

# 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

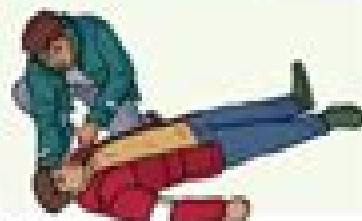
- Accident (e.g. immersion, electrocution)
- Injury (e.g. severe bleeding, head injury)
- Asphyxia (e.g. choking, smoke inhalation)
- Illness (e.g. heart attack, stroke, diabetes)
- Poisoning (e.g. stings, carbon monoxide)
- Anaphylaxis (e.g. severe allergy)

### ■ Avoid danger – take control

- ① Boat safety
- ② Beware of hazards  
e.g. electrics, rigging, carbon monoxide
- ③ Delegate if possible
  - a sailing
  - b first aid
  - c communication
- ④ 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 arm.



**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

**United States. Department of the  
Army**



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lycopersicon esculentum mill tomatoes whole halved vertically and halved horizontally the tomato təmərtuː or təməɹ:təu is the edible berry of the plant solanum lycopersicum 1 2 commonly known as the tomato plant the species originated in western south america mexico and central america

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1 believe it or not tomatoes aren t always red they can be yellow pink purple black and even white 2 found at walt disney world resort florida usa the largest single tomato plant in the world covers an area of 56 73 metres sq that s bigger than an olympic size swimming pool 3 it s thought that tomatoes originally came from peru 4

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tomatoes are the fruit of the tomato plant they originated in the south american andes around the area of modern day peru and was first used as a food by the aztec s in southern mexico because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit not a vegetable

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tomatoes are commonly called vegetables but they are actually fruits they are eaten raw or used in cooking canned tomatoes and tomato juice are also popular tomatoes are grown in all mild regions of the world they belong to the nightshade family tomato plants generally have many spreading branches the leaves are hairy and have a strong

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