

Basic Life Support – Resuscitation

- The guidelines for Basic Life Support (BLS) should be followed for any collapsed or unconscious person. If possible, delegate one crew member to read these instructions out loud while another member attends to the victim.

Possible causes of collapse

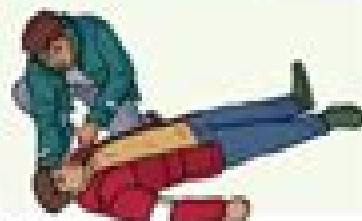
- Accident (e.g. immersion, electrocution)
- Injury (e.g. severe bleeding, head injury)
- Asphyxia (e.g. choking, smoke inhalation)
- Illness (e.g. heart attack, stroke, diabetes)
- Poisoning (e.g. stings, carbon monoxide)
- Anaphylaxis (e.g. severe allergy)

■ Avoid danger – take control

- ❶ Boat safety
- ❷ Beware of hazards
e.g. electrics, rigging, carbon monoxide
- ❸ Delegate if possible
 - a sailing
 - b first aid
 - c communication
- ❹ Clip on – first aider and casualty

ASSESS RESPONSE

Ask: 'Are you all right?'
Gently shake shoulders.
AVPU (see page 31)



RESPONSE – CONSCIOUS

If patient responds and is **CONSCIOUS** with **NORMAL BREATHING**:

- + 1 Ensure that victim is as safe as possible.
- + 2 Try to find out what is wrong.
- + 3 Treat shock if necessary. Keep warm.
- + 4 Observe closely.

NO RESPONSE – UNCONSCIOUS

- + 1 Turn victim on to back.
- + 2 Open airway by tilting head backwards and lifting chin upwards.



CHECK BREATHING

Caution: Just look if victim is not known or could have Covid-19.

Take only 10 seconds.

LOOK – for chest movement

LISTEN – at mouth for breath sounds

FEEL – air on your cheek



NORMAL BREATHING

- + 1 Recovery position (see below).
- + 2 Ensure that victim is as safe as possible.
- + 3 Try to find out what is wrong.
- + 4 Observe closely. Keep warm.

BREATHING IS OBSTRUCTED

If foreign object is suspected, treat for choking (see pages 11 and 12).

BREATHING ABSENT

Commence chest compression (see page 7).

RECOVERY POSITION



An unconscious breathing patient should be placed in the recovery position. The upper arm and leg are bent in order to prevent the casualty rolling on to his back or front. This position should allow breathing to continue unobstructed. It may be necessary to extend the neck and pull the tongue forward. If breathing appears obstructed, it is advisable to turn patient on to other side every 30 minutes to reduce risk of aspiration in lower air.



Beware: even after cardiac arrest the victim may appear to be still breathing, often irregular, noisy gasps. If there is any doubt, act as if the breathing is not normal and start chest compression (see page 7).

First Aid At Sea

L Cohen



First Aid At Sea:

Decoding **First Aid At Sea**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**First Aid At Sea**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents **First Aid At Sea**

1. Understanding the eBook **First Aid At Sea**
 - The Rise of Digital Reading **First Aid At Sea**
 - Advantages of eBooks Over Traditional Books
2. Identifying **First Aid At Sea**
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an **First Aid At Sea**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **First Aid At Sea**
 - Personalized Recommendations
 - **First Aid At Sea** User Reviews and Ratings
 - **First Aid At Sea** and Bestseller Lists

5. Accessing First Aid At Sea Free and Paid eBooks
 - First Aid At Sea Public Domain eBooks
 - First Aid At Sea eBook Subscription Services
 - First Aid At Sea Budget-Friendly Options
6. Navigating First Aid At Sea eBook Formats
 - ePub, PDF, MOBI, and More
 - First Aid At Sea Compatibility with Devices
 - First Aid At Sea Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of First Aid At Sea
 - Highlighting and Note-Taking First Aid At Sea
 - Interactive Elements First Aid At Sea
8. Staying Engaged with First Aid At Sea
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers First Aid At Sea
9. Balancing eBooks and Physical Books First Aid At Sea
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection First Aid At Sea
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine First Aid At Sea
 - Setting Reading Goals First Aid At Sea
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of First Aid At Sea
 - Fact-Checking eBook Content of First Aid At Sea
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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