Unit 1: The importance of fisher safety

1.1 The international drowning problem

KEY FACTS

AT LEAST 236,000 people die **EVERY YEAR**

OVER HALF of all drowning deaths are among those aged **UNDER 30 YEARS**

MALES ARE TWICE AS LIKELY to drown as females

Drowning is one of the **10 LEADING CAUSES OF DEATH** for people aged 1-24 years

1.2 Fishing related drowning problems

Weather conditions

Poorly maintained vessels

Limited use of personal flotation devices (PFDs)

Financial pressures to make a daily income

1.3 Sustainability and illegal fishing

It is important that;

- fishing stocks are sustained
- no fishing takes place during the closed season or in prohibited areas
- you do not use illegal fishing nets.

Unit 1: The importance of fisher safety

Key points

1.1 The international drowning problem

- Worldwide 236,000 drown every year, these numbers could be a lot higher.
- Around 100,000 of these deaths are related to the fishing industry.

1.2 Fishing related drowning problems

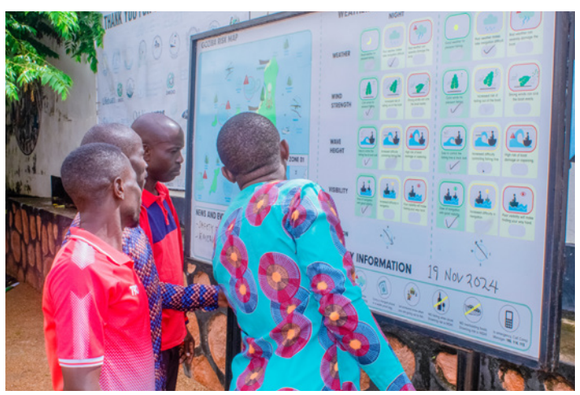
- Many of the problems around fishing drowning are due to lack of weather information, poor maintenance of boats and equipment, lack of flotation devices/ lifejackets and the financial pressures to go fishing.

1.3 Sustainability and illegal fishing

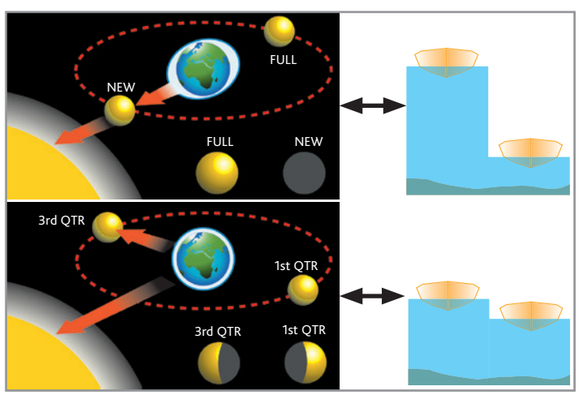
- Fishers should help protect fish stocks and not fish out of season or in prohibited places where fish may be breading in protected areas.

