



Virtual Boat Crew Qualification Training

First Aid and Survival
Shock, Bleeding, Burns &
Hypothermia





First Aid and Survival Treatment for Shock

1. Define and state causes of shock.

Definition: A depressed physiological or mental state.

Causes:

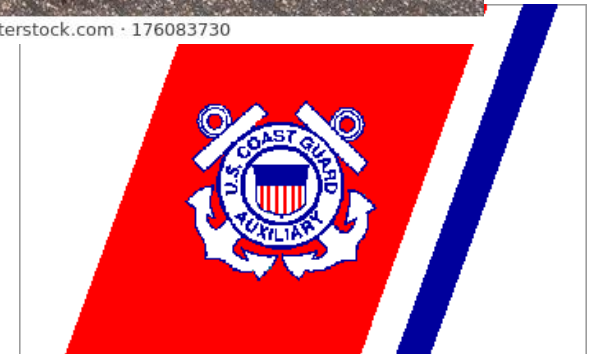
- Trauma
- Allergic reactions
- Hypothermia
- Toxins

2. State four common symptoms of shock.

- Pulse weak and rapid
- Breathing shallow and rapid
- Skin cold and sweating
- Pupils dilated



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Reference: Seamanship Manual 5-4, 5

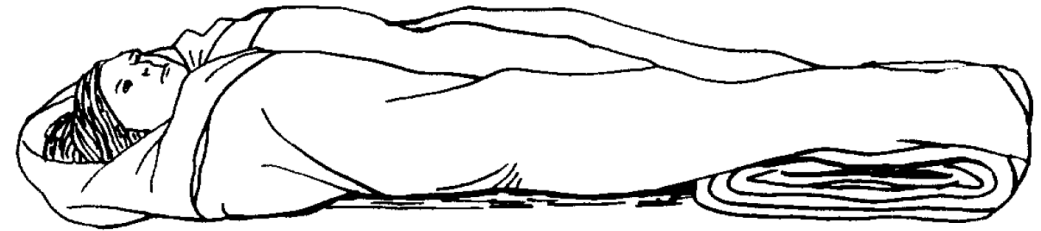


Treatment

3. State the **treatment** for shock.

Activate EMS

- Lay down with legs elevated (face red: raise head / face pale: raise tail)
- Keep warm (cover with blanket)
- No food or drink



1. Define **Anaphylactic** Shock.

Definition: Rapid, extreme allergic reaction

2. State causes of anaphylactic shock.

Causes,

- Eating fish or shell fish and
- Eating certain berries peanuts, penicillin
- Insect stings
- Injected drugs

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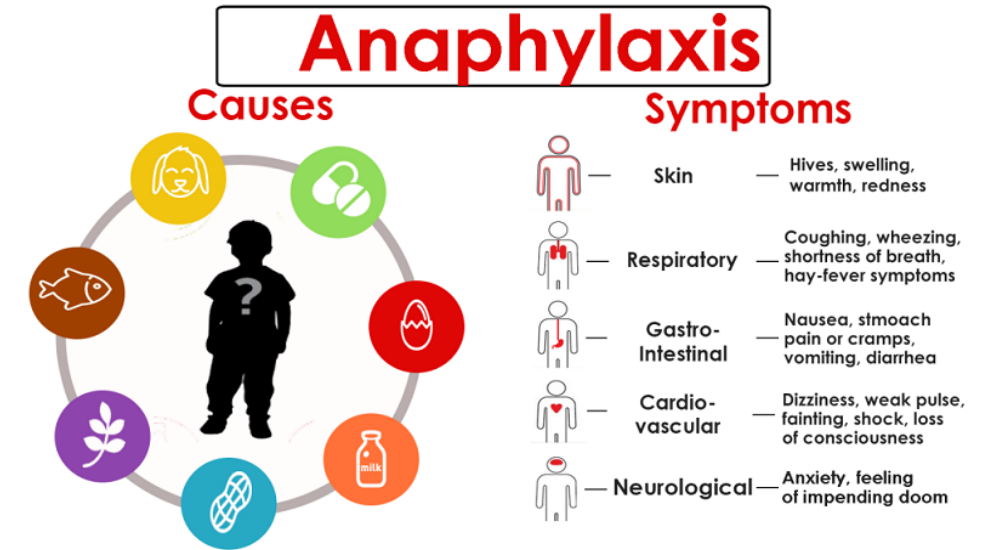
First Aid and Survival

Shock

3. State symptoms of anaphylactic shock.

Symptoms:

- Red rash / hives on skin
- Swelling lips, tongue and throat
- Swelling hands and feet
- Shortness of breath and unconsciousness



4. State treatment for anaphylactic shock.

Treatment:

