

Band of Heroes –ESSENTIALS FOR GOLF COURSE SAFETY

There are various emergencies that can occur at any time on the golf course.

Examples of these include: Lightning strikes, heart attacks, sudden cardiac arrests, strokes, heat related emergencies and allergic reactions.

Here are some safety tips from www.mybandofheroes.com to consider in the event of these emergencies.

Lightning Strikes



- In **any** emergency it is important to ***determine whether or not the scene is safe first!***
- **Know “The 30/30 Rule”**
 - Once a flash is seen- begin counting until a thunder clap is heard.
 - This number is considered the “*strike count.*”
 - When thunder is heard, divide the strike count number by five.
 - This number will determine approximately how many miles away the storm is from your present location.
 - Ex: A person counts to 20. That number is divided by 5, which means the storm is approximately 4 miles away.
 - If the strike count is ever **under 30**, seek shelter immediately!
 - The scene is considered unsafe!
 - After hearing the last clap of thunder, stay inside for **at least 30** minutes before resuming any outdoor activity.
- **Seek Recommended Shelter** (*No location is ever guaranteed 100% safe*)
 - Do **NOT** get inside a golf cart. The rubber wheels will **NOT** protect you.
 - Stay away from all golf carts and golf clubs.
 - Try to find a vehicle with the windows rolled up or an enclosed building.
 - If these shelters are unavailable, go to the lowest cluster of trees or a ravine.
 - If finding shelter is inaccessible, crouch down as low as possible (like a baseball catcher)
 - Maintain your feet together with hands over your ears and eyes closed.
 - Do **NOT** huddle with others. Keep a distance of at least 100ft apart.

LIGHTNING USUALLY KILLS BY STOPPING THE HEART - IF A VICTIM IS UNRESPONSIVE

CALL 911 & IMMEDIATELY START CPR

Heart Attacks

Heart attacks are the result of a plumbing problem in the heart. The heart's muscle tissue dies because the arteries are clogged. Clogging of the arteries prevents blood from getting to the heart. This problem is often found in the coronary artery, which supplies blood for the heart.

WHAT TO LOOK FOR:

- Chest pressure, squeezing, and/or pain
- Pain radiating to shoulders, neck, jaw and/or arms
- Dizziness, sweating, nausea and/or light-headedness
- Shortness of breath

WHAT TO DO:

- Help victim take his or her prescribed medication
- Call **911**
- If victim is alert and not allergic to Aspirin, administer 4 chewable baby aspirin OR one adult aspirin
- Reassure victim, remove restrictive clothing and place him/her in a comfortable position



We help **YOU** save lives.

877-936-8911

Emergency Medical Training Services

Sudden Cardiac Arrest

Sudden cardiac arrest is an electrical problem. When this happens, the heart's lower chambers begin to beat in a chaotic rhythm. This tends to cease all blood flow. CPR and an AED are a necessity for this situation. For every minute CPR is delayed, survival is decreased by 7 percent. Hence, the reason ***time is crucial***.

WHAT TO LOOK FOR:

- Victim suddenly collapses
- Unresponsiveness

WHAT TO DO:

- Call **911**
- Ask someone to retrieve a **Defibrillator** (see video <https://www.youtube.com/watch?v=o6CzSw41Dss#t=23>)
- Begin **CPR** immediately
 - Place victim on their back. Preferably on a hard surface
 - Place your hands in the center of the victim's chest with your arms locked and shoulders above your hands.
 - Push hard and fast into chest. Give 30 compressions for every 2 breaths. At a rate of at least 100 per minute
 - Tilt victim's head back, pinch their nose, blow into mouth and watch the chest rise
 - Continue administering **CPR** until a defibrillator and/or **EMS** arrives at the scene



Heartsine Samaritan Portable Automated External Defibrillator – recommended by The Band of Heroes

BAND OF HEROES



We help **YOU** save lives.

Take Heroic Action!

Strokes



WHAT TO LOOK FOR:

- **“F-A-S-T”**

- **Face:** Look at the victim’s *face*.

- Any disturbances in the facial motor skills and/or vision problems may suggest the person is having a stroke.
- Ask victim to smile and check for any abnormalities. If smile is drooped down or is not symmetrical this would suggest a problem.
- Check for blurred vision in one or both eyes.
- Notice sudden onset of severe headache.

- **Arms:** Check motor skills in the victim’s *arms*. Ask victim to raise both arms. If he or she is only able to raise one arm, there is a problem.

- **Speech:** Note any disturbances in victim’s *speech*. Ask general questions to check for speech complications. If victim cannot repeat phrases and/or speech is slurred this would present an issue.

- Ex: Ask victim about his or her birthday, age, or the town he/she was born

- **Time:** If you notice any of these signs or symptoms, it is definitely *time* to call **911**

Note: The longer it takes for the victim to receive medical attention, more and more brain matter will be compromised.

