

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

_____ 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.

_____ 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:

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

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



3. 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

4. Winding

- ▶ **Winding** - caused by a blow to the _____, 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.



5. Strains

- ▶ Strains - caused by a _____ 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.





Risk and injury

6. Cuts and grazes

Cuts - caused by an impact _____ the skin.

- ▶ Requires immediate attention to reduce the **loss of** _____.
- ▶ 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 _____ - caused by **rubbing** against a rough surface

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

7. 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.



8. Blisters

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

- ▶ A bubble is created just underneath the skin.
- ▶ _____ **burst** the bubble as it may become infected.
- ▶ Instead _____ **the blister** and avoid more rubbing.



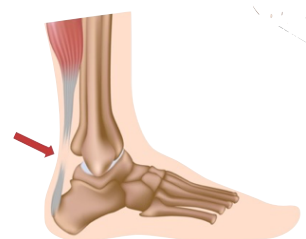


Risk and injury

9. Ruptured tendon

Ruptured Tendon - caused by an impact trauma.

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



10. Bruises

Bruising - caused by damaged **blood** _____ 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.



11. Causes of injuries

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

