

1. Mace and/or tear gas

- A. For the purpose of this discussion mace can be defined as tear gas; therefore, treatment is essentially the same. Mace is prepared with a special solvent which permits it to be administered in a stream rather than a mist and gives it an adherent quality which results in prolonged exposure (favorable conditions for absorption and for local irritation.)
- B. The toxic ingredient in mace is an extremely irritating substance which is very painful to both the skin and the eyes. High dose and prolonged exposure (particularly in a closed room or car) can produce serious reactions in addition to skin and eye irritation. Generally exposure at a distance and outdoors produces painful but transient effects.
- C. Exposure can be minimized by
 - 1. wearing clothes with tight-fitting sleeves or neckline
 - 2. using ski goggles or glasses
 - 3. covering exposed skin with vaseline - wipe it off immediately after exposure
- D. The best treatment is immediate and thorough irrigation with tap water for two to three minutes of both the skin and eyes.
- E. Anyone with persistent eye symptoms for more than 24 hours should have a competent ophthalmology examination.

2. Head injuries

- A. Any significant blow to the head can result in a concussion (bruising of the brain). Warning signs include
 - 1. excessive sleepiness and/or difficulty in waking
 - 2. unusual behavior
 - 3. vomiting
 - 4. persistent or severe headaches
 - 5. unusual, persistent restlessness
 - 6. changes in vision, especially double vision
- B. Anyone who receives a head injury should not be left alone for the first twenty-four hours
- C. X-rays of the skull are the only reliable way to be certain there is no skull fracture
- D. Helmets are definitely protective against skull injuries.

3. Lacerations and bruises

- A. Significant bleeding can and should be stopped by applying pressure over the injury with a clean bandage.
- B. Tetanus booster shots should be obtained for all contaminated cuts or lacerations.
- C. Painful blows to the arms and legs are best treated by ice packs, rest, and elevation of the injured extremity.
- D. Blood in the urine after an injury to the back or side suggests a kidney injury and medical evaluation is indicated.
- E. A rib fracture can occur after a strong blow to the chest and may cause painful breathing or coughing up blood. Chest x-rays and x-rays of the painful ribs may be necessary.
- F. A strong blow to the abdomen can cause internal injuries. Suggestive signs or serious injury include
 - 1. Persistent abdominal pain
 - 2. Nausea and/or vomiting
 - 3. Pain in either shoulder
 - 4. Feeling faint or dizzy or rapid pulse
 Should any of these occur, prompt medical attention is necessary.