

USCG Aux. First Aid Info for CREW ~ 1N76

Crew Fatigue

Situations that cause fatigue

Extreme hot or cold Wx Conditions/ Eye Strain/ holding on/ Stress/ Exposure to noise or sun/ lack of sleep/ boredom

Crew's Responsibility

Crew members must watch each other's condition to prevent excessive fatigue

Note the ability to respond to normal conversation and to complete routine tasks

Prevention measures

Adequate crew rest / Rotate duties / Dress appropriate for Weather./ Provide food & refreshments /

Observe other crew members for signs of fatigue

SUN AND HEAT RELATED FACTORS

Sunburn

SYMPTOMS: Redness, Swelling, Blistering, fever, malaise

PREVENTION: Move to shade, sun screen, hat with brim, sunglasses

TREATMENT: Apply cool wet towels to the burn area / may apply a first aid spray / remove person from exposure

Dehydration

SYMPTOMS: Dry mouth, Dizziness, Headache, Breathing problems, Tingling in arms & legs, Skin color bluish, speech

PREVENTION: Drink water through the mission, same as sunburn

TREATMENT: Remove person from exposure / Get medical attention if severe

Heat Rash (prickly heat)

SYMPTOMS: Pink or red small bumps on the skin, Skin irritation, itching

PREVENTION: Rotate crew from heat related tasks, move to shade

TREATMENT: Remove person from exposure / Apply cool wet towels to the burn area/ Get medical attention if severe

Heat Cramps

SYMPTOMS: legs drawn up, Excessive Sweating, in pain

PREVENTION: All of the above

TREATMENT: Replace fluids (sports drinks) / All of above

Heat Exhaustion

SYMPTOMS: Person collapses and sweats profusely, dizziness, heart pounding, disturbed vision, headache

PREVENTION: All of the above

TREATMENT: treat for shock / cool victim / if conscious give sips cool water / All of above.

Heat Stroke *dangerous*

SYMPTOMS: Person collapses and Hot Dry Skin (body temp 104⁰ +), Heart pounding, Nausea, Headache, Restless

PREVENTION: All of the above

TREATMENT: Cool victim immediately, transport patient to a medical facility, Provide first Aid during transport.

PHYSICAL FITNESS, FIRST AID AND SURVIVAL

Physical requirement for Auxiliarists in Boat Crew Program

Be able to perform all physical tasks in qualification requirements

Policy and Responsibility of a crew member if they are unable to perform duties or is aware of another who can't

Inform Coxswain and stand down

Who is responsible to abort the mission if crew is unable to perform mission

Coxswain along with the Mission Coordinator (OD at Castle Hill)

Policy for rendering first aid, including CPR by an auxiliary member

Render first aid consistent with their training, Keep Station and/or Group informed of any first aid situations

Evaluate the scene (get specific info)/ Are rescuers trained & equipped to SAFELY render assistance/

Protect yourself from injury or infection/ Keep clam/ Act quickly/

If a crew comes indirect contact with victims blood report it to and get medical advice (Blood Borne Pathogens)

Shock *depressed physiological or mental state*

CAUSES: Trauma, Allergic reactions, Hypothermia, Drugs, Toxins, Heart Attack, Diabetes, Emotional stress

SYMPTOMS: Restlessness, Faint, Thirst, Nausea, Weakness, Anxiousness, Fright, Dizziness

SIGNS: Weak or Rapid Pulse/ Shallow, rapid and irregular Breathing/ Cold clammy (sweating) Skin/ Eyes dilated

TREATMENT: Lie down/ elevate feet 8"/ Keep warm/ Be conscious of other injuries/

Moisten lips (do not allow to drink)/ never allow alcohol/ check for "MEDIC ALERT"& get medical history

If unconscious Station will activate EMS/ CPR if necessary and trained to do so

Anaphylactic Shock *rapid & extreme allergic reaction*

CAUSES: Insect stings, jellyfish stings, inhaled substances toxic to the victim

SYMPTOMS: Skin is Itchy, hives, redness/ Breathing difficult/ Nausea, vomiting or diarrhea/ headache/

loss of consciousness/ All these symptoms can come on very rapidly/ death could occur within minutes

