

GOING ON A LONG JUMP-OR JUST BALLOONING FOR THE DAY

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BALLOONING IS A DANGEROUS SPORT

- Pilots and their crews **must** be prepared...
 - for the unexpected and the unwanted
 - so many things could (and often do) go wrong.
- Dress appropriately and have...
 - plenty of water for everyone
 - first aid kits in the balloon and chase vehicle
 - a sheet or towel or blanket
 - reliable communication
 - and a plan for “What If...”

First Aid Kit for On the Go Crew

- A Container, preferably plastic (no rust, no leak)
- Tape (maybe other than Duck)
- Sterile-non adhering bandage (i.e. Telfa or petroleum gauze)
- Gloves (preferably rubber or vinyl; not leather)
- Scissors (or all duty pocket tool)
- Gauze or Gauze Roll (i.e. stretch Ace Wrap, clean)
- Band-Aids (even the cartoon ones will do)
- Blanket or Sheet (something for warmth)
- Water (several)----- Wound Cleaning Solution
- Build your own or on line [FirstAidKits. Org](http://FirstAidKits.Org)

“First On the Scene”

Things You Might Have to Deal With

- CUTS AND SCRAPES- Usually Minor
- FRACTURES AND DISLOCATIONS- Medical Attention-911
- HEAD TRAUMA- Control Situation-Medical Attention-911
- SPINAL INJURY- Secure the person-Medical Attention-911
- SEVERE BLEEDING- Stop it!-Medical Attention-911
- BURNS- Electrical or Chemical-Medical Attention-911
- ELECTRICAL SHOCK- Secure Area-Get Help ASAP-911
- HYPOTHERMIA or FROSTBITE- Warm Person-Evaluate
- HYPOXIA- Low Blood Oxygen (Carry O₂ on Flight)
- SHOCK- Condition Arising From Some of the Above Injuries and is **LIFE THREATENING**-Medical Attention-911

We're Down, We have Injuries, Need Help

- Where is all that first aid stuff ???
 - You, The Crew, to the rescue.
- Get prepared for what you might find when you get on the scene.
- Talk through the priorities of how to handle a landing with injuries.
 - A little knowledge and help go a long way.

“First On The Scene”, First Aid

“First On The Scene”

- Secure the area- landing or incident site?
- Someone has to be in charge “only one”
- Access the injured person or persons
- Send for **911 personnel** if deemed necessary
- Keep everyone as calm as possible
- Don't make assumptions, be sure before acting
- Prepare injured persons as injuries necessitate
- Follow procedure for transfer of person or persons who need medical attention.

Cuts and Scrape

- Stop The Bleeding
 - Most stop on their own with gentle pressure
 - If spurting, firm pressure and call **911**
 - Rinse and clean all abrasions and cuts with sterile water or saline solution (contact lens sol)
 - After cleaning, dress it, take for further care if stitches needed or it is a deep wound.
- Clean the wound
- Apply dressing

Fractures or Dislocations

Fractures (Broken Bones) Requires Medical Attention

- Don't move the person except if necessary to avoid further injury
- Try to stop or control bleeding
- Immobilize the injured area with splint or sling.
- Apply ice packs to limit swelling, no ice directly on the skin
- **Treat for shock, if person is faint or short of breath, rapid breaths, lay flat, ^ head and ^legs, just slightly.**

Dislocations Requires Medical Attention

- Bones are forced out of normal positions
- Don't delay Medical Care
- Don't move the joint
- Splint affected area into fixed position.
- Don't try to put back in place
- Put ice pack on the injured joint to help reduce swelling by controlling internal bleeding and fluid build up around the joint.

Head Trauma- Usually 911

- Head or Facial Bleeding- try to stop with light pressure
- Most head trauma involves injuries that are minor and don't require hospitalization- however, most need experienced evaluation
- Bleeding from nose or ears
- Change in level of consciousness for more than a few seconds
- Black –and-blue discoloration below eyes or behind ears
- Not breathing or fast shallow breaths
- Confusion, double vision, slurred speech, vomiting, seizures
- Loss of Balance, Weakness or inability to use arm or leg
- **KEEP PERSON STILL-** very important in head and or neck injuries
- **STOP ANY BLEEDING IF POSSIBLE-** Apply pressure to wound with sterile gauze or clean cloth, but not if you suspect a skull fracture.
- **WATCH FOR ANY OF THE ABOVE- CPR IF NEEDED-HELP ASAP**

Spinal Injury

- If you suspect back or neck injury, do not move the person as paralysis or other complications can result.
- Person complaining of back or neck pain with difficulty moving, weakness, numbness, tingling or obvious dislocation of head or neck-----**911 IMMEDIATELY**
- Keep still, prevent any movement of neck or spine by securing both sides of head and neck with rolled towel or blankets, do not remove helmets
- If person must be rolled because of choking or vomiting, have two persons do a controlled log roll to one side with as much support as possible- keep neck as stable as possible.