- Assist in administration of epinephrine kit (allergic counter-action)
- Treat for shock





First Aid and Survival Bleeding

1. Demonstrate direct pressure method.
 - Place palm of gloved hand (with a thick pad) over the wound.
 - Apply direct pressure.
 - Raise injury to a level higher than the heart.
2. Identify and demonstrate three pressure points.
 - Upper arm (axillary)
 - Above elbow (brachial)
 - Upper leg / groin (femoral)

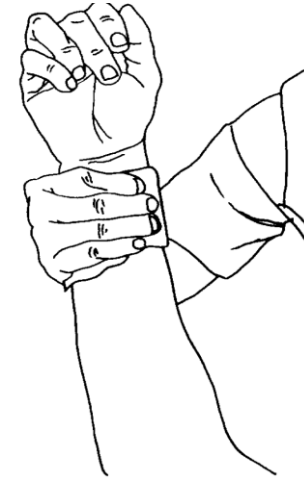


Figure 5-4
Applying Direct Pressure





First Aid and Survival

Bleeding

3. Demonstrate tourniquet method.

- Use only as a last resort on arms and legs only
- Place 2-3 inches above wound.
- Wrap 2 full turns, then tighten until bleeding stops, secure
- Do not loosen tourniquet.
- Note time and location of application write on forehead.

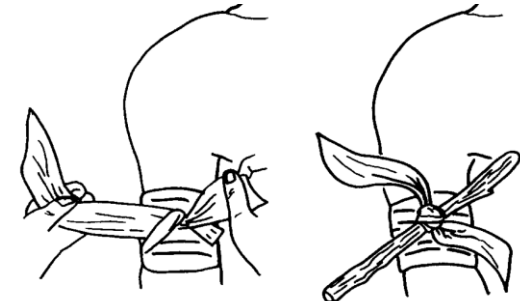


Figure 5-7
Pressure Bandage





First Aid and Survival

Burns

1. State the three degrees of burns and their signs.

1. First Degree: Minor burn of outer layer only.

Sign: redness and tenderness

2. Second Degree: Outer layer with minor inner layer burn.

Sign: redness, blisters, and severe pain

3. Third Degree: Outer layer and inner layer burn.

Sign: White or black (charred), pain may be severe or none at all.

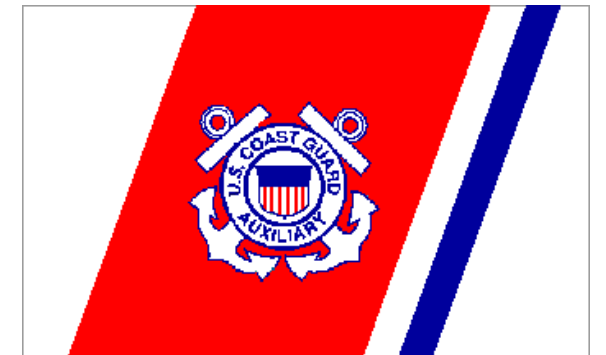
2. State treatment for minor burns.