PLACE VICTIM IN COMFORTABLE POSITION & RE-ASSURE WHILE WAITING FOR EMS TO ARRIVE



Heat Related Emergencies (Heat Exhaustion/Cramps and Heat Stroke)



HEAT EXHAUSTION/CRAMPS

WHAT TO LOOK FOR:

- Profuse sweating
- Extreme thirst
- Headache
- Irritable

WHAT TO DO:

- Get victim out of the sun
- Provide a sports drink or water
- Spray their face with cool water & fan them down

For CRAMPS

- Massage & stretch affected area
- Drink pickle juice

HEATSTROKE--- A TRUE MEDICAL EMERGENCY!

*Note: When someone is having a heat stroke, the victim's temperature has reached **105+ degrees!***

WHAT TO LOOK FOR:

- Red, hot or moistened skin
- Rapid pulse rate
- Sudden confusion/delirium
- Unconsciousness

WHAT TO DO:

- Call **911** immediately
- Quickly move out of the direct sunlight
- Remove any restrictive clothing
- Administer ice packs on neck, armpits, groin & abdomen areas
- Fan vigorously
- Rapid cooling is **essential**
 - Ex. Submerge victim up to neck in cold water, stream, or pool. Douse with hose



Prepare for CPR if victim becomes unresponsive!

Allergies (Bites & Stings)

BEEHIVES AND SWARMING BEES

- Run and gain distance from the hive
- Do **NOT** swat at them
- Do **NOT** jump into water. Bees will hover and wait for you to surface

Note: Bees are usually just protecting their hives when they are swarming.

Distance** is the only escape from swarming bees. **Run fast and far!

BEE STINGS

Note: A healthy human can withstand hundreds of bee stings.

However, someone that is severely allergic to bees can be killed by just one sting!

WHAT TO LOOK FOR:

- Pain
- Itching
- Swelling



WHAT TO DO:

- Recognize immediate symptoms
- Monitor victim for 30 minutes if breakouts or breathing problems occur
- Remove stingers by scrapping with any means available (credit card, paper, straw etc...)
 - Do **NOT** use tweezers.
 - Honeybee stingers have a venom sac at the end of stinger.
 - Tweezers tend to squeeze more venom into the victim.
- Call **911** and prepare for **CPR**



SNAKES

There are **ONLY TWO** known **poisonous** snakes in New England:

TIMBER RATTLERS



&

COPPER HEADS



Down South has:

WATER MOCCASINS



&

CORAL SNAKES



*These snakes are **NOT** aggressive and will only bite if threatened.
However, keep a safe distance from any snake, **poisonous** or not.
If ever walking through the woods, bring a stick and make noise to ward off any surrounding snakes.*

SNAKE BITES

WHAT TO LOOK FOR:

- Severe pain
- Small puncture wounds
- Swelling
- Nausea, vomiting
- Sweating and weakness
- Discoloration & blood filled blisters developing hours after bite occurs



WHAT TO DO

- Stay calm
- Call **911**
- Do **NOT** try to kill a snake
- Do **NOT** try to suction out or cut the site of a bite
- Gently wash with soap & water
- Use a sling or immobilize an affected limb with a splint
- Carry the victim if possible
- Do not excite/worry a victim

Note: This will only add stress to the situation and increase the victim's heart rate!

For **CORAL BITE**:

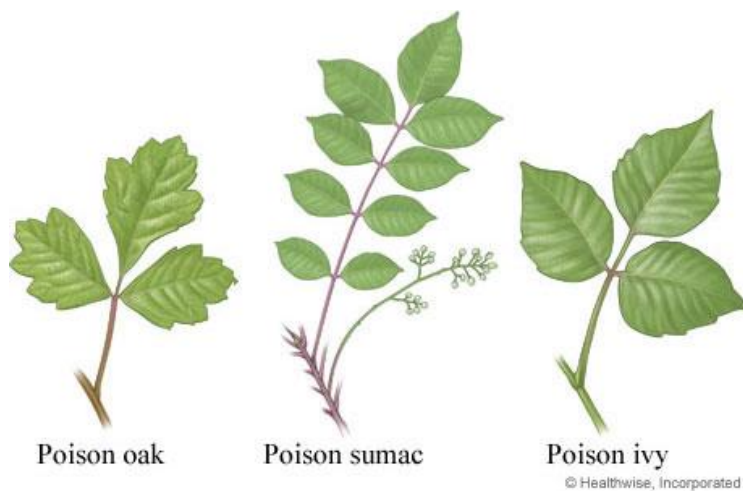
- Wrap affected limb with mild pressure (Ex. Use an ace bandage)

JOIN THE BAND OF HEROES!

POISON IVY, OAK, & SUMAC

90% of people will have a reaction to these plants if they come in contact with them.

In most cases, the signs and symptoms begin to appear the day after coming in contact.



WHAT TO LOOK FOR:

- Itching
- Redness
- Swelling
- Blisters



WHAT TO DO:

- For **itching**: clean with soap and water.
- Administer cool oatmeal baths, Calamine lotion, zinc oxide or baking soda to help relieve itching.
- All **symptoms** including itching, redness, swelling and blistering should be seen by a physician.



REMEMBER TO STAY CLEAR OF ALL *GATORS* TOO!

BAND OF HEROES



We help **YOU** save lives.

877-936-8911

Emergency Medical Training Services