

## **Cycling First Aid Evening at Alf Jones Cycles**

On Thursday 14<sup>th</sup> March an audience of 20 slightly apprehensive cyclists gathered in Alf Jones' Cycles coffee shop for a presentation by Steve Evans SRPara, MCPara. Once teas and coffees had been purchased it was time for the talk to begin.

Steve Evans is a cyclist and also a paramedic training manager. After realising the lack of first aid skills amongst cyclists he set to work researching cycling injuries and then produced a cycling specific presentation.

Steve put the audience at ease and reminded the audience that as 'a dead rescuer is no use to anyone' a systematic approach should be taken to ensure there would be no further accidents. Once Steve had been through the general procedure at accidents, he covered the more common injuries sustained in cycling accidents. Some of the main points to remember were:

- Keep the red stuff in
- Blue is not a good colour on a patient
- Hold the head (if there is a chance of neck injury)
- Do not move the casualty unless their life is threatened
- Don't try to straighten limbs
- When in doubt ring 999

There was also a reminder to have ICE (in case of emergency) details on a mobile phone. The name, contact number and relationship could be used in an emergency.

At the end of the presentation there was a chance to try resuscitation on a doll, and everyone decided to have a go. The evening passed rapidly with an interesting and entertaining presentation; even those who had been dragged along unwillingly were very glad they had come. One of the comments was 'if I have an accident I hope that the riders with me have been on this course'.

Thanks are due to Steve Evans for the presentation, and to Alf Jones Cycles for allowing the free use of their coffee shop as a venue.

Click <http://www.rsf.org.uk/docs/firstaid.pps> to see the PowerPoint presentation. C&NW CTC have some free copies of the presentation on disc.

**Lowri Evans**