

"ONBOARD FIRST AID"

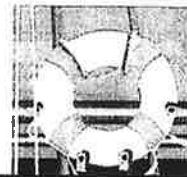


TRAINING

Basic Boating Safety

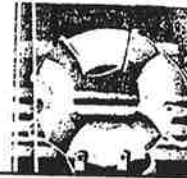


Red Cross First Aid - CPR



SUPPLIES

- 📦 Basic Manual
- 📦 Adhesive Bandages
- 📦 3" Sterile Gauze Pads
- 📦 1" & 3" Rolled Bandages
- 📦 Tweezers, Blunt Scissor
- 📦 Cotton Balls & Q-Tips
- 📦 Antiseptic
- 📦 Sun Screen
- 📦 Calamine Lotion
- 📦 Motion Sickness Pills or Patch
- 📦 Tylenol
- 📦 Aspirin
- 📦 Eyewash Cup

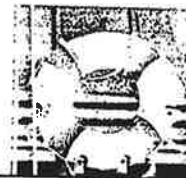


DROWNING

RESTORE
BREATHING

- AIRWAY
- BREATHING
- CIRCULATION

HYPOTHERMIA



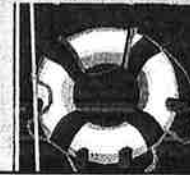
DROWNING



Heimlich Maneuver



Drainage



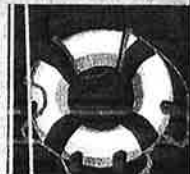
BURNS

1° Superficial

2° Partial Thickness (blisters)

3° Full thickness

Cool Water ~ Antibiotic Cream ~ Aloe
~ Remove clothing and jewelry

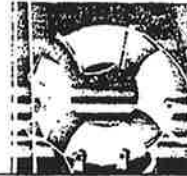


FRACTURES



1. STOP THE BLEEDING

2. IMMOBILIZE

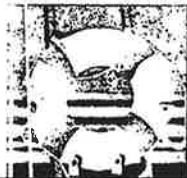


SEVERE BLEEDING

1. LIE DOWN.

2. CLEAN WOUND.

3. APPLY CONTINUOUS PRESSURE.

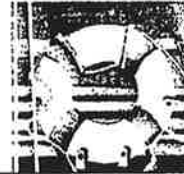


INTERNAL BLEEDING

⚓ GET HELP!

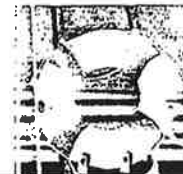
⚓ RECOGNITION:

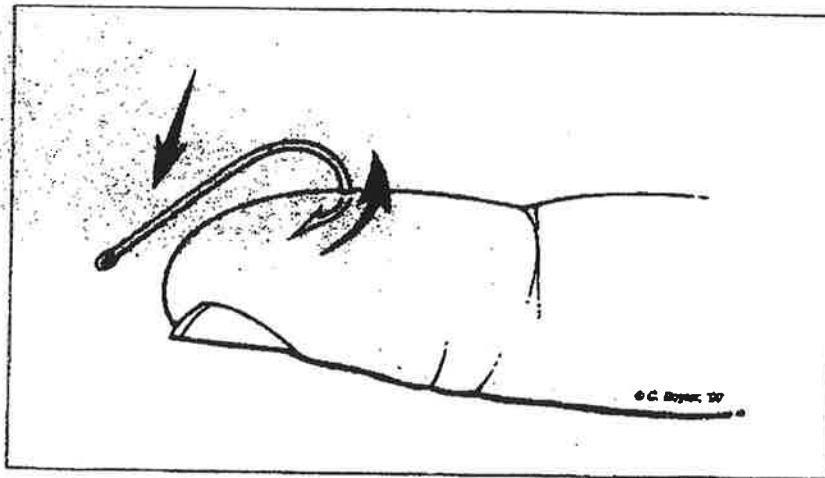
- ⚓ Penetrating wounds
- ⚓ Abdominal tenderness
- ⚓ Vomiting/coughing blood
- ⚓ Shock



