

## WORST-CASE SCENARIO®

# HOW TO DEAL WITH WEDDING-RELATED INJURIES

## CAN'T FIT RING ON FINGER



### Try the other hand.

The ring finger on the opposite hand may naturally be slightly smaller in diameter.



### Try a different finger.

No one will notice if, for a little while, the ring is on the pinky.



### Elevate hand.

Hands and feet swell in warm, humid weather. Hold your arm above your head for several minutes. Blood will flow from the hand and reduce the swelling so the ring will fit.



### Grease finger.

Coat the ring finger with lip gloss, petroleum jelly, butter, margarine, or water.



### Cool finger.

Submerge your ring finger in a glass of ice water for 15 minutes. The cold will constrict blood vessels and shrink the diameter of the finger slightly.



*Elevate hand or soak ring finger in ice water to reduce swelling.*

## FOOT CUT ON GLASS

- 1 Remove the shoe.**  
Unlace or unbuckle the shoe completely and remove it gently. If the victim is in severe pain, use scissors or a very sharp knife to cut the laces and save time.
- 2 Remove large shards of glass.**  
Wrap a napkin around the protruding piece. Using a single swift motion, pull the shard directly out of the foot.
- 3 Determine the source of bleeding.**  
Check for any remaining shards and remove them.

- 4 Stop the bleeding.**  
Using towels, napkins, or tablecloths, apply direct pressure to the wound for 5 minutes. If the wound is spurting, sustain pressure for 15 minutes.
  - 5 Clean the foot.**  
Soak the foot in a bowl filled with warm water, then use a damp napkin or clean sponge to gently rub off any remaining blood.
  - 6 Inspect the wound.**  
Using your fingers, gently spread the sides of the wound apart. Look closely for any remaining glass shards. Remove with sterile tweezers (hold the tweezers under hot running water for 30 seconds, then in a candle flame for 30 seconds). The wound should stop bleeding profusely when all the glass has been removed.
  - 7 Treat and bandage.**  
Apply a thin layer of antibiotic ointment to the wound. Cover with a sterile adhesive bandage or gauze and medical tape.
- Be Aware**
- Wounds through the sole of the shoe may become infected by the microbe *Pseudomonas*.
  - Wounds  $\frac{1}{2}$  inch in length or longer should be sutured at a hospital.
  - If the victim has not had a tetanus booster in the last five years, one should be given at a hospital within 48 hours of the injury.

- Seeping from the injury site may indicate that glass remains in the wound.
- When wrapping a glass in a napkin for the Jewish wedding ritual, be sure to lay the glass on its side before stomping on it.

## FALL FROM CHAIR DURING CHAIR DANCE

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### 1 **Seat the victim.**

If the victim is conscious, move her to a chair and have her sit down. If she is unconscious on the floor, leave her in place. Most people who are knocked out after a fall regain consciousness within a few minutes.

### 2 **Test cognition.**

Ask the victim her name. Have her point to a few family members or friends in attendance and state their names. Ask her what type of event she is attending and the city in which it is being held. Ask her to state the date, including the day of the week and year. Correct answers indicate that she has not suffered a concussion. If she answers incorrectly, check again in 10 minutes.

### 3 **Check responsiveness.**

Ask the victim to follow your finger with her eyes as you move it from side to side and up and down. Ask her to move her arms and legs in coordinated motions. Help the victim stand, then ask her to walk forward, then backward, then forward again. Accomplishing these tasks indicates there is no neurological damage.

### 4 **Watch for vomiting or loss of consciousness.**

Pay particular attention to the victim for the next hour.

### 5 **Prevent alcohol consumption.**

Ask the victim if she has had anything alcoholic to drink or has taken tranquilizers or other medication, all of which may mimic the symptoms of injury. Do not let the victim drink.

## CHAPPED LIPS FROM KISSING

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### ★ **Apply lip balm.**

Spread a thin layer of petroleum jelly, vitamin E, or skin cream (used sparingly) to lips. Wait several minutes for the treatment to be absorbed.

### ★ **Apply olive oil.**

Using your fingers, work a small amount of olive oil into your lips. Wait several minutes for the lips to become less slippery.

### ★ **Apply butter.**

Work butter into your lips using your fingers. To prevent infection, avoid using butter if your lips are cracked and bleeding.



*Kiss.*



*Apply.*



*Kiss.*

## HIT IN THE EYE WITH BOUQUET

### **1** Check the eye for swelling.

If the eyelid is swollen shut and covering the eyeball, reduce the swelling before continuing with treatment. Place a handful of ice in a cloth napkin and twist it closed. Wrap it in a second napkin and place it on the injured eye for 15 minutes, removing it occasionally to check swelling.

### **2** Examine the cornea.

Under a bright overhead light or pointing a flashlight at the injured eye, instruct the victim to look in all directions and blink repeatedly. Carefully examine the sclera (the white of the eye) and the cornea (the layer covering the pupil and iris) for any foreign material: petal shards, pieces of stem, or leaves.

### **3** Assemble irrigation equipment.

Obtain a clean, unused liquor spout from the bartender. Place the pourer on a bottle of flat spring water or a bottle filled with cool tap water.

### **4** Irrigate the cornea.

With the victim seated and her head tilted so she is looking up at the ceiling, gently push her eyelids back and away from the cornea using your thumb and forefinger. From a low height, delicately pour a steady stream of cool water on the eyeball. Occasionally wipe the area around the eye socket with a clean napkin.

**5 Check the eye.**

After a full bottle has been poured, dry the area and check the eyeball for remaining foreign material. If any material is still present, repeat irrigation with a second bottle of water.

**6 Check for corneal abrasion.**

Instruct the victim to look in all directions and blink repeatedly for several seconds. If she reports blurred vision, discomfort, or notes a sensation of something in her eye, a corneal abrasion may be present. Seek medical attention immediately.

## SPRAINED ANKLE

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**1 Prepare a cold compress.**

Place ice in a plastic bag. Wrap the bag in a piece of clothing, or place it in a second plastic bag.

**2 Elevate the ankle.**

Seat the victim and raise the injured ankle at least 18 inches from the ground; a chair works well. Keep the ankle in this position.

**3 Hold the compress on the ankle.**

The cold will constrict blood vessels and reduce swelling.

**4 Leave the compress in place for 30 minutes.**

If the sprain is particularly bad and swelling is rapid and severe, leave the compress on for 15 additional minutes.

**5 Test the ankle.**

Have the victim put weight on the injured ankle. If standing or walking is still too painful, continue to step 6.

**6 Construct a pressure bandage.**

Cut or tear a tablecloth, shirt, or another piece of material into two 3-foot-long, 4-inch-wide strips.

**7 Wrap the ankle.**

Place one end of the bandage in the middle of the foot. Using a figure-8 pattern, bring the cloth up and over the ankle and back around the foot. The bandage should be snug and the ankle immobile. Use rubber bands, a garter, or two bow ties to secure the bandage to the leg.

**8 Administer pain medication.**

Ibuprofen will reduce swelling and relieve pain. If ibuprofen is not available, offer acetaminophen or aspirin.

**9 Limit dancing.**