

# ICE PACKS

## POLICY

### Rationale:

- Ice packs (or refrigerated gel packs) are commonly used in first aid to reduce swelling, to decrease blood loss and to reduce pain. They are useful and easy to use, but care should be taken to ensure they are not used inappropriately.

### Aims:

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

### Implementation:

- Our school will have a supply of ice packs available for first aid.
- They will be stored in a freezer in the first aid room.
- A generous supply of material ice pack ‘sleeves’ will be provided by the school and ice packs will only be applied once the ice pack is placed inside the material sleeve. Ice packs will never be applied directly to skin.
- An ice pack sleeve collection bin will be provided in the first aid room. All used ice pack sleeves will be collected each day, washed, dried and returned to the first aid room before they are applied to a second person.
- Any leaking ice pack will be disposed of, and not used.
- Ambulance Victoria has provided the following advice with regards the use of ice packs in first aid treatment:
  - Ice packs 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 three-year review cycle.

This policy was last ratified by School Council on....

**March 2019**

References: