

North Shore Yacht Club
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Essential Marine First Aid: For Manhasset Bay and Far Beyond....

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Warning!

- This is a first aid talk. It has gross pictures.

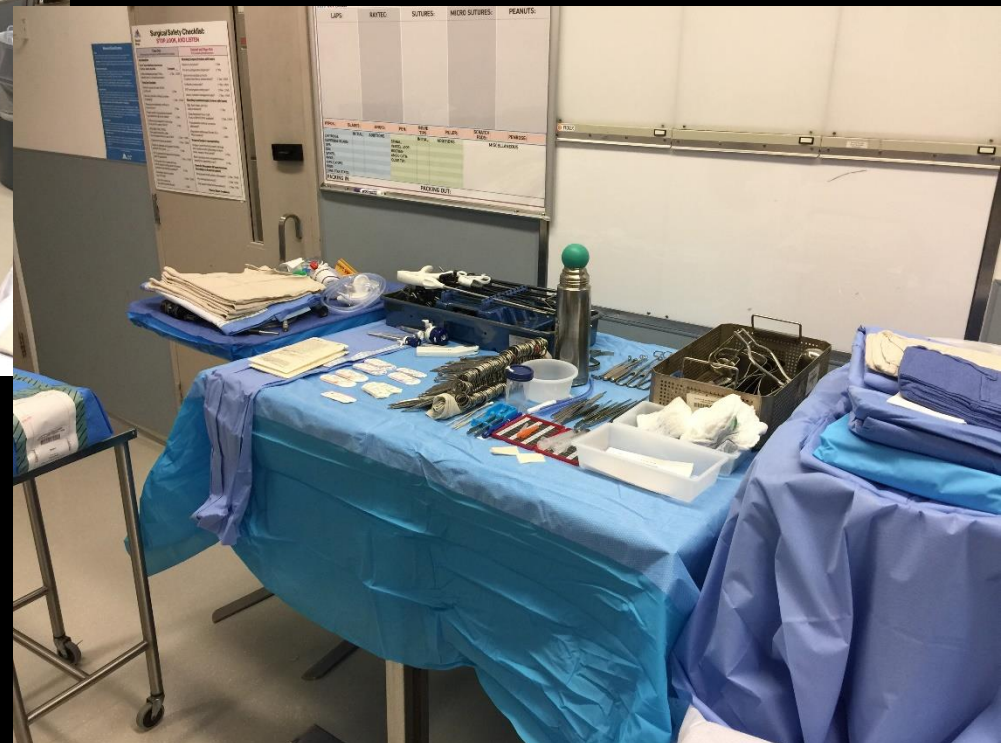
Essential Marine First Aid

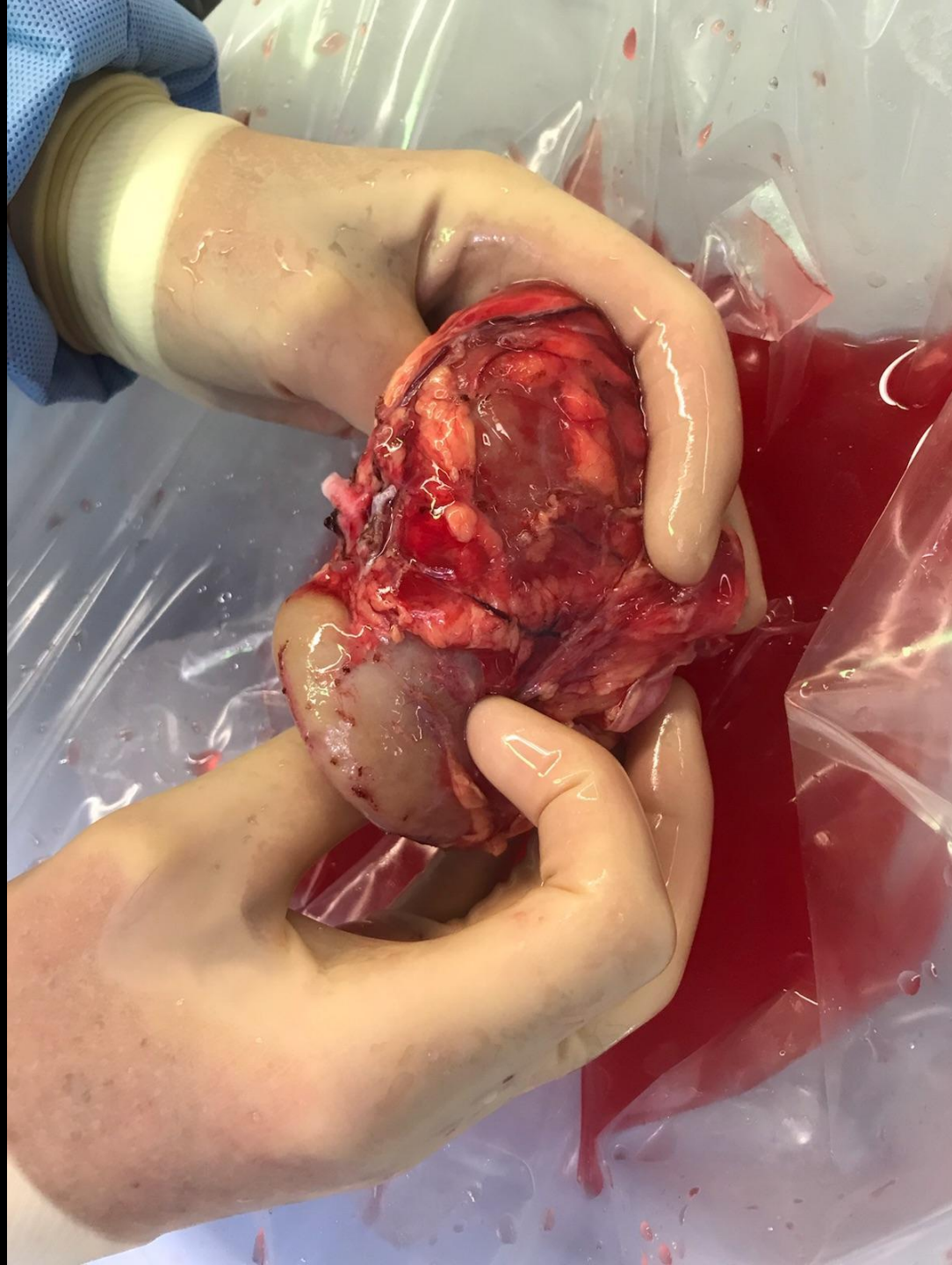
Who Am I?