Unit 2: Hazards associated with fishing

2.1 Environmental Hazards



Weather

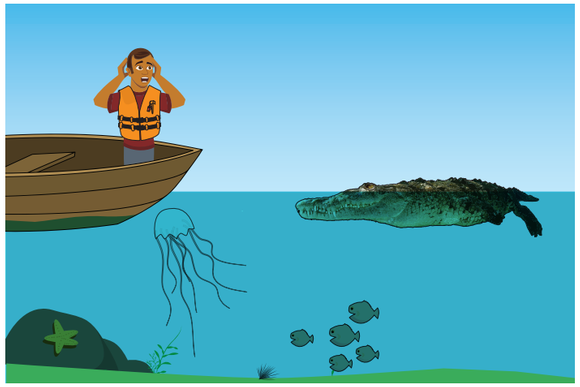


Tides

Water temperature and depth

Entry and exit points

Pollution



Animals

Floating debris

Underwater objects

Darkness/night fishing

Piracy

Unit 2: Hazards associated with fishing

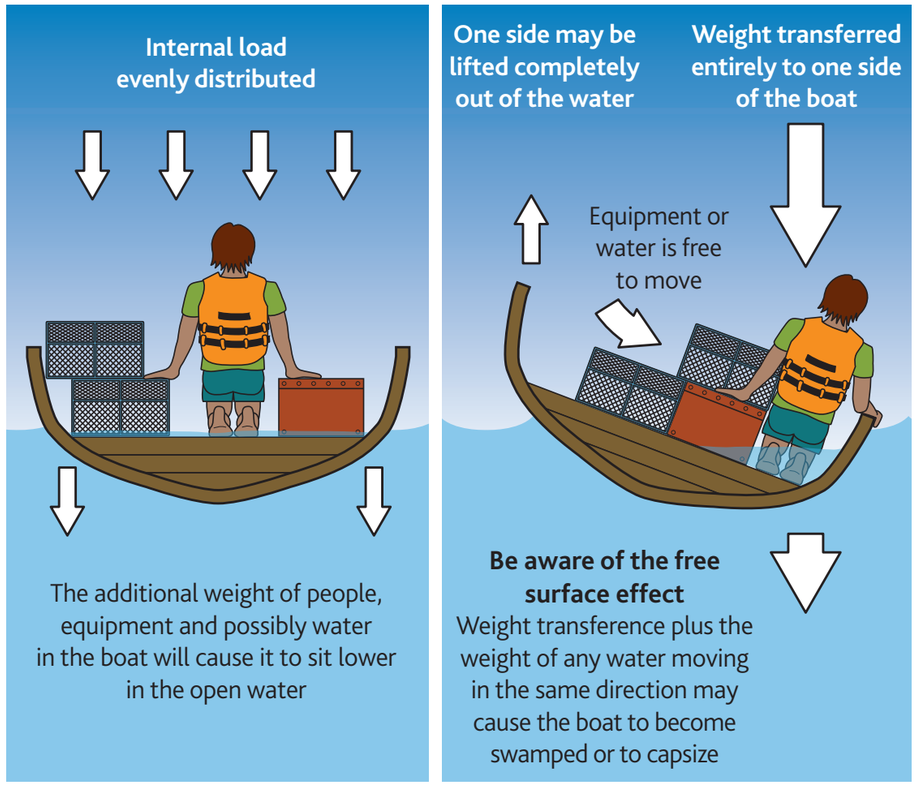
Key points

2.1 Environmental hazards

- Fishers need to be familiar with the different types of environmental hazards and have means to mitigate against them
- Know where to get the weather and tide information and what it means in relation to being able to go out fishing safely
- Become familiar with the types of hazards in the areas that you regularly fish in
- Do not put yourself in unnecessary dangers and inform others of any known hazards.
- Be aware there may be groups of armed bandits attempting to hijack your boat and steal your fish. Do not fight back and comply with their request.
  Your life is more valuable.

Unit 2: Hazards associated with fishing

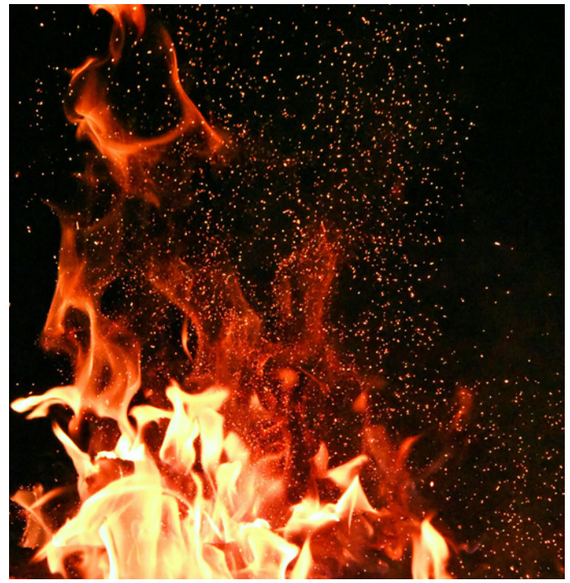
2.2 Equipment hazards



Boat overloading

DO NOT overload your boat with people or equipment

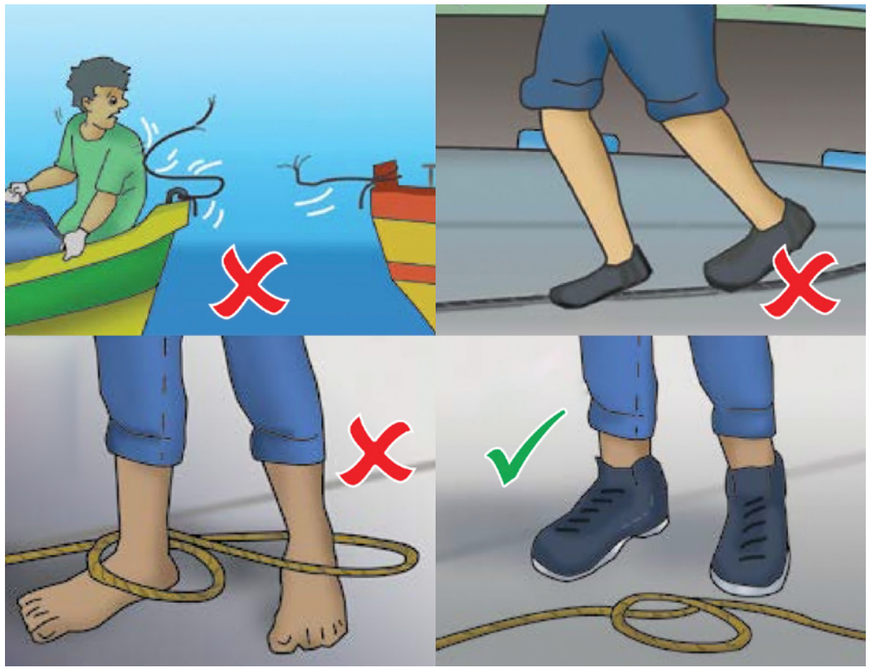
Poor maintenance



Fire onboard

Carry a knife

Carry enough safety equipment for all onboard



Entrapment with equipment/lines

Unit 2: Hazards associated with fishing

Key points

2.2 Equipment hazards

- Fishers need to familiar with the different types of equipment hazards and have means to mitigate against them - ensure your equipment is serviced and in working order.
- Ensure your boat is well maintained and do not overload the boat with equipment or fish, as this can make it unstable leading to a capsize.
- Carry a knife and enough safety equipment for everyone onboard.