SHOCK

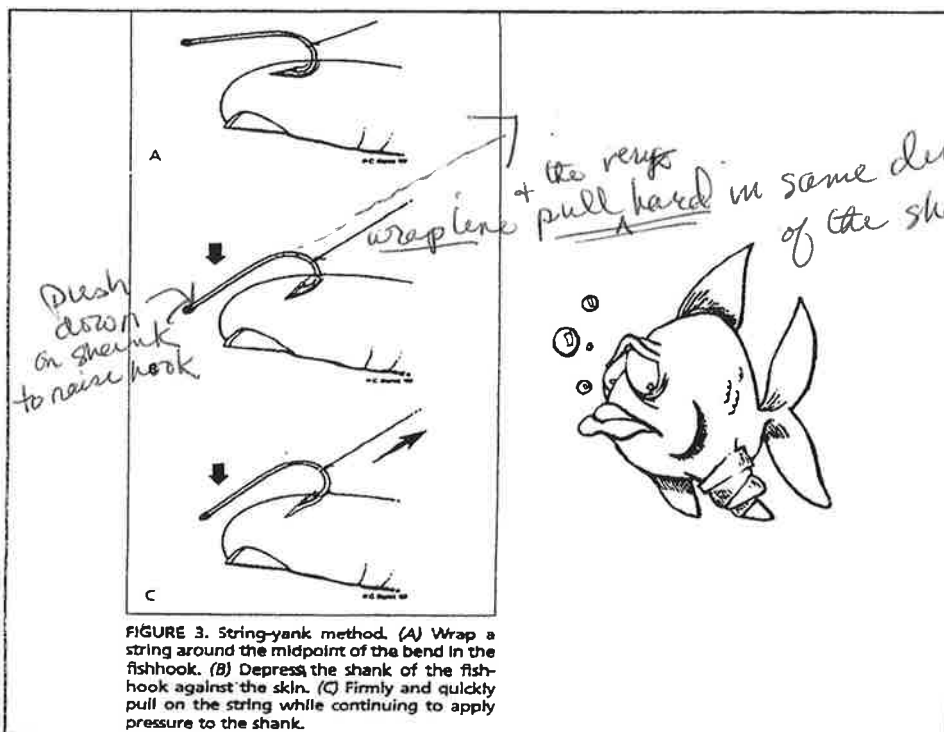
- ⚓ Lie Down
- ⚓ Maintain Body Heat
- ⚓ Nothing to Drink
- ⚓ Prevent Choking
- ⚓ Treat Visible Injury





stick in the chest
1st to anesthetise

FIGURE 2. Retrograde technique. Downward pressure is applied to the shank of the fishhook while it is backed out along the point of entry.



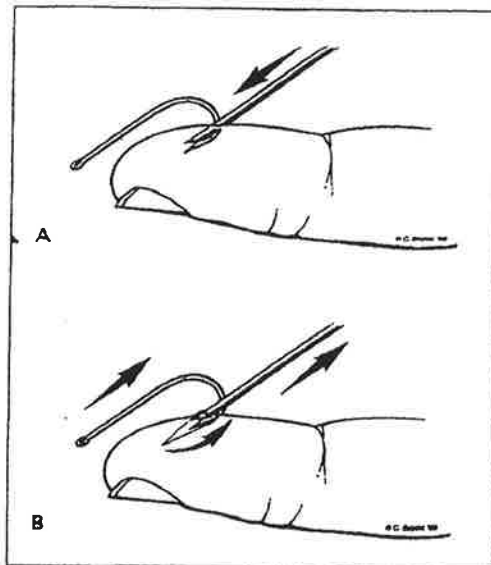


FIGURE 4. Needle cover method. (A) Advance an 18-gauge or larger-gauge needle along the fishhook until the needle opening covers the point. (B) The fishhook and needle are then removed at the same time.

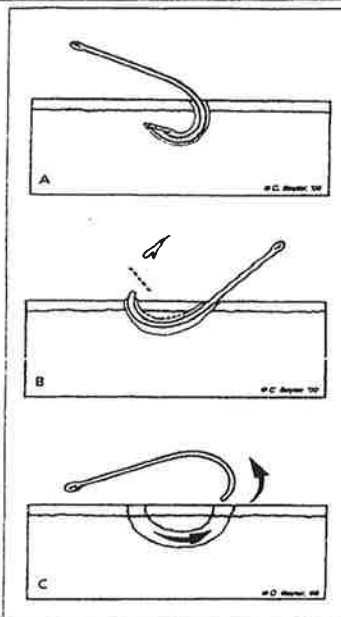


FIGURE 5. Advance and cut method: single-barbed fishhook. (A) The fishhook is advanced through the skin. (B) The barb is then cut off and (C) the remaining hook is backed out through the entry wound.

push hook thru

cut barb off

then pull shank back out

Do not pull it thru—

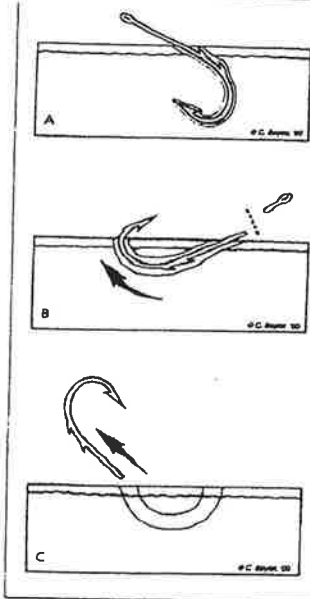


FIGURE 6. Advance and cut method: multiple-barbed fishhook. (A) The fishhook is advanced through the skin. (B) The eye of the fishhook is then cut off and (C) the remaining portion of the fishhook is pulled through the exit wound created by advancing the point.

EYE INJURY



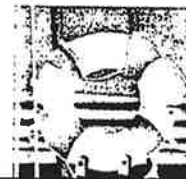
Patch



Cold Compress



Get Help



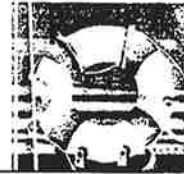
helps to prevent
ginger snap,
cookies
gingerale

SEA SICKNESS

Ⓜ MODERATELY DISABLING

Ⓜ RAPID DETERIORATION

- Dehydration
- Ataxia
- Loss of Judgement

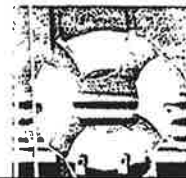


dramamine +
alcohol - bad
reaction

1 dramamine
at bedtime and
give 1

PREVENTION OF SEASICKNESS

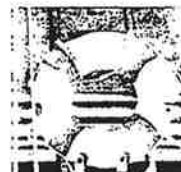
- Ⓜ Limit time below deck
- Ⓜ Broad view of horizon
- Ⓜ Avoid fumes/odors
- Ⓜ Medications



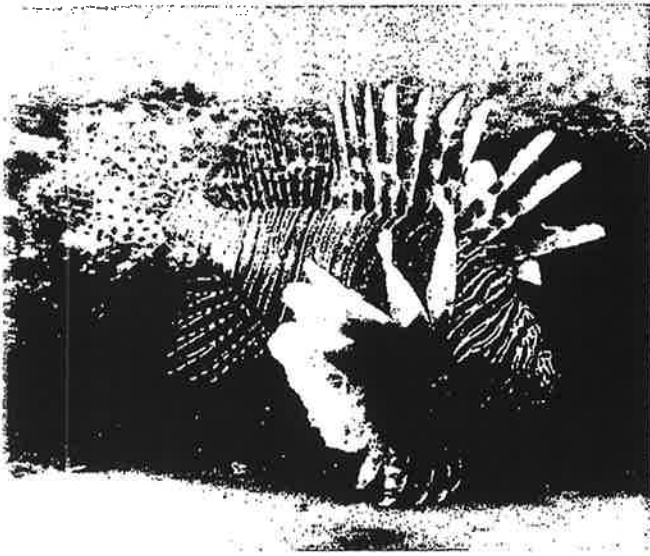
MEDICATIONS FOR SEASICKNESS

MEDICATION	DOSE	INTERVAL
DIMENHYDRINATE (DRAMAMINE)	50-mg liquid/capsule/chewable tablet	4-6 hours
MECLIZINE (ANTIVERT) (BONINE)	12.5/25-mg tablet	4-6 hours
CYCLIZINE (MAREZINE)	50-mg tablet	4-6 hours
CINNARIZINE (STURGERON)	15-mg tablet	6-12 hours
SCOPOLAMINE (TRANSDERM-SCOP)	15-mg skin patch	72 hours
PROMETHAZINE (PHENERGAN)	12.5/25/50- tablet, suppository, injection	6-12 hours
PHENERGAN plus EPHEDRINE	25-mg tablet of each	6-12 hours

Questions?



Have you seen me?



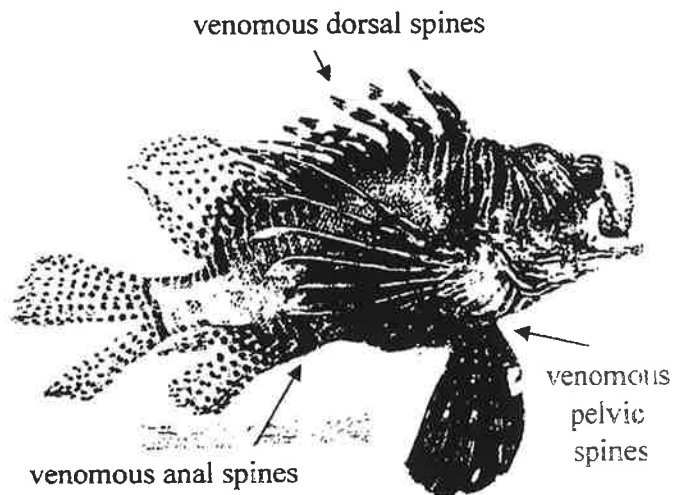
The venomous Indo-Pacific 'Lionfish' is now regularly observed in habitats within the southeast US region (Florida to North Carolina) the Bahamas, Bermuda and as far south as the northern Caribbean (Cuba, Cayman Islands). These fish are not native to Atlantic waters and may have a negative impact on marine life. All of their spines are venomous and can cause extreme pain! (See treatment recommendations below).

Geographic Location and Habitat:

Lionfish are being reported primarily by SCUBA divers in water depths from 1 to 100 meters on rocky outcrops, coral reef and artificial substrates. If lionfish continue to spread, they will eventually be found throughout the Caribbean and Gulf of Mexico. You can help by reporting all lionfish sightings to NOAA (details below). Location information such as lat/long, depth and type of habitat is also encouraged.

Identification: Lionfish have distinctive red, maroon, and white vertical stripes; fleshy tentacles above eyes and below mouth; fan-like pectoral fins, 13 long separated dorsal spines, 10-11 dorsal soft rays, 3 anal spines and 6-7 anal soft rays. An adult lionfish can grow as large as 18 inches.

Treatment Recommendation: Stings from lionfish can be serious, and should not be taken lightly. If stung, immerse wound in hot water (100-110 degrees F or 38-43 degrees C) for 15-20 minutes. Do not burn skin and seek medical attention as soon as possible. It is recommended that you call the Aquatic Toxins Hotline at the Florida Poison Information Center in Miami, where medical experts will advise you immediately. This Hotline is available 24/7, and the number is 1-888-232-8635



To report a lionfish-Call NOAA at (252) 728-8714 or email spottedlions@noaa.gov

To report online-<http://www.noaa.gov/spottedlions>

For more information or additional flyers-

<http://www.spottedlions.noaa.gov/spottedlionsflyer.html>

<http://www.spottedlions.org>



JELLYFISH

RINSE OFF TENTICLES- HOT WATER IF
POSSIBLE - SEA WATER NOT FRESH .
PEEL OFF REMAINING TENTICLES TO
PREVENT FURTHER STINGING.

VINEGAR MAY HELP. NOT URINE !

WATCH FOR ALLERGIC RXN., ANAPHYLAXIS

PAIN RELIEF WITH MOTRIN, TYLENOL.
BENADRYL FOR ITCH.

Shock

Untreated, shock can cause death from a collapse of the cardiovascular system carrying oxygen to the body's vital organs. The signs of shock may include cold, clammy skin; profuse sweating; a pale color; bluish lips; rapid pulse; and labored or rapid breathing.

To treat shock, lay the victim on their back and cover with blankets or clothing to keep warm. Elevate the feet 8 to 12 inches higher than the head. Do not give the victim anything to eat or drink. Keep the victim comfortable until help arrives.

Bleeding

Control external bleeding by following these guidelines:

- Place direct pressure on the wound with a sterile dressing or clean cloth.
- If you do not suspect a broken bone, elevate the injured part above the level of the heart.
- Apply a pressure bandage to hold the dressing or cloth in place. Wrap snugly over the dressing to keep pressure on the wound.
- If blood soaks through the bandage, add more pads but do not remove those already in place.
- Continue to monitor vital signs.
- Help the victim rest in a comfortable position
- Maintain normal body temperature
- Reassure the victim
- Care for other injuries or conditions

Burns

Burns are classified by depth of injury; the deeper the burn, the more severe it is. Treating burns should be done in such a manner as to relieve pain, prevent infection and prevent or treat for shock.

- First degree burns redden the skin much like a sunburn. Immerse the affected area in cool water or cover it with a cloth soaked in cool water. If necessary apply a dry dressing and cover it with a bandage.
- Second degree burns form blisters. Treat in the same manner as first degree burns. Do not break or try to remove any burned tissue. Do not apply any kind of antiseptic sprays or ointments. If possible keep the affected area above the victim's heart. Seek medical treatment as soon as possible.
- Third degree burns char and destroy tissue. Call for medical help immediately. Treat for shock if necessary and continue treatment as in second degree burns.

Broken Bones

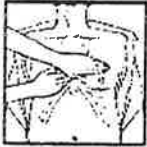
A broken bone injury should be immobilized to prevent further injury. Stop bleeding, if there is any, treat for shock and seek medical attention.

