

EMERGENCY MANAGEMENT

LEVEL 1 & 2 BOATING SKILLS

10 EMERGENCY SITUATIONS

1. Medical problems – pre-existing conditions (asthma, diabetes) or acute (allergic reaction) conditions.
2. Physical injury (severe laceration, fracture etc)
3. Adverse weather conditions (sudden change of conditions while boating – severe windstorm, rainstorm, summer snowstorm – develop hypothermia)
4. Psychological problems (panic attack, develop fear of height during abseil, claustrophobia)
5. Becoming lost on large waterway or on a bushwalk
6. Equipment failure – middle of harbour, boat begins to sink.
7. Collision - Boat is hit by a ferry or speed boat
8. A person dies during an activity
9. Severe sunstroke/sunburn whilst on the water
10. Dehydration during a canoe trip

FIRST AID

- a) How to approach an unconscious patient

D - Check for danger to yourself, to others & to the casualty then make the approach to the casualty

R - Check for a Response –is the casualty conscious or unconscious by calling out loudly – are you OK, can you hear me, what happened

S – Send for help (phone for Ambulance)

A – Check Airway, clear any obstructions

B – Check for breathing, if breathing, place patient in the recovery position.

C – Check for circulation (feel for pulse), if no pulse found, commence chest compressions.

D – Defibrillate – Ambulance will have a defibrillator.

b) **How to identify if the patient is breathing**
Look - for regular rise and fall of chest

Listen - at nose and mouth for expiration or inhalation –

Feel - the breath on your cheek while listening, watch for rise and fall of chest.

c) **How to place a patient in the recovery position (demonstrate on a volunteer)**
Adult or child over age 1

1. Position casualty's legs by kneeling beside the casualty, straighten the casualty's limbs, lift the leg closest to you at the knee so it is fully bent upwards
2. Position the arms – place the arm nearest you across the casualty's chest, place the arm farthest from you at a right angle to the body.
3. Roll casualty away from your body onto their side. Keep the bent leg at a 90 degree angle with the knee touching the ground to prevent the casualty from rolling onto their face
4. Make the casualty steady by tucking their upper hand underneath their face
5. Ensure their airway remains open.

d) **The difference between venous and arterial bleeding**

Arterial blood is bright red and frothy and spurts from the wound.

Venous blood is dark red, flows slowly and evenly from a wound.

e) **How to control all forms of external bleeding**

1. Follow **DRSABCD**
2. If bleeding is severe lay casualty down
3. Cut or remove clothing around the wound,
4. Apply a dressing to the wound
5. Apply a pad and direct pressure to the wound to control bleeding (using gloves if available to cover your hands)

6. Raise and support injured part, raise injured part above the level of the heart, handle gently if fractures suspected
 7. Bandage the wound firmly – leave pad in place. If bleeding continues, without removing the dressing, reposition the pad.
 8. Monitor circulation below the wound
 9. If bleeding is severe, phone for an ambulance 000 and give nothing by mouth.
 10. Reassure the casualty and Treat for shock whilst waiting for ambulance
- f) Describe the risks of and demonstrate the treatment of, near drowning.

Young children can drown very quickly if they are left unattended near water. Water is very attractive to young children. If they fall into water, they need to be rescued very quickly. There is a better than 50% chance of saving an apparently drowned child by performing resuscitation.

Treatment

1. Follow DRSABCD
2. Assess the scene
3. Lift the casualty out of the water
4. Carry casualty face down, with the head lower than the chest to drain fluid from lungs. Support the casualty's body whilst draining.

5. Call an ambulance or take the casualty to hospital – even if they recover. (The casualty can develop a serious lung condition from inhaling water and needs medical attention.)
6. Remove any wet clothing and cover casualty with a towel or blanket.
7. Monitor child's condition and commence CPR if required
8. Place in recovery position if breathing and monitor until ambulance arrives.

LOG BOOK

Don't forget to fill out your log book for every canoe activity and have it verified!