Unit 2: Hazards associated with fishing

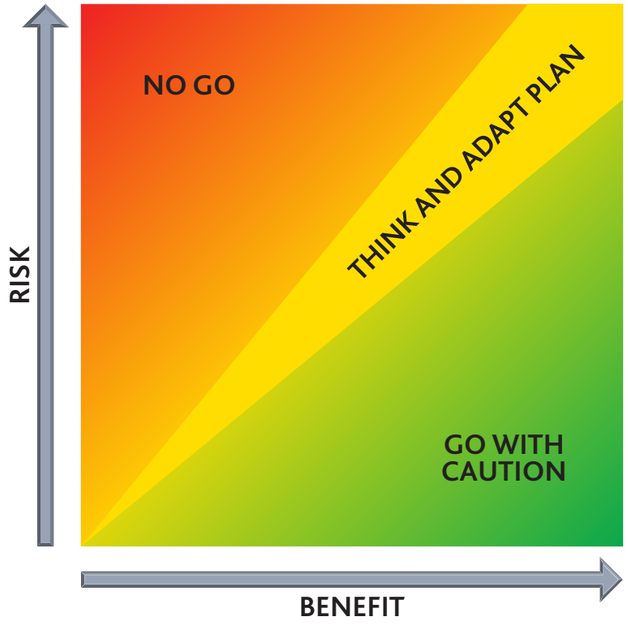
2.3 Roles and responsibilities

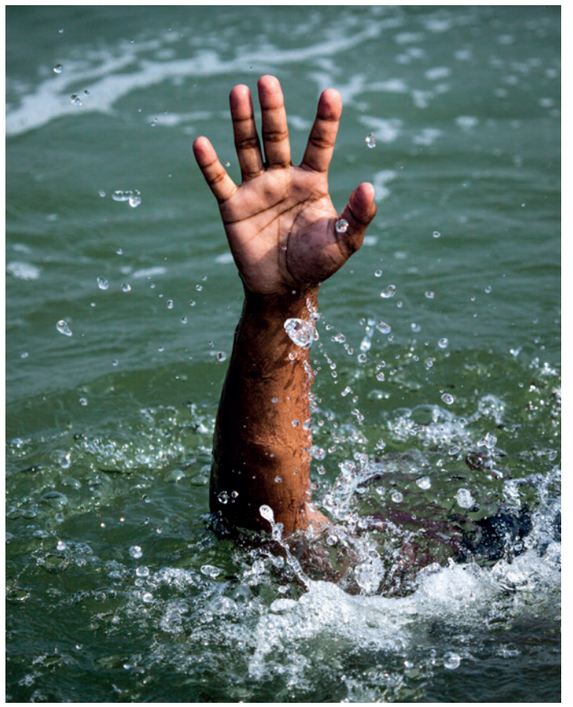
- Nominate a captain.
- Cooperate with the captain and boat owners.
- Make sure you are fit and healthy.
- Do not drink alcohol or take drugs.
- Nobody should be allowed to go fishing if suspect of being under the influence of alcohol or drugs.

2.4 Risk over benefit

When plan fishing activities, ensure your safety priorities are:

1. You
2. Your crew
3. Your boat





Don’t become a casualty!

If the weather conditions are predicting very strong winds (creating dangerous conditions for fishing) the chance of catching fish will be low.

This means that the risk is high and the benefit is low, therefore you should consider not going fishing.

Unit 2: Hazards associated with fishing

Key points

2.3 Roles and responsibilities

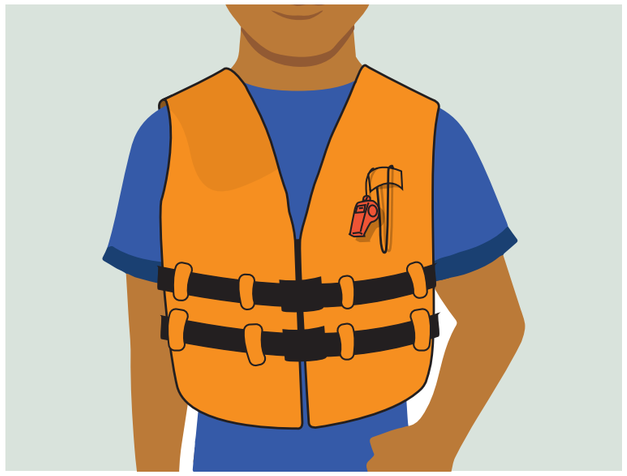
- Think about the risks and consider not going fishing if it is too dangerous.
- Don’t put yourself in unnecessary danger and become a casualty yourself.

2.4 Risk over benefit

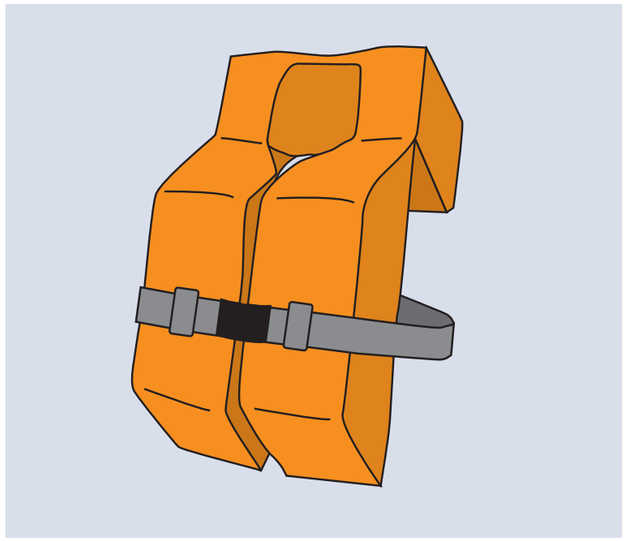
- Ensure there are clear roles and responsibilities on the boat and look after each other.
- Do not drink alcohol or take drugs if you are going fishing.

