



Wound Management

Clean it & Cover it!

Open wounds are a hazard to all. This includes; skin, bone, nose, ears.

Stop and/ or cover all bleeding points. Change blood stained clothing. Dispose of blood stained clothing responsibly. If wounds are covered in dirt or grass, **wash with large amounts of clean water before covering.** This will decrease the chance of the wound getting infected.

Cover small wounds that are not actively bleeding with clean dry dressings. Wounds that are actively bleeding should be stopped by direct pressure through a clean dressing and then covered. If bleeding continues to soak through the dressings despite further attention then the player should not continue to play.

Remember to wash excess blood away from hair or clothing using clean water. Players who are heavily contaminated with blood must not return to play until the blood is removed/ clothing changed.

Beware

- Wounds over joints
- Wounds you cannot see the bottom of
- Large wounds or wounds that the edges do not come closely together
- Excessively painful wounds – what else is injured?
- Wounds that will not stop bleeding

These are the wounds that need review by an experienced medical practitioner

First Aiders should protect themselves with gloves and clean dressings before touching a wound.

For more information: www.hkrugby.com/pages/medical

<http://www.playerwelfare.worldrugby.org/?documentid=23>