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1. Immerse in cool water

2. Cover with sterile wrap (keep air tight)

3. Do not break blisters / do not apply ointment

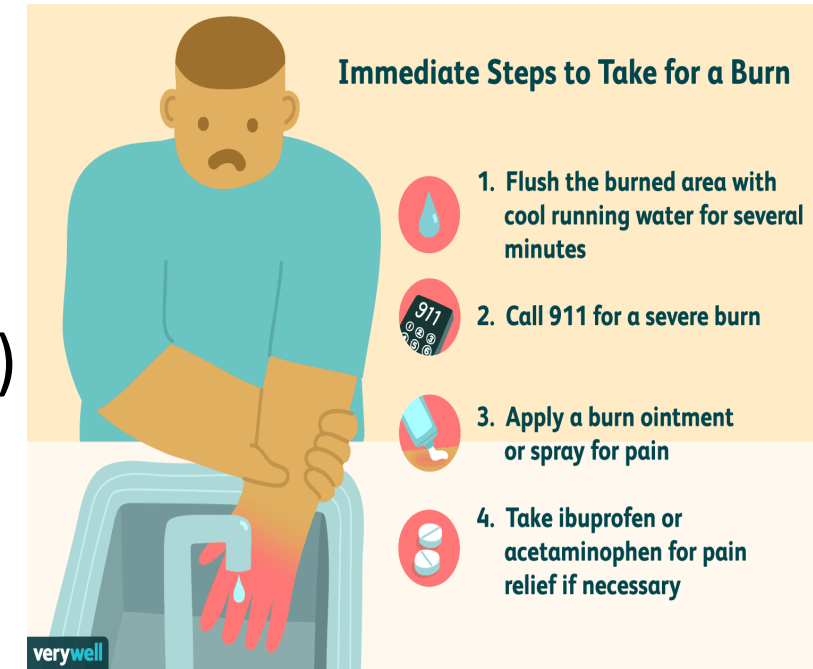




First Aid and Survival

Burns

3. State treatment for serious burns.
 - Cool burn
 - Cover with sterile wrap (reduce air exposure)
 - Do not remove clothing unless smoldering
 - Treat for shock
4. State treatment for chemical burns.
 - If powder, brush off as much as possible before flushing water.
 - Wash wound using large quantities of water for > 20 minutes.
 - If burn involves an eye, flush eye with water for up to 20
 - Minutes, cover both eyes with a clean, dry, protective dressing.
 - Treat for shock, seek immediate medical attention.





First Aid and Survival Hypothermia

1. State signs and symptoms for hypothermia.

Symptoms:

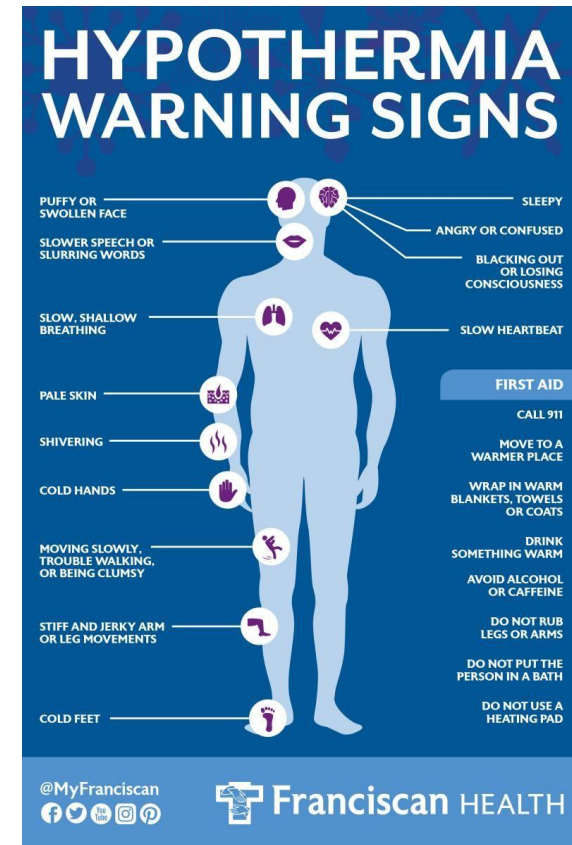
- Low body temp / cold skin
- Low blood pressure / weak pulse
- Irrational behavior

Signs:

Shivering

Reduced mental capacity

Slow breathing / weak pulse





First Aid and Survival

Hypothermia

2. State treatment for hypothermia

- Remove wet clothes and rest in warm environment
- Keep victim calm / limit physical exertion
- Check breathing
- Lay face up with elevated legs
- Give nothing orally

3. State factors that increase hypothermia.

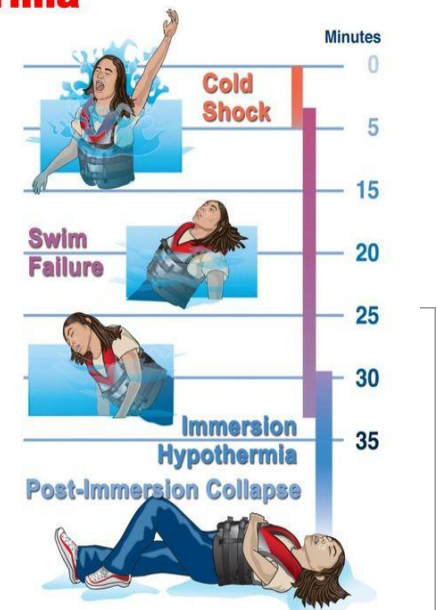
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- Physical activity and exertion
- Exposure to cold water
- Exposure to cold air and wind chill

Cold Water Immersion (cont.)

Symptoms of Hypothermia in order of severity:

- Shivering, slurred speech, blurred vision
- Bluish lips and fingernails
- Loss of feeling in extremities
- Cold, bluish skin
- Confusion
- Dizziness
- Rigidity in extremities
- Unconsciousness
- Coma
- Death



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First Aid and Survival

Hypothermia

4. State preventative measures to increase cold water survival.
 - Avoid physical activity and exertion
 - Practice crew MOB procedures
 - Wear cold water PPE / clothing
 - Avoid entering water if possible

5. State survival time for Persons-In-Water (PIW) in local area of operations.
 - 60 degree water: 2 hrs (approx min time)
 - 50 degree water: 1 hr (approx min time)
 - 40 degree water: 1 hr (approx min time)

Play Hyperthermia Video / Slides



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