Unit 3: Lifesaving equipment

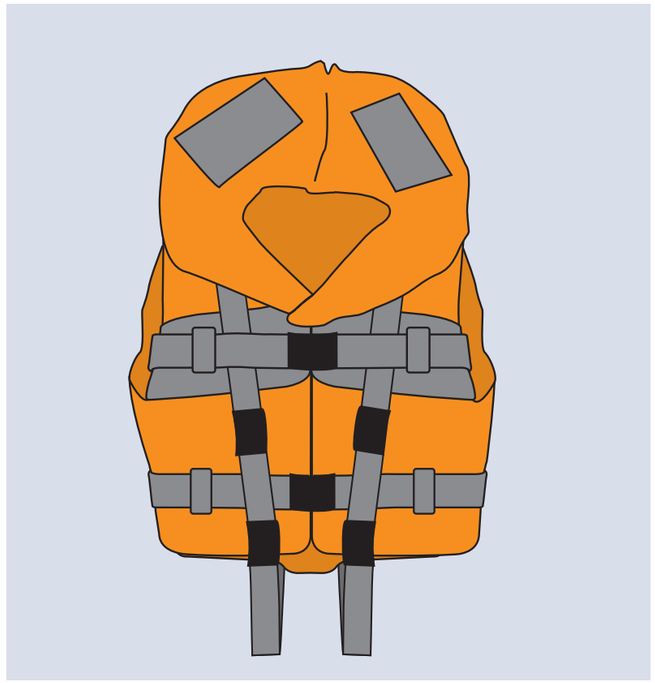
3.1 Personal protective equipment (PPE)



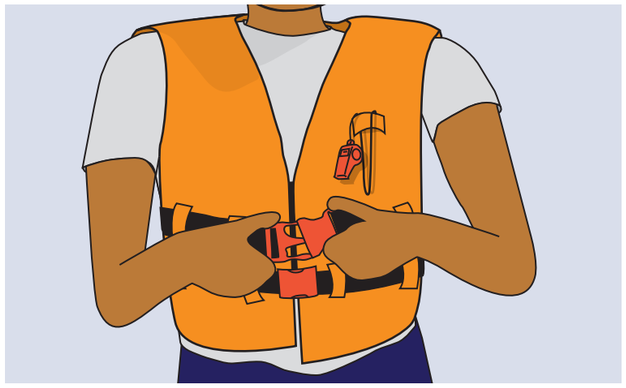
To avoid the risk of drowning ensure you have a means for staying afloat.



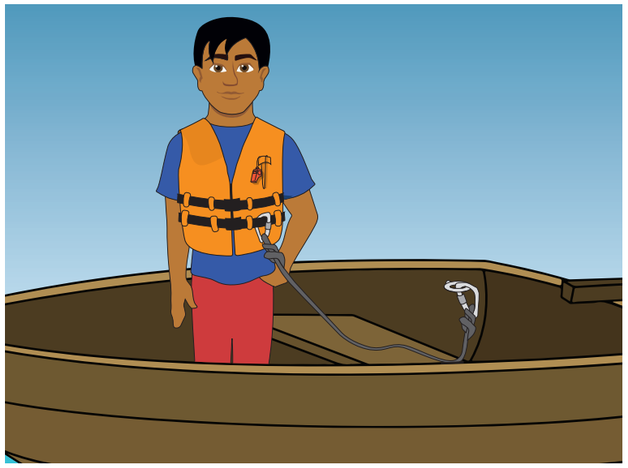
There are many different types of Personal Floatation Devices (PFDs).



A lifejacket is designed so that if you become unconscious, it should keep your head above the water.



A buoyancy aid has inherent buoyancy and will help you to float if you enter the water, but it will not keep your head out of the water should you become unconscious.



Some PFDs come with a ‘lifeline’. This allows for the fisher to be attached to the boat via a rope or webbing. The lifeline **MUST** be able to be released quickly if necessary.

Unit 3: Lifesaving equipment

Key points

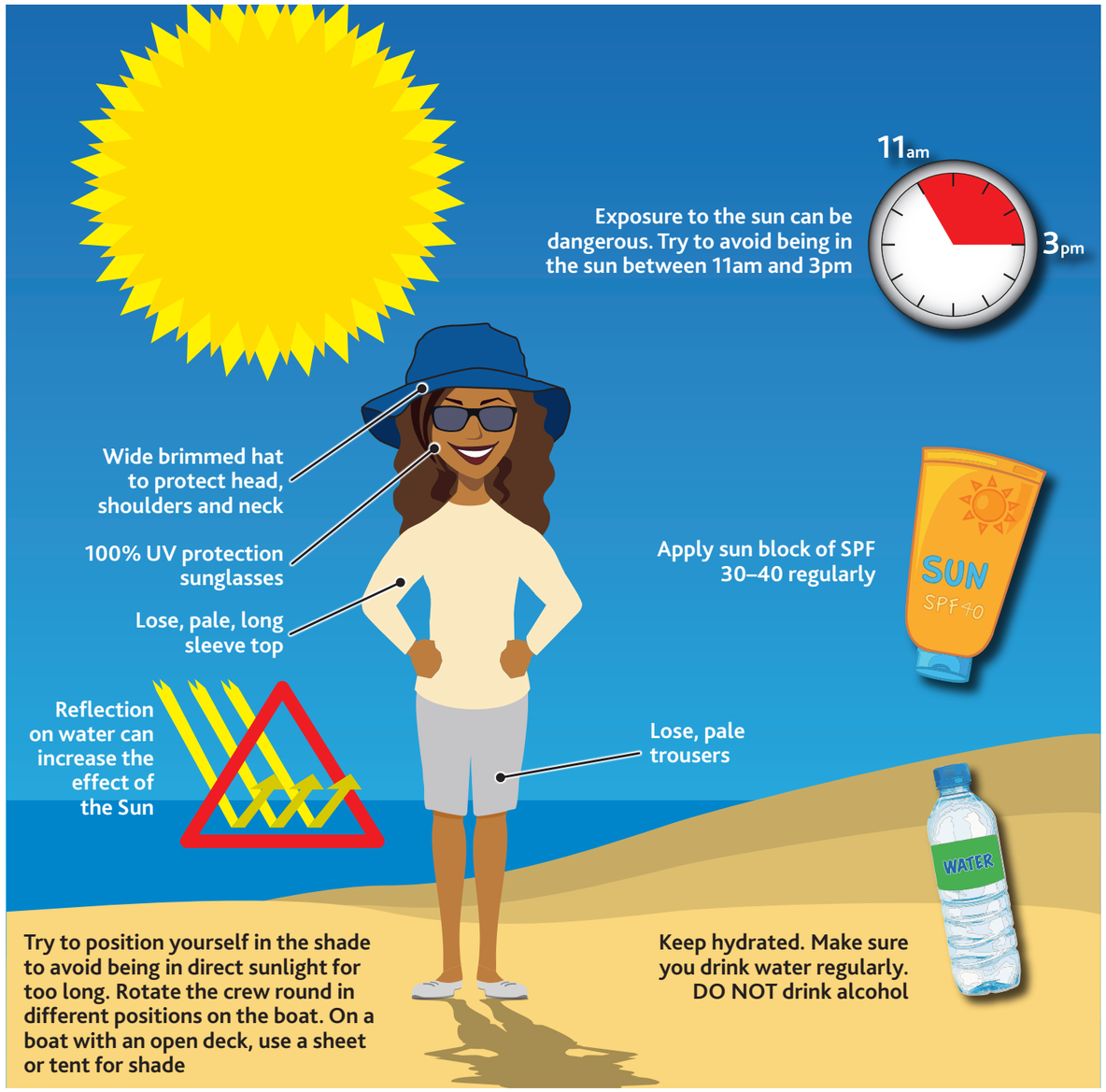
3.1 Personal protective equipment (PPE)