Severe Bleeding-Life or Death

- Wash your hands to avoid infection, wear gloves if possible
- Have injured person lie down, head slightly lower than trunk
- Keep person covered to prevent loss of body heat
- Remove dirt or debris from area, not any large imbedded objects or impalements
- If possible; elevate site of bleeding and apply steady pressure for at least 20 min., then bind dressing with pressure to wound. Do not remove the dressing!
- If artery (pulsing) keep squeezing pressure dressing on area until you get person to **ER or 911 help** arrives

Am I Cold or What?



Hypothermia

Low Body Temperature

- Develops when body temperature < 95 degrees
- Normal is 98.6, so losing 3-4 degrees matters
- Effects vary, depending on speed of onset and level to which body temperature falls
- Moderate – can usually be reversed
- Severe- < 86 degrees often, but not always fatal
- People at this low temperature are usually not doing much except freezing
- Metabolism very slow and keeps getting slower in a system wise manner

Treatment of Hypothermia

- Getting the person warm- primary objective
- If clothing is wet and or frozen, remove and replace with dry warm garments
- Get person to a warm, dry place as soon as possible, no direct heaters, warming should be a slow process
- If situation is severe- **CALL 911**- keep warming
- Warm bath, warm blankets, warm drinks, hot chocolate, hot tea or high energy foods, such as chocolate to re-warm them.
- **SORRY NO ALCOHOL** – (unless for the caregiver)

Frostbite

- Usually occurs in freezing or cold, windy conditions. (Bluff, Chama, long jump, etc.)
- Usually the tissues of the extremities: fingers, toes, nose and earlobes freeze due to low temperatures
- Severe cases, permanent loss of sensation and tissue death (gangrene)
- Blood Vessels become irreversibly damaged, loss of digits not uncommon.
- Many cases of frostbite accompanied by hypothermia, so must treat accordingly.

Nothing you want to see or
Experience- So be prepared



Post Frostbite = Digit Loss



Treatment of Frostbite

Stay Warm-Stay Dry- Stay Alive

- If possible move person to warm place before trying to thaw affected part
- Remove gloves, rings or other constrictions such as boots, tight or wet clothing
- Warm affected parts with your hands against your lap or under the persons armpits.
- Do not rub the affected areas as this can damage skin and other tissues.
- Use luke warm water to warm areas, apply light fluffy dressing, and elevate to prevent swelling
- Frostbite usually needs to be professionally treated
- No direct heat, **NO SMOKING** and **NO ALCOHOL**
- Do not allow the affected areas to refreeze

Propane (Our Gas of Necessity)

Are you Burned or Frozen?

- Balloonists deal with Propane every flight
- We fill our tanks, we pressurize, it we burn it up and then we start over again
- Liquid or vaporized, it's dangerous, be careful
- So what really happens when that vapor freezes our gloves and then our skin in seconds?
- It causes a **cryogenic burn**, freezing the water in our tissues, destroying blood cells and tissue.
- What can anyone do about this very painful experience? Not Much

Treatment of Propane Freeze “ IE “ Burn

- A 3-4 second exposure in direct stream is a critical freeze burn to your skin
- Very, Very cold and painful for several days even weeks depending on glove protection
- Warm area as in frostbite or hypothermia
 - Warm water, armpit, between legs
- Never use ice as it can frostbite the burn
- Thawing will determine extent of freeze-burn, pain, redness, swelling, blistering, skin sloughing
- Keep area warm, dry and clean; prevent infection
- Seek medical advice if area turns dark or gets infected, **wise to do it no matter**

Hypoxia/Hypoxemia

- Literally means “deficient in oxygen
- Shortage of Oxygen in the body, blood, brain, major organs. Remember it’s not just caused from high altitudes, it can be caused from most of the things we discussed. Be prepared.
- Hard to recognize, sometimes insidious in its onset.
- May be different for each person, know the symptoms
- **Signs**-Rapid breathing, blue lips or finger tips, poor coordination, lethargy, executing poor judgment
- **Symptoms**- Air Hunger, dizziness, headache, tired, muscle fatigue, nausea, hot/cold flashes, tingling, vision impairment and euphoria
- **Treatment**- O₂ supplement and slow deep breathing. Breathe into a bag or glove if hyperventilating.

SHOCK—CAN BE A KILLER

- **SHOCK**-can result from trauma, blood loss, allergic reactions, severe dehydration, heatstroke, severe burns or most injuries we have discussed and many other causes. A person in shock not getting enough blood or oxygen to vital organs, which can result in permanent organ damage or death.
- Skin Cool and Clammy, may be nauseated, faint, weak or confused. Sometimes anxious or excited
- Seem to stare into space, eyes glazed, pupils dilated
- May be conscious or unconscious
- Have person lie down: elevate feet, keep still, keep warm, loosen clothing, give nothing to drink (choking issues)
- **Call 911 or go to ER ASAP**

Our Sport is Beautiful and Awe-inspiring



- But Remember it is Dangerous, so always try to be prepared for the **UNEXPECTED!!!**