First Aid on the Golf Course

When someone is injured or suddenly becomes ill there is a critical period — before medical help arrives — that is of the utmost importance to the victim. What you do — or what you don't do — in that interval can mean the difference between life and death.

First aid is the help that you can provide until medical aid takes over. you owe to yourself, your family, neighbors, grounds crew and golf members of your club to know and understand the simple procedures which can be applied, quickly and intelligently, in an emergency.

Each month a little space will be devoted to first aid practices that would be of value to the golf course superintendent.

Before the subject of first aid can even be discussed, each superintendent should obtain a first aid kit and keep it hung up in your shop, not locked up in your office. Basically your first aid kit should include band-aids, 4x4 gauze dressings, rolls of 2 inch gauze bandage, adhesive tape, cotton, iodine, and any other first aid items you have found useful. Some superintendents even keep on hand a fresh portable oxygen tank for possible heart attack victims on the golf course. If you already have a first aid kit for your shop, be sure to check it occasionally for depleted supplies; last year's summer help probably took all your bandaids out to comfort their blisters and sores. As you check your inventory for supplies, discard any aged drugs, especially iodine, eye drops, eye washes, nose drops, or ointments. The shelf life of drugs is not forever. Since they are not expensive, replace anything over two years old.

One last point to mention — don't lock up your first aid box, otherwise you will be hunting for a key when seconds count. If you are like most superintendents, everything in the shop has a lock and key, and normally nothing is left out for the taking. Explain to the men that the first aid supplies are not to be used for anything other than what they were designed for — or somebody will be without, in their time of need.

Craig Spottswood

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