- Fishers need to familiar with the different types of lifesaving equipment.
- There are many different types of Personal Flotation Devices- PFDs (Lifejackets/Buoyancy Aids) ensure you choose one that is comfortable and fits well.

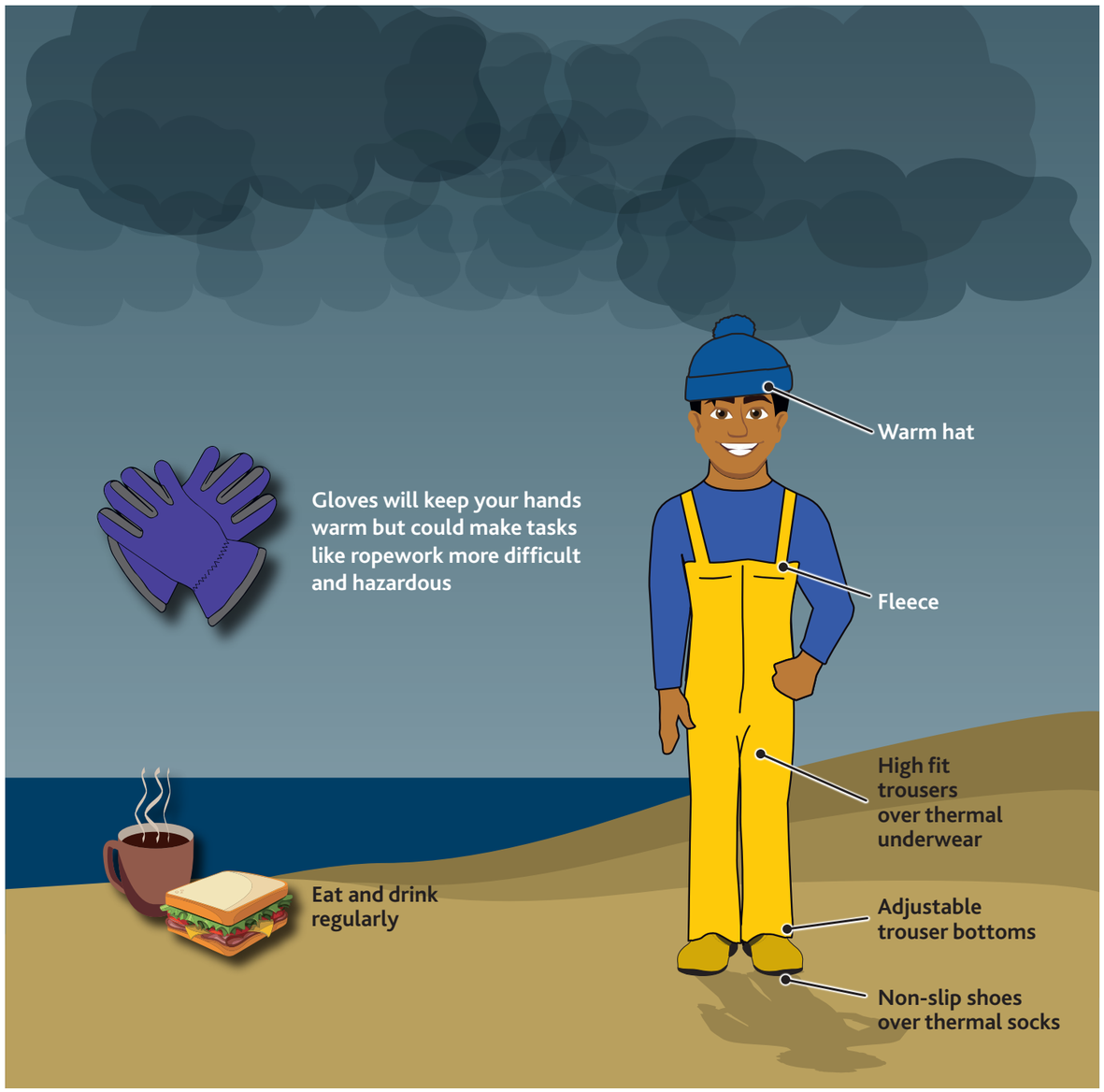
Unit 3: Lifesaving equipment

3.1 Personal protective equipment (PPE) (continued)

Staying cool



Staying warm



Unit 3: Lifesaving equipment

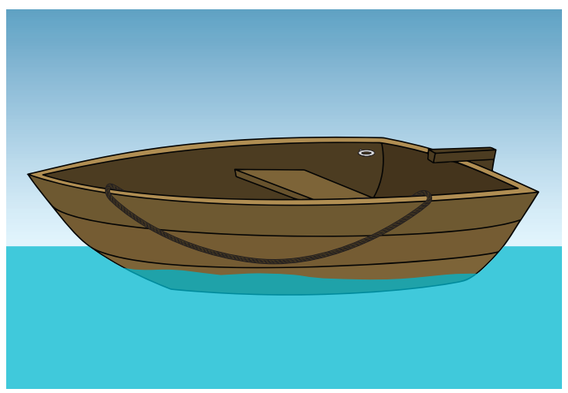
Key points

3.1 Personal protective equipment (PPE) (continued)

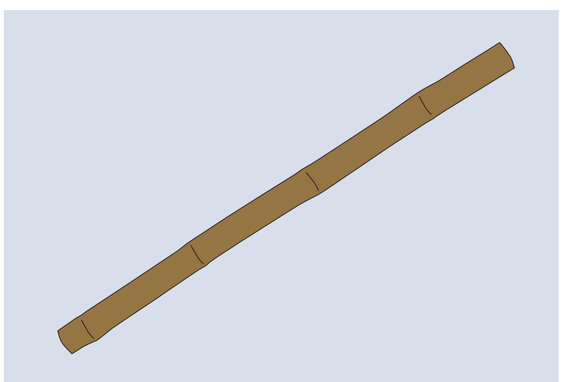
- Take clothing to suit both warm and cold conditions, as the weather can change.

Unit 3: Lifesaving equipment

3.2 Boat safety equipment



Lines on your boat



Rescue pole

Throw bag

Rope

Floating object (bottle ring)

Floating object (5l container)

First aid kit/Fire extinguisher

Spare fuel

Spare oil

Basic tool kit

Various spares

Sail and mast/Paddles/Oars

Unit 3: Lifesaving equipment

Key points

3.2 Boat safety equipment

- Take suitable boat safety equipment. This can include rescue equipment, first aid kits, fire extinguishers. If operating an engine have spare fuel and tolls to carry out basic repairs.
- **Lines on your boat**: It is useful to have some lines on the outside of the boat, that can be used for casualties to grab should they end up falling in the water and can assist with getting back in to the boat.
- **Rescue pole**: A pole can be used to reach somebody in the water from the shore or inside the boat, avoiding the need to enter the water.
- **Throw bag**: A throw bag consists of a length of rope (a throw line) stored inside a quick-release bag. It is used to rescue casualties in water. It is recommended that anybody working in the fishing environment has access to a throw bag.