Essential Marine First Aid

Who Am I?





General Concept: Prevention!

- Disclaimer: I am not an EMT or paramedic!
- This is not a first aid course
 - Probably a good thing for all sailors to take
- This is not a CPR course
 - Probably another good thing for all sailors to take
- We live in an age of communications!
 - Use your cellphone, VHF, SSB etc!
 - Keep a reference book on board

General Concept: Prevention!

- If “An ounce of prevention is worth a pound of cure” is true on land...
 - Sunblock
 - Keep fingers away from loaded winch lines
 - Wear a lifejacket
 - Keep a whistle and waterproof light in the pocket
 - Don't get whacked by the boom
 - Use gloves (not just for racing!)
 - Etc...

Scenario: BVI Charter

- You are flying to St. Thomas tomorrow for a BVI charter for a week
- What do you put in your dopp kit?

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Scenario: BVI Charter

- Sun
 - Plenty of sunblock (try it first!)
 - A good hat
 - Sunglasses
- Seasickness
 - Dimenhydrinate
 - Scopolamine patch
 - Try them first!



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Scenario: BVI Charter

- Headache/pain
 - Aspirin?
 - Acetaminophen
 - Ibuprofen
 - Other NSAIDs...



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Scenario: BVI Charter

- Cuts: Avoid!
 - Band-aids
 - Steri-strips
 - Stitches? No!
 - Cyanoacrylate!



Scenario: BVI Charter

- Infection: Avoid!
 - Wash cuts & scrapes!
 - Cellulitis (skin infection)
- Traveler's Diarrhea: Avoid!
 - Pepto-Bismol
 - Immodium/Lomotil (symptoms)
 - Antibiotics: Levaquin



Scenario: BVI Dopp Kit Summary

- Sunblock
- Ibuprofen
- Scopolamine patch
- Levaquin
- Pepto-bismol
- Krazy glue
- Don't forget your usual medications!

Scenario: Deep cut with bleeding

- Your friend is using your fancy sailing knife to cut a line
- Next thing you hear is OUCH!



Scenario: Deep cut with bleeding

- Step 1: control bleeding
 - Place bandage, hold pressure
 - Apply pressure dressing
 - If uncontrollable, pulsatile bleeding, try a tourniquet
- When bleeding has stopped, wash wound out
- Close wound as well as possible with tape, gauze

Scenario: Boom vs head

- You let your buddy take the helm on a nice downwind course
- He steers a perfectly straight course but doesn't notice that the wind has shifted
- The main jibes and your friend takes a strong blow to the head
 - He's a little dazed...
 - He's out cold...

Scenario: Boom vs head

- A few minutes later, he's acting OK
 - Is he out of the woods?
- If scalp bleeds, treat it
- Bad signs to look for
 - Unequal pupils
 - Worsening level of consciousness
 - Slurred speech, strange behavior
 - Obvious skull fracture

Scenario: Boom vs head

- Concussion treatment
 - Rest
 - Tylenol OK; avoid aspirin or ibuprofen
 - Call a doc – you never know if there is bleeding inside the skull, and if there is, you can't fix it on board
 - Only way to know for sure is head CT!

