen for air escaping.
Feel for air escaping and chest rising.



4

If no breathing, give two rescue breaths.



At A Glance



Check for danger



Call for help



If no signs of life, give CPR

5

If still no signs of life
Give 30 compressions on the centre of the chest and two rescue breaths.
Do this at least 5 times in 2 minutes.



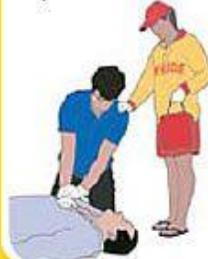
6

If the person shows signs of life, then place the person on their side.



7

Continue until help arrives.
If available, implement a defibrillator as soon as possible.



WHAT_architecture

CPR
CPD

Adult CPR

1. Tilt head
2. Give 2 full breaths
3. Start compressions using both hands - 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



Child CPR (1-8 years)

1. Tilt head
2. Give 2 full breaths
3. Start compressions with one hand - only 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



Infant CPR (0 -1 years)

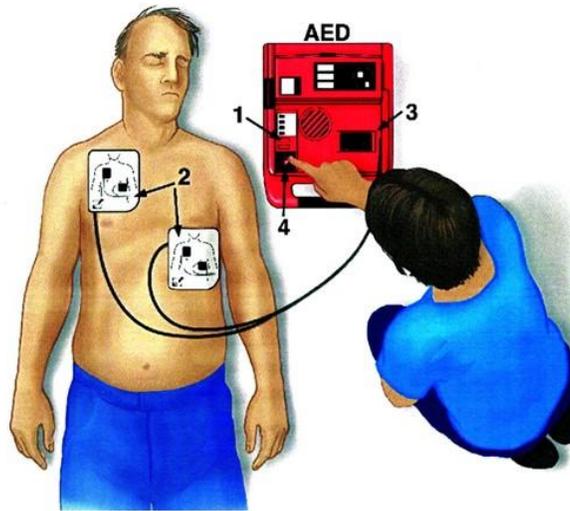
DO NOT TILT HEAD!

1. Give 2 breaths (puffs)
2. Start compressions using two fingers only — 30 times
3. Repeat — 2 breaths, 30 compressions
4. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



An AED is used on a victim of sudden cardiac arrest.

1. Activate AED.
2. Apply pads.
3. AED analyzes heart rhythm.
4. When prompted by voice command, press shock.



N.A. Mark Estes III Circulation. 2005;112:e349-e351



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AED Operation Summary

- Confirm patient is unconscious, no breathing, no pulse.
- Turn on the AED and follow the voice & visual prompts.
- Attach electrode pads to patient's bare chest (male or female) as indicated.
- Stop CPR and do not touch patient while AED analyzing.
- Deliver a shock by pressing flashing red light if indicated.

Do's and Don'ts of First Aid

DO.....

- Reassure and aid children who are injured, frightened, or lost.
- Provide or assist in getting medical attention for those who need it.
- Know your limitations!
- Carry a first-aid kit to all games and practices.
- Have your players medical release forms with you at all games and practices.
- Make arrangements to have a cellular phone available at all practices and games that occur at facilities that do not have public phones.
- Report all injuries to the League board ASAP! Contact the League Safety Officer, Player Agent, or President.

Don't.....

- Administer any medications to an injured player.
- Provide any food or beverages to an injured player other than water.
- Hesitate to give aid to injured players when needed.
- Be afraid to ask for help if you are not sure of the proper procedures, i.e. CPR, etc.
- Transport injured players except in extreme emergencies.
- Hesitate to report any potential safety hazard to the League Board or the Umpires in charge of the game.

Game Day Responsibilities

Below are game day responsibilities for Managers, Coaches & Umpires. Please complete these responsibilities as they are written.

Umpires

- Take 2 official game balls from the umpires room to your assigned field
- Be present on the field at least 15 minutes before game time
- Monitor warm ups to assure all WLL & LL safety protocol is being followed
- Inspect field for hazards, including holes, rocks or other foreign objects
- Inspect each teams equipment to ensure it is legal and in working order

Home Team (Manager or Coach)

- Make sure infield is raked and watered
- Chalk batters boxes and baselines if needed
- Secure a volunteer to keep the official score book
- Inspect field for hazards, including holes, rocks or other foreign objects

Visiting Team (Manager or Coach)

- Fill water coolers in each dugout and restock cups if necessary
- Reset scoreboard to new game mode
- Secure a volunteer to keep pitch count (where applicable) and run scoreboard
- Inspect field for hazards, including holes, rocks or other foreign objects

Note

In the event a hazard is located on the field, (ie: hole in fence, low spot around a base, etc.), please notify DH Park – Safety Officer (817-716-4068) or complete the form below. Please tear off the bottom of the form & turn in to the board room or concession stand. Additional forms are located in the board room & concession stand

WLL Field Maintenance

Reported By: _____ Date: _____

Name of Field: _____

Description of Hazzard: _____

Please return form to Board Room or Concession Stand. Thanks, WLL

Little League Facility Survey

Prior to the start of the season, Weatherford Little League examines the following areas on each field:

Fencing

- Check for holes or loose areas
- Check gates into fields and dugouts for proper operation
- Check for jagged or unsafe sections

Outfield

- Check for holes, rocks or other foreign objects
- Check all sprinkler heads for proper spray and distance of spray
- Check for cracks or areas where new sod needs to be installed

Infield

- Check for low spots in dirt area
- Check bases and anchors for condition and proper operation
- Check pitcher's mound for proper slope
- Check home plate for curled edges, cracks, etc.
- Check safety netting for holes, tears or lack of tension
- Check all sprinkler heads for proper spray and distance of spray

Dugouts

- Check for damaged benches, bat racks and helmet racks
- Check roof for leaks or loose sections

Lighting (Assisted by City of Weatherford Electricians)

- Check for burnt out light bulbs
- Check alignment of lights to eliminate shadows and dark spots
- Check poles for cracks, proper anchors and grounding
- Check wiring for damage or splitting or loose connections

Bleacher Area

- Check for cracked or damaged seats or steps
- Check handrails for damage and proper support
- Check concrete for cracks or other damage
- Check overhead coverings for holes or loose sections

Restrooms

- Check commodes and urinals for proper function
- Check sinks for water flow proper drainage
- Check stall doors for proper functioning and locking
- Check proper hand washing signs are visible

The City of Weatherford has completed the 2016 lumen candle reading on all playing fields. The readings are displayed below

Field	Infield	Outfield
Brunson	38.72	26.39
Carmichael	40.25	27.45
Charles St.	31.74	40.80
Girls T-Ball	30.65	37.65
Noon Lions	33.42	41.09
Riddle	31.25	27.14
Williams	39.19	29.02