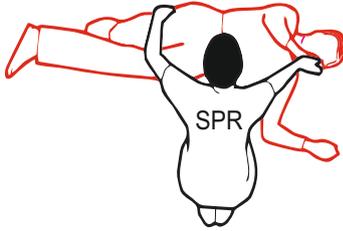
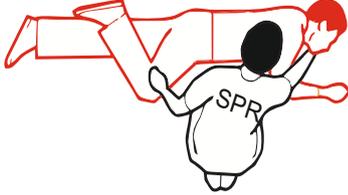


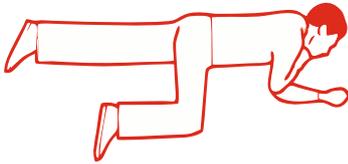
RECOVERY POSITION



Place the arm nearest to you at right angles to the body. Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground. Place their other hand against their cheek.



Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



Make sure that both the hip and the knee of the upper leg are bent at right angles.

Tilt the head back so they can breathe easily.

RADIO PROCEDURES

DISTRESS CALL - LIFE THREATENING

PRESS **RED** BUTTON ON RADIO, IF NO RED BUTTON PRESS **16** BUTTON.

MAYDAY MAYDAY MAYDAY
THIS IS *BOAT NAME* X 3
CALL SIGN ,
MMSI
MAYDAY – *BOAT NAME*
CALL SIGN
MMSI
MY POSITION IS:
NATURE OF DISTRESS
I REQUIRE IMMEDIATE ASSISTANCE
NUMBER OF POB
ANY OTHER INFORMATION
OVER

URGENT MEDICAL CALL

SEND DSC **URGENCY ALERT** , IF NON DSC
RADIO PRESS **16** BUTTON
PAN PAN, PAN PAN, PAN PAN
ALL STATIONS, ALL STATIONS, ALL
STATIONS
THIS IS *BOAT NAME* X 3
CALL SIGN:
MMSI:
MY POSITION IS
NATURE OF MEDICAL EMERGENCY
I REQUIRE MEDICAL ASSISTANCE
ANY OTHER INFORMATION
OVER

ADULT CPR (OVER 12 YRS)

- 1 Check the Scene - make sure it's safe
- 2 Check the Victim - Voice, Touch Pain
- 3 NO RESPONSE
- 4 Call for Help - Have someone call **999/112** or **RED BUTTON/MAYDAY**
- 5 Get **AED** if available.

Compression - **30** times - 100/120 PER MIN

Place heel of one hand in centre of chest with your other hand on top and compress at least 5 - 6 cm

Airway - tilt head back, lift chin to open airway.

Breathing - Take normal breath, pinch victim's nose closed and give a breath until chest rises.

Give a **second** breath. Take 1 second per breath. If chest doesn't rise, open airway again.

REPEAT C - A - B until Emergency services tell you to stop, person becomes responsive or you are too exhausted to continue

SWITCH on **AED** when it arrives and follow instructions

SUSPECTED DROWNING

Give **5 RESCUE BREATHS** then follow Normal **C-A-B**. - **IF ALONE**: then give **1 minute** of **C-A-B**, **BEFORE** placing in recovery position before going for help.

CHILD CPR (1 TO 12 YRS)

- 1 Check the Scene - make sure it's safe
- 2 Check the Victim - Voice, Touch, Pain
- 3 NO RESPONSE
- 4 Call for Help - Have someone call **999/112** OR **RED BUTTON/MAYDAY**
- 5 Get **AED** if available.

Give **5 RESCUE BREATHS** then give **C-A-B** - **IF ALONE**: then give **1 minute** of **C-A-B**, **BEFORE** placing in recovery position then going for help.

Compression - **30** times - 100/120 PER MIN

Place heel of one hand in centre of chest and compress about 1/3 of chest.

Airway - tilt head back, lift chin to open airway.

Breathing - Take normal breath, pinch victim's nose closed and give a breath until chest rises
Give a **second** breath. Take 1 second per breath. If chest doesn't rise, open airway again.

REPEAT C - A - B until Emergency services tell you to stop, person becomes responsive or you are too exhausted to continue

SWITCH on **AED** when it arrives and follow instructions