



# First Aid for the Rider

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“The World’s Best First Aid Kit Is  
Between Your Ears”



# Equestrian Accident or Emergency

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- 1.) Observe and assess the situation
- 2.) Get Assistance
- 3.) The ABC's
- 4.) Provide Basic First Aid / Support



# Observe and assess the situation

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- Keep Calm.
- Is the area safe?
- What could be wrong with the rider / victim?
- Use your head.



# Get Assistance

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- Call for help
  - Emergency personnel, park ranger
  - Ask a bystander for assistance



# The ABC's

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- A= Airway
    - Is the airway open?
  - B= Breathing
    - Is the victim breathing?
  - C= Circulation
    - Does the victim have a pulse or a heart beat? Is the victim bleeding?
- \*\*Never move any victim unless absolutely necessary for safety!\*\****



# Various Medical Emergencies

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- Diabetic Emergency
- Epilepsy (seizures)
- Asthmatic attacks
- Choking
- Fainting
- Heatstroke / Dehydration
- Drug / Allergic reactions (Anaphylactic Shock)
- Fractures
- Head / Back / Neck Injuries
- Bleeding
- Animal Bites
- Cuts / Abrasions



# Diabetic Emergency

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- **What is it?** Blood sugar-metabolism-insulin issue. High or low blood sugar in the body.
- **Causes?** Stress, exercise, extreme weather, alcohol, menses, dehydration, electrolyte imbalance, etc.
- **Signs & Symptoms:** Grouchy, sweaty, shaky, dizzy, H/A, lethargic, N/V, pale
- **What do you do?**
  - **GET SUGAR FAST!**
  - **GET TO HOSPITAL OR EMERGENCY PERSONNEL**



# Epilepsy (Seizures)

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- **What is it?** Disorder related to the nervous system. Convulsive activity or change in mental status
- **Causes?** Stimulus (new or stopped drug, stress, etc.)
- **Signs & Symptoms:** Seizure activity (obvious or not obvious), mental state (conscious or unconscious), not coherent, no control. Lasts 1-30 minutes. Very tired afterward.
- **What do you do?**
  - ANTICIPATE A FALL
  - MOVE THINGS AWAY FROM THEM
  - NEVER HOLD THEM STILL, NEVER PUT ANYTHING IN MOUTH
  - MONITOR ABC'S
  - TURN ON THEIR SIDE AFTER SEIZURE
  - AFTER THEY ARE AWAKE, LET THEM LAY AND REST
  - SUMMONZE EMERGENCY PERSONNEL



# Asthmatic Attacks

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- **What is it?** Airway constricts, not allowing enough air and oxygen to make it to the lungs.
- **Causes?** Animals, dust, pollen, smoke, food, cold weather, emotionally upset, stress, fatigue.
- **Signs & Symptoms:** Extreme difficulty breathing, wheezing, tight chest, distressed.
- **What do you do?**
  - **KEEP THEM RELAXED AND COMFORTABLE**
  - **SUMMONS EMERGENCY PERSONNEL OR FAMILY MEMBER FAMILIAR WITH THE VICTIM\*\***
  - ***NEVER GIVE MEDICATION OR INHALER\*\****



# Choking

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- **What is it?** Obstruction in the airway
- **Causes?** Obstruction (food, saliva, item, etc.)
- **Signs & Symptoms:** Person not able to breath or talk due to obstruction, choking sign given, distressed, panic.
- **What do you do?**
  - **ASK "ARE YOU CHOKING" IF NOD YES THEN.....**
    - **CAN TALK, WHEEZE OR BREATH?= ENCOURAGE AND STAND BACK**
    - **CAN NOT TALK, NO BREATHING, BUT CONSCIOUS?= HEIMLICH MANEUVER STANDING UP**
    - **NO BREATHING, UNCONSCIOUS?= HEIMLICH MANEUVER LAYING DOWN\*\***



# Fainting

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- **What is it?** Loss of consciousness
- **Causes?** Lack of blood or oxygen to the brain (Dehydration, exhaustion, stress, etc.)
- **Signs & Symptoms:** Right before may feel light headed, weak, dizzy, tingly, numb, pale. May feel like going to faint. Will go unconscious\*\* , risk for falls.
- **What do you do?**
  - **LAY THEM DOWN, OR TRY TO PREVENT FALL**
  - **CHECK ABC'S**
  - **SUPPORT**
    - **LAY ON BACK, ELEVATE LEGS**
    - **LOSEN ANY TIGHT CLOTHING**
    - **COOL, DAMP CLOTHS**
    - **N/V, LEVEL OF CONSCIOUSNESS**



# Heatstroke / Dehydration

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## ■ Heatstroke

- **What is it?** Body is too hot.
- **Causes?** Dehydrated, extreme heat, exhaustion, over exertion. (*Sweat*)
- **Signs & Symptoms:** lethargic, sweat, red hot skin, light headed, argumentative, tired, thirsty, disoriented.
- **What to do?**
  - **COOL DOWN / GET OUT OF HEAT**
  - **DRINK WATER IF ABLE**
  - **SUPPORT**
  - **REST**

## ■ Dehydration

- **What is it?** Decreased amount of fluid in your body (*Children*)
- **Causes?** Sweating, exercise, over exertion, heat, normal body functions\*\*
- **Signs & Symptoms:** cracked lips, dry mouth & tongue, dark urine, H/A, irritable, sweating, pale, nauseous, tearless crying, thirsty.
- **What do you do?**
  - **DRINK WATER, REPLACE FLUIDS**
  - **SUPPORT**
  - *DO NOT DRINK WATER ONLY WHEN YOU ARE THIRSTY.*



# Drug / Allergic Reaction (Anaphylactic Shock)

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- **What is it?** Body's adverse reaction to a causing agent
- **Causes?** Drugs, foods, animals, bites, stings, latex, etc.
- **Signs & Symptoms?** Hives, faint, weak, difficulty breathing, change in level of consciousness, swelling, etc.
  