SIGNS: Same as for shock

TREATMENT: Assist person administer an epi-pen/ Treat for shock/ Record what you do & observe

Control of bleeding

Direct pressure method to wound/ Do not remove dressing just add to them/ Elevate the extremity

Pressure points ... can cause damage to tissue that is downstream

Head & Neck: Temporal (*eye*)/ Facial (*jaw*)/ Carotid (*CPR*)/ Subclavian (*collar bone*)

Arm: Axillary (*under biceps*)/ Brachial (*taking blood*)/ Radial & Ulnar (*pulse*)

Leg: Femoral (*thigh*)/ Popliteal (*back of knee*)/ Dorsalis pedis (*ankle*)

Tourniquet method: last resort method to prevent death from bleeding to death

Signs and Treatment of BURNS (amount of the burn area is more important than the degree of burn)

First Aid

Eliminate the source of the burn

Cool the burn are for 30 minutes in ice water (chemical burn: rinse for 20 min)

Treat for shock *if indicated*

Try to prevent infection

Degree of burn

First Degree: only the outer layer of skin, sunburn, -- redness with warmth and mild pain

Cover with clean or sterile AIR TIGHT wrap

Second Degree: Blisters form (deeper burn), Severe Pain with redness and warmth

Cover with DRY clean or sterile non adhesive dressing/ do not break open blisters

Third Degree: destroys the skin, severe pain may be absent, COLOR: white to black

Do not put ice or ointments on the burn

Do not give anything to eat or drink

Treat for shock

Vital signs every 5 minutes

Do not remove clothing

After cooling the burn area, Cover with DRY clean or sterile non adhesive dressing

Must get medical care

If Electrical: make sure electrical source is stopped first

If Chemical: remove as much as possible first (brush off) then flush with large quantities of water then flush for 20 min.

If Eyes: flush for 5 min then cover both eyes with dressing & get medical treatment

Hypothermia *loss of body temp body starts shutting down extremities*

SYMPTOMS: Low body Temp/ low blood pressure/ slow or weak pulse/ unconsciousness/ appear to be intoxicated

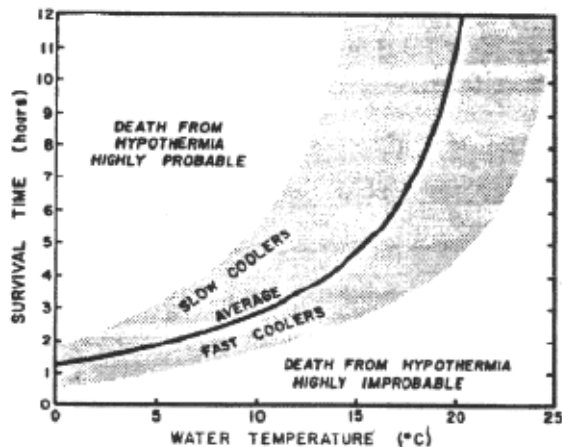
SIGNS: skin cold/ shivering/ clouded mental state/ slow or labored breathing/ weak pulse/ speech slurred/

TREATMENT: Warm the core only/ If wet clothes, remove them and dry clothes or blankets should be used/

Do not allow any movement, *any use of energy takes away energy that is needed for body heat*//

Treat for shock/ If mild case give small amounts of warm water

If you are in the water, Swimming is an option but this leads to faster heat loss and exhaustion, even a strong swimmer would not be able to swim more than one kilometer in calm water. Cramp and hypothermia develop more quickly, usually a victim becomes semiconscious and is likely to drown. Swimming increases heat loss (increase by 35-50%) and is not recommended if you are more than one kilometer away from shore - at 50° water temp. you have only 1.5 to 4 hours before death



41° 50° 59° 68°



HUDDLE



H.E.L.P.

Heat Escape Lessening Posture (H.E.L.P.)