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)
- Asphysia (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
- O Boat safety
- Beware of hazards e.g. electrics, rigging, carbon monoxide
- O Delegate if possible
 - · a sailing
 - · b first aid
 - < c communication
- O Clip on first aider and casualty

ASSESS RESPONSE

Ask: Are you all right?" Sently shake shoulders. ##PU (see page 31)



RESPONSE - CONSCIOUS

If patient responds and is CONSCIOUS with NORMAL RREATHING.

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

NO RESPONSE -UNCONSCIOUS

- 1 Turn victim on to tack.
- 2 Open airway by tilting head backwards and lifting thin upwards



CHECK BREATHING

Caudian: Just look Pyletim is not known or could have Covid-19.

Take only 10 seconds.

LOOK - for chest movement

LISTER - at mouth for inexth sounds

FEEL - air on your cheek



NORMAL REFATHING

- 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).



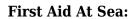
An unconscious breathing gathers should be placed in the resovery position. The upper arm and beg are bent in order to prevent the casualty rolling on to his back or front. This position should allow breathing to continue unobstructed. It may be necessary to extend the nack budget the partition of the partition

9

Beware: even after cardiac arrest the victim may appear to be still breathing, often integralar, 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

R Bogdan



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