



ICE IN FIRST AID POLICY

Rationale:

- Ice is commonly used in first aid to reduce swelling, to decrease blood loss and to reduce pain. It is useful and easy to use, but care should be taken to ensure it is not used inappropriately.

Aims:

- To ensure that ice is used in first aid treatment at appropriate times.

Implementation:

- Our school will have a supply of ice available for first aid.
- It will be stored in a freezer in the first aid room.
- Ice will never be applied directly to skin.
- All ice will be placed in paper towel.
- Ambulance Victoria has provided the following advice with regards the use of ice in first aid treatment:
 - Ice can be applied to minor injuries such as bumps or bruises to the head, neck or shoulder area.
 - Always remove an ice pack from the skin if pain or discomfort occurs.
 - Do not apply an ice pack to the nose in case of nose bleeds. Use a cold compress (a cloth rinsed in cold water) instead.
 - Do not use an ice pack if the patient is drowsy, less than alert, unconscious or has been unconscious, any suspicion of a fracture, any suspicion of spinal injury, any injury to eyes or ears, any penetrating injury or any open wound.
- Parents of students who have had ice packs applied to them will be made aware of the use of an ice pack by our usual first aid reporting processes.

Evaluation:

This policy will be reviewed as part of the school's four year policy review cycle. (Ratified: Dec 2012)