

Risk of injury



UNTAMED
EDUCATION

4.6 Social, cultural and ethical influences

R.I.C.E

Blisters

Bruises

Winding

Strain

Sprain

Risk and Injuries

Cool Down

Cuts

Warm Up

Ruptured Tendon

Grazes



Risk and injury

1. Actual and perceived risk

Actual risk

“The amount of risk which actually exists at a given moment in time.”

- ▶ Climbing a rock face with limited experience and no safety equipment.

Perceived Risk

“Individual’s subjective assessment of the real risk present at any time.”

- ▶ Climbing on an indoor climbing wall with an experienced instructor and safety equipment may seem high risk for a novice when infact it is low risk.

2. Risk

There are a number of ways to **reduce risk** in **different environments** including indoor sports halls, playing fields, swimming pools and artificial surfaces:

- ▶ **Warm up** and **cool down** properly.
- ▶ Use the correct **protective** clothing and **equipment**.
- ▶ Appropriate clothing and **footwear**.
- ▶ Know the **rules** and **regulations** and follow them.
- ▶ Participate at the appropriate level of **competition**.
- ▶ Maintain **hydration**.
- ▶ **Lifting** and **carrying** equipment safely.



3. R.I.C.E.

There is one form of **treatment** that is used for a number of **minor injuries** and you can remember it using the acronym **R.I.C.E.**

- ▶ **Rest** - sit down or lie down and do not move.
- ▶ **Ice** - cool the injured area by applying ice.
- ▶ **Compression** - use a bandage to stop the swelling.
- ▶ **Elevation** - Raise the joint higher than the heart to reduce the swelling.

4. Types of Injury

There are a number of injuries you need to be aware of in this course.

1. Winding
2. Strain
3. Cuts and grazes
4. Sprain
5. Blister
6. Ruptured tendon
7. Bruises

5. Winding

- ▶ **Winding** - caused by a blow to the **abdomen**, which results in **pain** and makes it hard to **breathe**.
- ▶ Assume a **crouching** position so the muscles can relax.
- ▶ Recovery should take up to **15** minutes.



6. Strains

- ▶ Strains - caused by a **tear** in the muscle tissue or tendon, resulting in pain, swelling and bruising.
- ▶ Strains should be treated with **R.I.C.E.**
 - ▶ **Rest** - sit down or lie down and do not move.
 - ▶ **Ice** - cool the injured area by applying ice.
 - ▶ **Compression** - use a bandage to stop the swelling.
 - ▶ **Elevation** - Raise the joint higher than the heart to reduce the swelling.



7. Cuts and grazes

Cuts - caused by an impact **breaking the skin**.

- ▶ Requires immediate attention to reduce the **loss of blood**.
- ▶ They should be **cleaned** with an antiseptic first.
- ▶ Dress them with a **plaster** or **bandage** or both so they don't get infected.



Grazes or **abrasions** - caused by **rubbing** against a rough surface

- ▶ Need to be **cleaned** thoroughly as there may be grit or dirt in the wound.
- ▶ The graze should then be **covered** to prevent further infection.

8. Sprain

Sprains - caused by **stretched** or torn **ligaments** from a sudden twisting movement.

Sprains should be treated with **R.I.C.E.**

- ▶ **Rest** - sit down or lie down and do not move.
- ▶ **Ice** - cool the injured area by applying ice.
- ▶ **Compression** - use a bandage to stop the swelling.
- ▶ **Elevation** - raise the joint higher than the heart to reduce the swelling.



9. Blisters

Blisters - caused by the **skin rubbing** (friction) against other surfaces.

- ▶ A bubble is created just underneath the skin.
- ▶ **Never burst** the bubble as it may become infected.
- ▶ Instead **dress the blister** and avoid more rubbing.



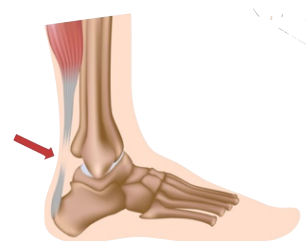


Risk and injury

10. Ruptured tendon

Ruptured Tendon - caused by an impact trauma.

- ▶ A ruptured tendon is a **serious injury**.
- ▶ You should seek **medical** help immediately if you hear a snap or lose movement in an area of your body.
- ▶ **Surgery** is usually required to fix a ruptured tendon.



11. Bruises

Bruising - caused by damaged **blood vessels** and blood pooling under the skin and surrounding tissue, causing discolouration.

- ▶ Bruises should be treated with **R.I.C.E.**
 - ▶ **Rest** - sit down or lie down and do not move.
 - ▶ **Ice** - cool the injured area by applying ice.
 - ▶ **Compression** - use a bandage to stop the swelling.
 - ▶ **Elevation** - raise the joint higher than the heart to reduce the swelling.



12. Causes of injuries

- ▶ **Colliding** with another person.
- ▶ Sudden or **twisting** movements.
- ▶ Hot, cold, wet or windy **environments**.
- ▶ Wearing **inappropriate clothing**.
- ▶ Not following **instructions** or the rules.
- ▶ Not **warming up** and **cooling down**.
- ▶ **Impacting** with the ground or another person.

