



Wound Management

Clean it & Cover it!

Open wounds are a hazard to all. This includes; skin, bone, nose, ears.

Stop and/ or cover all bleeding points. Change blood stained clothing. Dispose of blood stained clothing responsibly. If wounds are covered in soil or grass, **wash with large amounts of clean water before covering.** This will decrease the chance of the wound getting infected.

Cover small wounds that are not actively bleeding with clean dry dressings. Wounds that are actively bleeding should be stopped by direct pressure through a clean dressing and then covered. If bleeding continues to soak through the dressings despite further attention then the player should not continue to play.

Remember to wash excess blood away from hair or clothing using clean water. Players who are heavily contaminated with blood must not return to play until the blood is removed/ clothing changed.

Beware

- Wounds over joints
- Wounds you cannot see the bottom of
- Large wounds or wounds that the edges do not come closely together
- Excessively painful wounds – what else is injured?
- Wounds that will not stop bleeding

These are the wounds that need review by an experienced medical practitioner

First Aiders should protect themselves with gloves and clean dressings before touching a wound.



傷口處理

清洗傷口，覆蓋傷口!

不處理傷口會危害自己的身體。這包括皮膚，骨骼，鼻子及耳朵。

要停止或覆蓋所有流血的部份。更換有血跡的衣服。妥善處理染有血跡的衣服, 如果傷口上沾有泥土或草，需用大量清水清洗才可覆蓋傷口。有助減低傷口受感染的機會。

細小而只有少量流血的傷口，經清洗後可以被覆蓋。在膠布/藥綿上用適當壓力按著傷口，有助停止傷口繼續流血。如果流血情況持續至滲透傷口上的膠布/藥綿，球員應停止比賽及處理傷口。

緊記：球員必需用清水清洗殘留在頭髮或衣服上的血跡，或更換球衣後才可以返回球場比賽。

要特別留意

- 關節位置上的傷口
- 較深的傷口
- 傷口太大或傷口邊緣不能聯合
- 感到過份痛楚的傷口 – 要留意是否有種類的受傷?
- 流血不止的傷口

在以上的情況下，傷口必需交予有經驗的醫護人員進行檢查。

為免受到感染，醫護人員在處理傷口前必需戴上手套及穿著整潔的衣服。