

## Cricket ACT-Safety and Incident Management

# INCIDENT REPORT FORM

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## SAFETY AND INJURY PREVENTION

### RICER

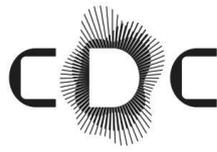
REST ICE COMPRESSION ELEVATION REFERRAL

RICER	How	Why
<b>REST</b>	Place the athlete in a comfortable position, preferably lying down. The injured part should be immobilised and supported.	Activity will promote bleeding by increasing blood flow.
<b>ICE</b>	<p><b>The conventional methods are:</b></p> <ul style="list-style-type: none"> <li>Crushed ice in a wet towel/plastic bag.</li> <li>Immersion in icy water.</li> <li>Commercial cold packs wrapped in wet towel.</li> <li>Cold water from the tap is better than nothing.</li> </ul> <p>Apply for 20 minutes every 2 hours for the first 48 hours.</p> <p><b>CAUTION:</b></p> <ul style="list-style-type: none"> <li>Do not apply ice to skin as ice burns can occur.</li> <li>Do not apply ice to people who are sensitive to cold or have circulatory problems.</li> <li>Children have a lower tolerance to ice.</li> </ul>	<p><b>Ice reduces:</b></p> <ul style="list-style-type: none"> <li>Swelling.</li> <li>Pain.</li> <li>Muscle spasms.</li> <li>Secondary damage to the injured area.</li> </ul>
<b>COMPRESSION</b>	Apply a firm wide elastic bandage over a large area covering in injured parts, as well as above and below the injured part.	<p><b>Compression:</b></p> <ul style="list-style-type: none"> <li>Reduces bleeding and swelling.</li> <li>Provides support for the injured part.</li> </ul>
<b>ELEVATION</b>	Raise the injured area above the level of the heart if possible.	<p><b>Elevation:</b></p> <ul style="list-style-type: none"> <li>Reduces bleeding and swelling.</li> <li>Reduces Pain.</li> </ul>
<b>REFERRAL</b>	Refer to a suitable qualified professional such as a Doctor or Physiotherapist for a definitive diagnosis and ongoing care. Early referral for a definitive diagnosis to ascertain the exact nature of the injury and to gain expert advice on the rehabilitation program required.	

#### SAFETY

Remember with injuries of this kind you should avoid the HARM factors.

- Heat** – Increases bleeding.
- Alcohol** – Increases swelling.
- Running** – Or any other exercise too soon will make the injury worse.
- Massage** – In the first 48 – 72 hours increases swelling and bleeding.



# DRSABCD ACTION PLAN