- **Rope**: Try to use brightly coloured rope that will float as this will help the casualty and rescuer see the rope on the surface of the water.
- **Floating objects**: Floating objects can be used to help a casualty in the event of them entering the water.
  - **Lifering**
  - **5l container**: An empty water container (at least 5 litres) can easily hold the weight of an adult. Most containers have a handle that a casualty can hold onto in the water.
  - **Bottle ring**: Equipment can be made locally out of low-cost materials.
- **First aid kit/Fire extinguisher**: If available a first aid kit and fire extinguisher should be carried on board.
- **Spare fuel and oil**: If using a boat with an outboard engine consider carrying spare oil and fuel.
- **Basic tool kit**: For carrying out small repairs.
- **Various spares**: Fishing boats should consider carrying spares for the equipment and type of boats that are being used.
- **Sail and mast, paddles or oars**: These should be carried on the boat in the event of an engine failure.

Unit 3: Lifesaving equipment

3.3 Maintenance and care of equipment

Maintain equipment

Check equipment

Wash down equipment and allow to dry naturally

Unit 3: Lifesaving equipment

Key points

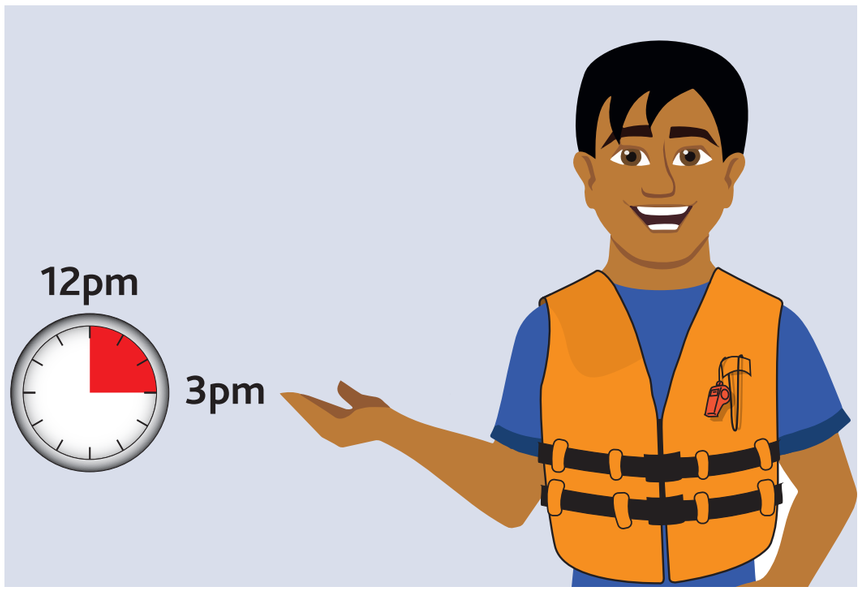
3.3 Maintenance and care of equipment

- It is essential that all equipment is regularly maintained.
- Prior to going fishing, check that the equipment is in working order and shows no signs of damage.
- If equipment is wet, wash down with fresh water if available.
- Allow to dry naturally. Do not store wet equipment.

