

First Aid

Four Principles of First Aid

- 1) To Save Lives
- 2) To Prevent Further Injury
- 3) To Promote Recovery
- 4) To Send for Medical Help

Even if we know nothing else, we can all

Call for Help

Carry a mobile phone with you on a group ride.

Calling For Help

Mobile: 112 – Emergency number for all areas, all countries.

Landline: 000

Answer all the questions calmly so that help can arrive as quickly as possible.

Always listen to the injured person, allow to rest, provide comfort, and reassurance, seek medical help.

*If they're pale raise their tail
If they're red raise their head.*

Carry a club **first aid kit** with you on a group ride.

Shock

Cause: Sudden illness and accidents can lead to shock. Shock is caused by the reduced flow of blood through the body or the loss of body fluids. Loss of body fluids can be caused by bleeding, vomiting and diarrhea, burns, multiple fractures or perceived danger – “fight or flight”.

Symptoms: feeling faint, giddy, becoming very pale, cold and clammy, weak rapid pulse, feeling sick may vomit, thirsty – food and drink can cause vomiting.

Treatment: provide comfort and reassure the person, allow resting with legs raised, loosening tight clothing, keep area quiet, maintaining body temperature but doing not over heat, seeking medical help.

Hunger Dehydration Fatigue Exposure to Extreme Conditions

Prevention

Drink 2 litres of water every 20 km. Carry fruit, glucose lollies/chocolate bars and carbohydrates. Take regular rest breaks for food and drinks. Wear sunscreen, sunglasses and lightweight long sleeved tops. Carry wet weather gear and change of clothes in waterproof bags, beanie/sun hat for protection during rest breaks. Clothing should draw moisture away from skin to avoid heat loss.

Fatigue

Cause: hunger and over exertion.
Symptoms: feeling faint, giddy, lack of energy, nauseas, headaches, tired.
Treatment: stop exercising and rest in shade or shelter, eat glucose such as barley sugar and carbohydrates such as biscuits and bread.

Heat Exposure

Cause: dehydration or over-exposure to heat
Symptoms: feeling hot, faint, giddy, thirsty, nauseas, headaches, muscle cramp, becoming pale, clammy, with excessive sweating, rapid breathing, rapid pulse, shock.

Treatment: promptly cool the body down before the person collapses; help person rest in cool shade, loosen and remove excessive clothing, give small drinks of water, apply wrapped ice packs in groins and armpits provide comfort, seek medical help.

Cold Exposure

Cause: over-exposure to cold and wet conditions.

Symptoms: becoming increasingly slow, may stumble, muscle cramps, excessive shivering, blurred vision, irritability, unreasonableness, mental dulling, shock.

Treatment: protect person from wind and rain, remove wet clothing and dry person, wrap person in dry clothing, blankets, newspapers, lie next to them to avoid further heat loss, seek urgent medical help.

Sunburn

Cause: exposure of skin to sun through inappropriate protection.

Symptoms: red painful hot skin, blisters, nausea, vomiting, dizziness, dehydration, severe pain, shock.

Treatment: rest in shade, avoid further sun exposure, seek urgent medical help if severe.

Accidents Collisions Falls Can Result in Concussion, Lacerations or Fractures

Prevention

Obey road rules, use warning calls, maintain your bike, know your skill level and wear your helmet correctly. When stopping, get off the road and ensure you are out of the way of other cyclists riding and stopping behind you.

Concussion

Cause: a blow to the head.

Symptoms: loss of memory, feeling faint, giddy, nauseated, blurred vision, headaches, irritability, drowsiness, shock.

Treatment: provide comfort, allow to rest, check conscious state regularly, seek medical help.

Cuts Bruises Grazes Lacerations

Symptoms: bleeding; externally or internally, shock

Treatment: Control bleeding: clean the wound for minor cuts and grazes, apply pressure with non-stick cloth, bandage or bulky pad. Elevate affected area above the heart, allow to rest, provide comfort, seek medical help.

Dislocations and Fractures, Sprains and Strains

Cause: damage to joints muscles or bones.

Symptoms: pain, swelling, loss of power, deformity, shock.

Treatment: Treat as Fracture; treat for shock, provide comfort, listen to injured person, support injured part, seek urgent medical help.

Bites and Stings

Prevention

Wear thick socks and strong shoes as most bites occur on ankles and lower legs.

Life Threatening Bites and Stings

Cause: snakes, funnel webs, blue-ringed octopus, box jellyfish.

