

# First Aid on the Pitch

## P.R.I.C.E.



### PRICE

**P** is for **Protection** - Protect any injury from further damage. Stop playing, use padding and protection, splints or use crutches to take the weight off a knee, thigh or ankle injury. If a fracture or dislocation is suspected, do not attempt to straighten any deformity; instead, try to stabilize in current position, protect and remove to safety.

# First Aid on the Pitch

## P.R.I.C.E.



### PRICE

**R** is for **Rest** - Allow the injury time to heal. Being brave and playing on is not always wise. Even a minor injury needs time to heal.

# First Aid on the Pitch

## P.R.I.C.E.



### PRICE

**I** is for **Ice** - Applying ice either from a freezer, an ice pack or even wet towel from a fridge to the injured area will reduce the pain and inflammation. Very cold products can induce cold burn so always wrap the ice in a cloth and/or plastic and never apply directly to the skin. The ice should be put on for 15-20 minutes and then removed and reapplied after 1½ to two hours for another 15-20 minutes.

# First Aid on the Pitch

## P.R.I.C.E.



### PRICE

**C** is for **Compression** - Compression of the swollen area will help to reduce the swelling. Use cohesive, Tear Tape, crepe or any stretch bandage but not elastic adhesive bandage as this should only be applied by qualified persons. Ensure that this is not too tight and check every few minutes, because continued swelling can make a compression too tight even if relatively loose in the beginning.

# First Aid on the Pitch

## P.R.I.C.E.



PRICE

**E** is for **Elevation** - Elevating the injury to above the level of the heart reduces the swelling.