Unit 4: Communication and location

4.1 Pre-departure checks

Check weather



Tell someone where you are going and how long for

Ensure you have communications equipment

Wear a PFD and carry safety equipment

Unit 4: Communication and location

Key points

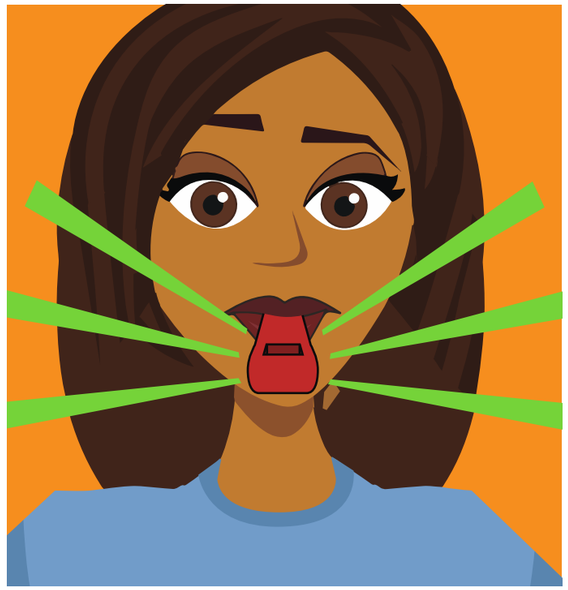
4.1 Pre-departure checks

- Before going fishing, ensure you carry out the necessary pre- departure checks:
  - Always check the weather before going fishing or travelling by boat.
  - Tell someone where you are going and what time to expect you back.
  - Carry a means for calling for help.
  - Wear a PFD and carry suitable boat safety equipment.

Unit 4: Communication and location

4.2 Calling for help

Yelling or shouting



Using a whistle

Waving your arms

Using reflective materials/mirror

Using a flashlight

Mobile phones/waterproof pouch

VHF radios

The word 'Mayday' comes from the French 'm'aidez - meaning 'assist me!
The format of a Mayday call is always as follows:

- **M** • **MAYDAY repeated three times**
- **I** • **Identification repeated three times**
- **R** • **Repeat MAYDAY and identification once only**
- **P** • **Position - latitude and longitude or range and bearing from a known position**
- **D** • **Distress, nature of**
- **A** • **Assistance required**
- **N** • **Number of persons on board**
- **I** • **Information**
- **O** • **Over**