CALL



CALL 911

PUMP



POSITION HANDS
IN THE CENTER OF
THE CHEST



PUSH DOWN IN
THE CENTER OF THE
CHEST HARD AND
FAST TWO INCHES
30 TIMES. PUMP
AT 100/MIN

BLOW



TIPT HEAD,
LIFT CHIN,
CHECK
BREATHING



GIVE TWO
BREATHS

CONTINUE WITH 30 PUMPS AND TWO BREATHS
UNTIL HELP ARRIVES

LEARN CPR

You Can Do It!

CPR for Cats & Dogs

CPR for cats and dogs is similar to CPR for humans. These directions assume the animal is unconscious and the risk of being bitten by the animal is not present.

1. Remove any obstruction.

Open animal's mouth and make sure the air passage is clear. If not remove the object obstructing the air passage.

2. Extend the head and give several artificial respirations:

- A. For large dogs: close the animal's jaw tightly and breathe into the nose. The animal's chest should rise. Give 2 breaths.
- B. For small dogs and cats you may be able to cover the nose and mouth with your mouth as you breathe. The animal's chest should rise. Give 2 breaths.

3. Next perform chest compression

- A. For large dogs you may be able to position the dogs on its back and compress the chest just like for humans.
- B. For small dogs and cats as well as large dogs with funnel chests, you may need to lie the animal on its side and compress the side of the rib cage. Alternatively you can position the animal on its back and press on both sides of the rib cage.
- C. The rate of chest compressions varies with the size of the animal
 - i. Dogs over 60 lbs: 60 compressions per minute
 - ii. Animals 11 to 60 lbs: 80-100 compressions per minute
 - iii. Animals 10 lbs or less: 120 compressions per minute

4. Alternate breaths with compressions

The ratio of compressions to breaths should be approximately the same as for humans - 30:2. Continue doing this until the animal responds or begins to breathe on its own.

RETURN TO MAIN MENU

Nautical Know How - Basic Boating Safety Certification Course

Chapter VIII - Accidents Section 8 - Rendering Assistance

Course Contents

- I Introduction
- II Educational Objectives
- How to Get Your Certification
- III The Boat
 - 1. Terminology
 - 2. Boat Types
 - 3. How to measure length
 - 4. Hull designs and uses
 - 5. Types of hulls
 - 6. Propulsion
 - 7. Boat Capacity Plate
 - 8. Engine Systems
 - 9. Semi-Annual Safety Checklist
- Review Quiz-3

IV Legal

Requirements

- 1. Registration and numbering
 - 2. Required Equipment
 - 2a. Personal Flotation Devices (PFD's)
 - 2b. Navigation Lights
 - 2c. Fire Extinguishers
 - 2d. Ventilation
 - 2e. Sound Signals
 - 2f. Pollution Regulations
 - 3. Recommended Equipment
- Review Quiz-4

V Preparation

- 1. Vessel Check List
 - 2. Trailering
 - 3. Awareness of environmental conditions
 - 4. Float Plan
 - 5. Preventive Maintenance
 - 6. Fueling
- Review Quiz-5

VI Operations

- 1. Operator responsibility
 - 1b. Alcohol
 - 2. Navigation Rules
 - 2a. Definitions
 - 2a. Seamanship
 - 2a. Sound Signals
 - 2b. Rules of the Road
 - 2b. Meeting, Crossing & Overtaking
 - 2c. Restricted Visibility
 - 3. Aids to Navigation
- Review Quiz-6

VII Getting

Underway

- 1. Line Handling and Marlinespike
 - 2. Docking/Undocking Plan
 - 3. Maneuvering Underway
 - 4. Anchoring
 - 5. Water Sports
 - 6. Personal Watercraft
- Review Quiz-7

VIII Accidents

- 1. Fatal Vs Non-fatal
 - 2. Accident Reports
 - 3. Crew Overboard
 - 4. Assistance from shore
 - 5. Hypothermia
 - 6. Fires on Board
 - 7. First Aid
 - 8. ★ Rendering Assistance
- Review Quiz-8

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Rendering Assistance

Be prepared to help others in trouble if at all possible but do not take unnecessary risks which could put your life in danger. Don't panic, have life saving equipment ready and approach the accident carefully. Watch for persons in the water and throw flotation devices to any who do not have any. Talk to the people and assess any injuries they may have. Administer first aid if necessary and get the people to shore as quickly and safely as possible.

Remember, don't overload your own boat with too many people. If necessary take victims requiring the most assistance into the boat and throw a line to the others and tow them slowly as you proceed.

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