Scenario: Chest Pain

- Your sister is on board and offers to help raise the main. After cranking hard on the winch for 3 minute she complains of severe pressure in her mid-chest
 - She has a sweaty brow and looks pale
 - The pain shoots into her jaw and down her left arm
 - She feels somewhat faint

Scenario: Chest Pain

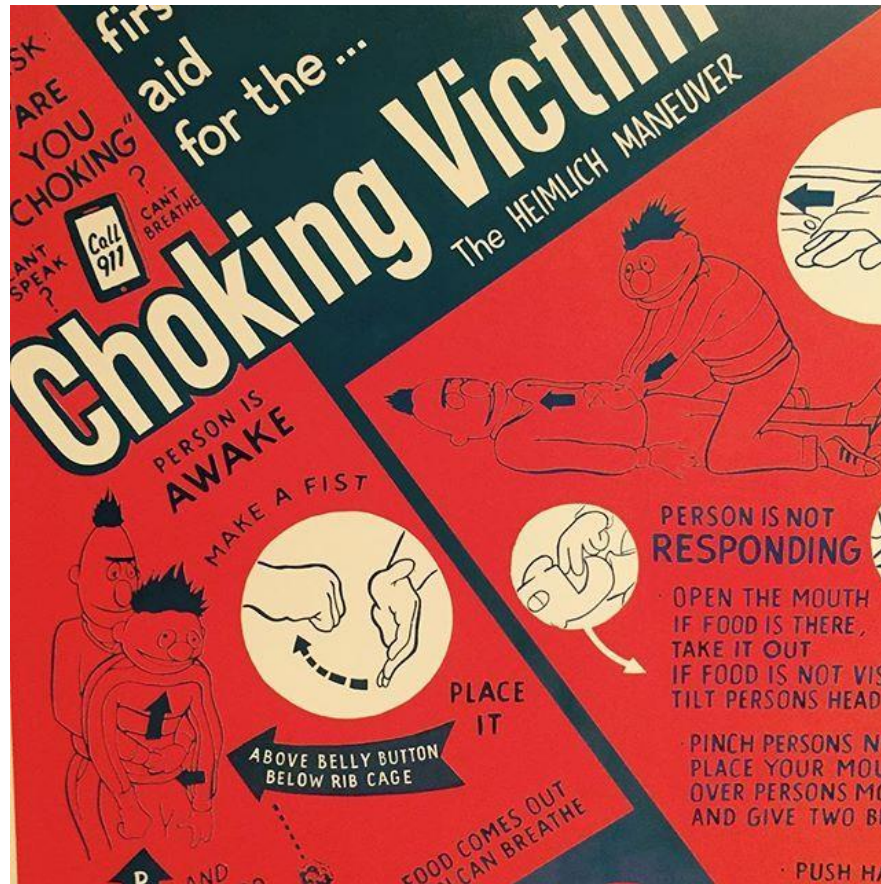
- Top diagnosis: heart attack (aka MI)
- Treatment:
 - Lie down
 - Chew an aspirin
 - Immediate 911 call! She needs a hospital now.
 - Keep an eye on her. If she passes out or stops breathing she will need CPR (and you already took that course, right?)

Scenario: Sandwich in the Wrong Tube

- Your rail-meat friend is trying to increase his usefulness by eating a big sandwich
- Your boat goes through a big wake and hits the trough hard – he aspirates the sandwich in his mouth and looks at you while making the international choking sign
- Now what?

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Scenario: Sandwich in the Wrong Tube



- Do you need this poster on your boat?

Scenario: Too Much Sun

- You are cruising around a lovely tropical destination and your teenage son has spent all day out hiking in the jungle without a water bottle
- He comes back to the beach disoriented, with red, dry skin, complaining of a headache and acting somewhat disoriented...

Scenario: Too Much Sun

- Diagnosis: heat stroke
- Treatment:
 - Lie down in a cool, shady place
 - Remove clothes
 - Rehydrate
 - Cool compresses on skin
 - Call a doc!

Scenario: Man Overboard

- This goes way beyond the subject of this talk...
- But practice this drill in advance!
- Not just you but your crew
 - What if YOU are the one overboard???

Scenario: Man Overboard

- The overboard crew member is retrieved
- They were shivering uncontrollably when you started to pull them out of the water, then they stopped shivering
- They are lethargic and skin is blotchy blue

Scenario: Man Overboard

- Diagnosis: severe hypothermia
- Treatment:
 - Treat them very gently (like an MI victim)
 - Cover with fleece, blankets
 - Do not put in a hot bath – too drastic
 - Do not give fluids if altered consciousness

Scenario: Man Overboard

- Suppose they were underwater for a period and are now unconscious
- Diagnosis: drowning
- Treatment:
 - If not breathing, open the airway
 - If still no breathing or pulse, CPR
 - Call 911 and get the patient to a hospital fast

Takehome Message

- This talk is just a teaser! Take a real first-aid course
- Take a CPR course!
- Do everything possible to prevent sickness or injury
- Prepare for the more common incidents on board
- Know how to make an emergency call where you are and make sure everyone else on board knows too!