Symptoms: red, inflammation, painful, puncture/bite marks, difficulty in breathing, may become unconscious, shock.

Treatment: apply a pressure-immobilization bandage, seek urgent medical help.

Non-life Threatening Bites and Stings

Cause: red backs, white tails, bees, wasps.

Symptoms: red, inflammation, painful, puncture/bite marks.

Treatment: apply ice and cold compress.

**Notify the injured person's
emergency contact person promptly.**

DO NOT BE ALARMING

**Give clear details of what has
happened and how they can help.
Explain that their friend is being
cared for.**

Report all incidents and accidents to the MBTC Touring Secretary soon as possible.

About MBTC

Melbourne Bicycle Touring Club is one of Melbourne's largest and most active cycling groups. It was formed in 1973 and now has more than 200 financial members, ranging in age from 1 to 87 years old.

Contact MBTC

Website: www.mbtc.org.au

Email: info@mbtc.org.au

Post: PO Box 277, Carlton South VIC 3053

Telephone:

9517 4306

- Riding in Groups
- Ride Leader
- Back Marker
- Calling Out Warnings
- **Puncture Repair Kits**
- **Maintaining Your Bike**
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- **Visibility**
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Riding in Groups

Riders should remain in the riding group so as to not interrupt the rest of the group by missing turn offs or making wrong turns. Re-group from time to time to ensure that the group does not become too spread out. Riding a bike can be dangerous and one should take care when riding. It is the responsibility of participants to wear helmets that comply with the law.

Participants should respect other road and bike path users and the road laws.

Ride Leader

The Ride Leader plans and leads the ride: the route of the ride, the use of roads or bike paths, estimated duration and indicative degree, rest stops and organize re-grouping.

Back Marker

The Back Marker rides behind the slowest rider, required to ensure that nobody is left behind, should be a strong rider that is capable of riding ahead to get help if required and may carry a first aid kit if available. The ride leader and back marker should carry mobile phones and first aid kits for use in an accident or emergency.

Calling Out Warnings

When riding in groups, it is advisable to point out hazards to other riders. This includes calling things such as "bollards", "passing", "stopping", "dog", "loose dog", "ped (pedestrian) ahead", "bike / car front / back", "glass", etc. The warning makes other riders aware of the hazard and gives them time to react to avoid the obstruction.

MBTC's Duty of Care

Ride Leaders carry responsibilities such as demonstrating a duty of care when organizing or leading a ride. Organizers or leaders of any event have to demonstrate they had a "duty of care". Where possible, the Ride Leader should make general inquiries of the participants to gauge whether they are capable of completing the ride. If a participant has special needs or limited cycling experience, they should convey this to the Ride Leader.

Estimating Travel Time

When riding in groups, distance traveled is about 10 km per hour.

This allows for rest breaks and regrouping.

Rides Attendance Sheet

The Ride Leader should ensure that every participant's emergency contact details are listed on the ride sheet prior to the start of the ride.

First Aid Kits can be collected from the club room on club night. Please return all borrowed items promptly for use by other riders.

Ambulance Cover

MBTC's duty of care in an emergency is to call an ambulance if warranted. Ambulance Cover is recommended.

Bicycle Victoria Membership

It is recommended that riders take out insurance such as that provided by Bicycle Victoria
www.bv.com.au

Puncture Repair Kits

Carry a puncture repair kit, spare inner tube and tools required to remove your wheel.

Maintaining Your Bike

Keep your bike regularly maintained to ensure maximum reliability and safety.

Fitting Your Helmet

Your helmet should sit forward on your head; straps should be firm and comfortable under your chin. Test: With straps undone, bend all the way forward. Your helmet should be firm enough to stay on your head even when up side down.

Visibility and Security

Carry lights and a reflective vest for use if weather conditions change. Carry a bike lock to secure your bike. U locks are recommended.

SUMMARY

- Four Principles of First Aid

*To Save Lives
To Prevent Further Injury
To Promote Recovery
To Send for Medical Help*

- Calling for Help
- Shock
- Hunger/Dehydration/Fatigue

*Prevention
Fatigue
Heat Exposure
Cold Exposure
Sunburn*

- Accidents/Collisions/Falls

*Prevention
Concussion
Cuts
Bruises
Grazes
Lacerations
Dislocations
Fractures
Sprains & Strains*

- Bites & Stings

*Prevention
Life Threatening
Non-life Threatening*