

## **2013 Tennessee Mine Rescue First Aid Contest**

### **SCENARIO**

Jack Frost (roof bolter) was operating a roof bolter in the 06 North road way. A miner driving to the 06 Heading saw Jack on the ground next to a large rock located near the steps of the bolter. The door was open and Jack's lunch box was nearby.

When the mine rescue team arrived, Jack was holding his left chest with his hands and complaining of pain in chest and his right knee.

Treat the patient and prepare for transport.

## 2013 Tennessee Mine Rescue First Aid Contest



### Injuries:

1. Possible neck and spinal injury
2. Left ribs fractured and abrasion on skin
  - When Team member assesses left chest **judge** gives card indicating 3 ribs feel deformed
3. Right knee open wound and fracture of knee

### Patient

Laying on back, right hand holding left side of chest. Right leg severely bent, foot under left leg. Patient conscious, alert and complaining of pain in left chest area and severe pain in right knee.

You can feel deformity in 3 ribs on left chest wall. You do not notice a section of chest that moves in opposite direction of the rest of the chest wall during breathing.



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## First Aid Contest

### Judges Training For Station 2:

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### Injuries and expected treatments:

**Possible Spinal Injuries:** Suspect that a patient with chest trauma has injuries to the neck. A patient with spine injuries may be able to move his head, neck, arms, trunk, or legs but movement can cause more injury. For this reason, keep the patient from moving by verbally reassuring him and by physically stabilizing the head and neck. Apply a c-collar. Continually monitor the patient. **Brady 8<sup>th</sup> Edition, pages 413-418.**

**Injury to Chest:** Make sure airway is open. Provide oxygen as soon as possible. Place forearm of the injured side in a sling so that it rests across the patient's chest. Apply a swath to provide additional support. Maintain body temperature to help minimize the possibility of shock. Keep patient at rest and monitor breathing. Treat for shock. **Brady 8<sup>th</sup> Edition, pages 423, 424 and 425.**

**Injury to Knee:** Care of open wound. Expose the wound. Control bleeding with direct pressure. Use sterile dressing. Bandage the dressing in place. **Brady 8<sup>th</sup> Edition, pages 332, 335 and 336.** Possible fractured knee. Immobilize in position found. Do not attempt to reposition or straighten the injured knee. Rescuers find patients distal pulse. **Brady 8<sup>th</sup> Edition, page 195.** For a bent knee secure splints behind knee, at the thigh and at the lower leg. Treat for shock. **Brady 8<sup>th</sup> Edition, pages 401, 402 and 403.**

**Treat for Shock:** Control external bleeding. Calm and reassure patient, and maintain normal body temperature. Do not overheat patient. Place blanket over patient but do not cover head. Do not place a blanket under a patient with possible spinal injury. Properly position the patient. Monitor patient's vital signs at least every 5 minutes. **Brady 8<sup>th</sup> Edition, pages 328 and 329.**