



## Basic Care for Cuts and Scrapes on the Sports Field

The most important thing to remember with regard to wound infections is that they can almost all be prevented by **rigorous attention to wound hygiene**.

It is important to clean cuts and scrapes as soon as possible after they have occurred. The key is to **wash the germs away** before they have a chance to become established and develop into an infection.

This can easily be done by thorough cleansing with soap and **water in the shower** or, if this is not possible, by **using bottled water** (previously unopened) to wash away the dirt and debris. Give the area a good scrub if necessary, this will remove as many germs as possible.

Once cleaned, the wound should be dried and then covered with a non-stick dressing such as 'Melolin'. These can be purchased at pharmacies such as 'Watsons' and 'Mannings'.

Make sure **all cuts and abrasions are covered** with a clear dressing such as 'Tegaderm' and then bandaged with 'Co-plus' or 'Coban' self-adherent bandage (the ones the physio's and Medics use on head wounds) **before playing or training** again.

Visit your doctor at once if the wound becomes;

- Red
- Hot
- Swollen
- Painful
- or develops pus

### Other important points:

Ensure that **immunizations** for Tetanus and Hepatitis A & B are maintained.

Use **alcohol based hand gels** to help prevent the transmission of germs when hand washing facilities are not readily available.

Rugby balls and other **equipment used during training and games should be cleaned** using a dilute solution of bleach; 1 part bleach to 10 parts water.

The **sharing of shirts, towels etc., should be discouraged** and a chlorhexidine wash such as 'Hibiscrub' can be placed in the community showers at grounds.

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