- **What do you do?**
  - REMOVE CAUSING AGENT\*\*
  - CHECK ABC'S
  - SUPPORT
  - SUMMONS EMERGENCY PERSONNEL



# Fractures

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- **What is it?** Broken bone. Simple or Compound.
- **Causes?** Fall, kick, etc.
- **Signs & Symptoms?** Visible deformity, heard bone snap, swelling, bruising, tenderness, pain, bone penetrated skin, bleeding.
- **What do you do?**
  - **AVOID MOVING VICTIM**
  - **SPLINT AREA IF POSSIBLE\*\* / STABILIZE LIMB\*\***
  - **CHECK FOR PULSE, COLOR, NOTE SWELLING**
  - **KEEP VICTIM CALM, COMPLETELY STILL, COMFORTABLE**
  - **KEEP VICTIM WARM**
  - **SUMMONS EMERGENCY PERSONNEL**
- **DISLOCATIONS:** immobilize limb, support, summons emergency personnel



# Head / Back / Neck Injuries

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- DO NOT MOVE THE VICTIM UNLESS IN IMMINENT DANGER, COULD PARALYZE THEM!
- IF YOU HAVE TO MOVE THE VICTIM, KEEP HEAD, NECK AND BACK ALIGNED AND MOVE TOGETHER AS A UNIT\*\*
- Leave the victim in what ever position that they fell to.
  - Keep the victim **still, calm, talk to them** and **ask questions**.

## **BACK AND NECK:**

\* Inability to move limbs, inability to feel limbs, tingly, numb, pain, loss of bodily functions

## **HEAD:**

\* Unconscious, disoriented, confused, change in vision, slurred speech, bruise, concussion, pupils unequal, H/A

**\*Check ABC's**   **\*Support**

**\*\* Always summons Emergency Personnel**



# Bleeding

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- **What is it?** Bleeding from an injury or wound. External and Internal.
- **Causes?** Blunt trauma, puncture wound, bite, cut, abrasion, injury, etc.
- **Signs & Symptoms:** *EXTERNAL* = visible blood. *INTERNAL* = pale face and lips, swelling, discoloration of skin, weak, dizzy, rapid heart rate
- **What do you do?**
  - **ALWAYS MAKE A BARRIER BETWEEN YOU AND THE BLOOD\*\***
  - **EXTERNAL:**
    - HOLD DIRECT PRESSURE (HEEL OF HAND)
    - ELEVATE THE INJURY (ABOVE THE HEART)
    - SUMMONZE EMERGENCY PERSONNEL
  - **INTERNAL:**
    - \*SUPPORT AND MONITOR ABC'S
    - \*\*SUMMONS EMERGENCY PERSONNEL



# Animal Bites

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- **What is it?** Can be a puncture wound, abrasion, or a major injury. Note the type of animal.
- **What can you expect?** Swelling, bleeding, pain, redness, infection, drainage possibly. Could have change in consciousness, dizzy.
- **What do you do?**
  - **MAKE SURE THE ANIMAL IS AWAY FROM VICTIM (SAFETY)**
  - **SUMMONS EMERGENCY PERSONNEL**
  - **CHECK ABC'S, MONITOR ALERTNESS**
  - **REMOVE STINGER, PIECE OF ANIMAL LEFT IN INJURY\*\***
  - **DIRECT PRESSURE FOR BLEEDING.**
  - **ASSESS THE INJURY FOR SEVERITY**
  - **CLEANSE WITH SOAP AND WATER, ANTISEPTIC**
  - **COVER WITH CLEAN CLOTH OR DRESSING**
  - **SUPPORT**



# Cuts and Abrasions

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- **Assess:** Cause (wood, metal\*\*, etc.), and severity.
- **Note:** Bleeding, swelling, redness, pain, etc.
  
- **What do you do?**
  - **WASH AREA WITH SOAP & WATER TO REMOVE DIRT OR RESIDUE.**
  - **APPLY ANTISEPTIC OINTMENT IF AVAILABLE.**
  - **APPLY DIRECT PRESSURE WITH CLEAN CLOTH OR BARRIER TO STOP BLEEDING**
  - **COVER WITH CLEAN CLOTH, BAND AID, OR STERILE BANDAGE**
  - **MONITOR FOR SIGNS OF INFECTION**
    - **SWELLING, TENDERNESS, REDNESS, FEVER, PUS**

\*CONTACT PHYSICIAN OR E.P. IF SEVERE CUT OR ABRASION, CONTINUED BLEEDING AND SIGNS OF INFECTION.