

## **MEDICAL EMERGENCIES AT SEA (Draft 2: 6/12)**

Goal: The purpose of this training is to provide information and skills to stabilize an injury or illness while avoiding further harm to victim or others.

Objectives: After successful completion of the Medical Emergencies at Sea course, participants should be able to:

1. Demonstrate the three basic things to look for involving risk/scene safety.
2. Avoid rescuer contamination by use of Personal Protective Equipment.
3. Identify basic body anatomy.
4. Perform one and two person adult CPR to current AHA standards.
5. Demonstrate adult rescue breathing.
6. Demonstrate the treatment for an adult unconscious and conscious choking victim.
7. Demonstrate maintaining an open airway.
8. Demonstrate the Recovery Position.
9. Demonstrate correct use of an AED.
10. Describe the availability of radio medical advice and methods for obtaining such advice.
11. Describe how to reach appropriate higher medical authority while at sea.
12. Demonstrate at least four parts of an initial patient assessment.
13. Demonstrate at least four things to look for in a more thorough patient exam.
14. Demonstrate how to roll a patient as a unit maintaining spinal alignment.
15. List at least five topics to include in a patient history.
16. Demonstrate the proper method for taking a pulse.
17. Demonstrate the proper method for taking blood pressure.
18. Demonstrate the ability to count respirations.
19. Demonstrate proper method for assessing at least two other vital signs.
20. Demonstrate at least three steps in treating for shock.
21. Demonstrate the control of bleeding from the head or limb.
22. State the danger of using a tourniquet.
23. Demonstrate bandaging to control bleeding and protect the injury.
24. State the need for proper wound cleaning.
25. Demonstrate proper technique for wound cleaning.
26. Demonstrate the ability to properly bandage a sucking chest wound.
27. State the protocol for the use of controlled substances.
28. Demonstrate proper backboarding technique for transport.
29. Demonstrate proper splinting technique for arm and lower leg fracture.
30. Demonstrate proper splinting technique for femur fracture
31. Demonstrate use of one improvised aid for transport (chair, blankets, makeshift stretcher).
32. List at least four medical emergencies that would require administering “medical grade” oxygen.
33. List at least three oxygen delivery systems.
34. Demonstrate steps for administering oxygen.
35. List two hazards when administering oxygen.

36. Recognize the risk of neck/spinal fracture in injury involving trauma.
37. Demonstrate stabilizing an impaled object.
38. State the proper care of at least three types of fish injuries (fish poisoning, fish spine, jellyfish).
39. Recognize the signs and symptoms of three types of heat injuries.
40. State the treatment of the three types of heat injuries.
41. Recognize the difference between two types of hypothermia.
42. Demonstrate the treatment for these two types of hyperthermia.
43. Define cold water as it relates to cold water near drowning.
44. State the length of time a person can be submerged in cold water and still have a chance to be successfully recovered.
45. Recognize at least three signs and symptoms of cold water near drowning.
46. Identify at least three important steps in the treatment of the cold water near drowning victim.
47. Demonstrate the proper care of thermal, electrical, chemical burns.
48. Identify the proper treatment of chemical burns of the eyes.
49. Recognize at least two signs and symptoms of a head injury.
50. Demonstrate at least three steps in the treatment of a head injury.
51. Recognize the signs, symptoms and risk of a topical (skin) infection.
52. Identify the most efficient method to control topical infection.
53. Identify four entry points for poisons.
54. Identify treatment for common shipboard inhaled, ingested, injected or poison by skin contact.
55. Describe the care of an amputation.
56. Demonstrate care for the amputated part for best chance of reimplantation.
57. Identify the signs and symptoms associated with a stroke.
58. Demonstrate the proper care and treatment of stroke.
59. State the signs and symptoms associated with a cardiac event.
60. Demonstrate the proper care and treatment of a cardiac event.
61. State the signs and symptoms associated with a diabetic event.
62. Recognize the proper care and treatment of a diabetic event.
63. State at least two types of seizures.
64. Demonstrate the proper care and management of a seizure.
65. Package a patient for helicopter medevac transport to maintain spinal alignment and protect patient.
66. Recognize at least three risks involved with a Coast Guard helicopter medical evacuation.
67. Recognize at least five steps in preparing for a Coast Guard medevac.
68. Recognize at least ten essential items in a shipboard medical kit and their use.
69. Recognize/treat fisheries specific injury/medical hazards.
70. (COLD CLIMATES) Recognize the difference between immersion foot, frost nip and frostbite.
71. (COLD CLIMATES) Identify the treatment for immersion foot, frost nip and frostbite.