Understand a MAYDAY call

Unit 4: Communication and location

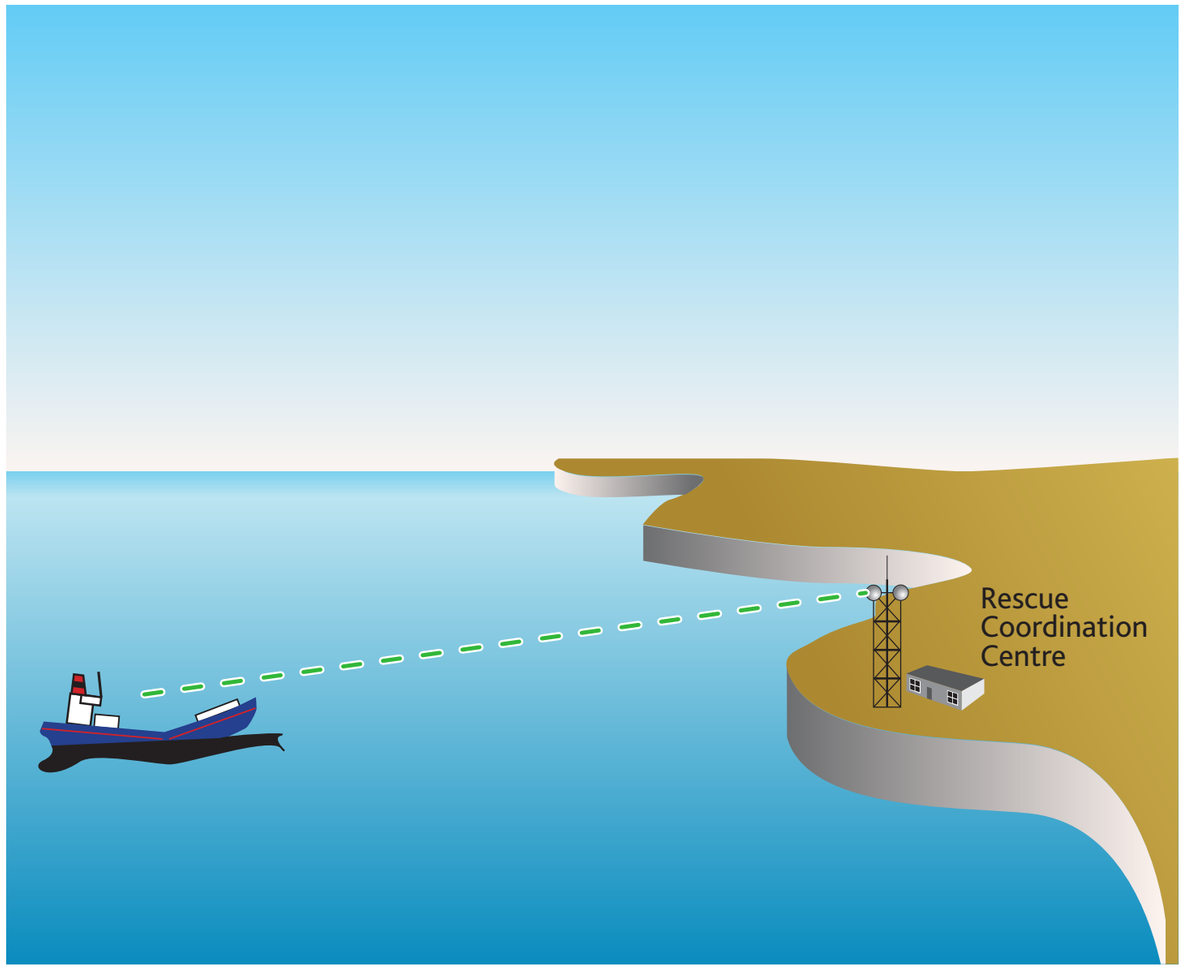
Key points

4.2 Calling for help

- Know the different ways of calling for help and what information to give when calling for help:
  - Yelling or shouting.
  - Using a whistle.
  - Waving your arms.
  - Using reflective materials or a mirror.
  - Using a flashlight.
  - Mobile phones- check that you have coverage and keep in a waterproof pouch.
  - VHF radios.
  - The key information you want to transmit in a MAYDAY are:
    - Position (where you are).
    - People onboard (how many people including yourself).
    - Problem (what is the emergency (fire/sinking/flooding/life threatening situation)).

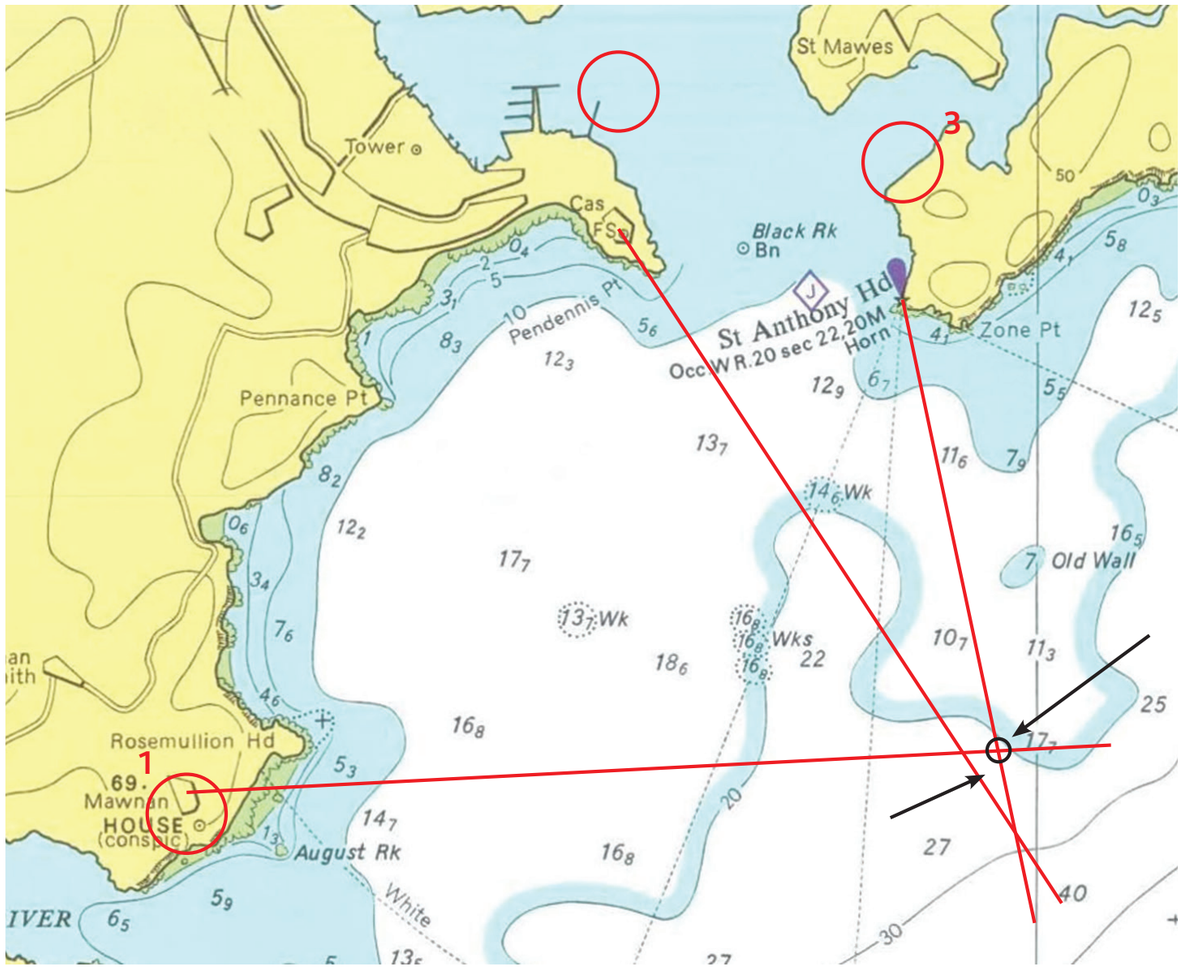
Unit 4: Communication and location

4.3 Who to call for help



Before you leave make sure you know who to call for help and their telephone numbers.

4.4 Being found



Do not enter the water unless necessary, always try and stay with your vessel.

Unit 4: Communication and location

Key points

4.3 Who to call for help

- Have a list of people that you can call for help in your community.
- Before you leave make sure you know who to call for help and their telephone numbers.
- Follow your local protocols:
  - Coastguard/fire service/police.
  - Fishing community emergency response plans.
  - Other fishing boats in the vicinity of your location.

4.4 Being found

- Use different methods to help being found.
- Do not enter the water unless necessary always try to stay with your vessel.
  - Stay together - do not try and swim unless very close to land (less than 20 metres).
  - Stay calm and preserve energy - make yourself visible.
  - Know your location - use a chart/map if available and local knowledge (landmarks).

Unit 5: Emergency Situations

5.1 Entering the water

If you're not wearing a PFD, you should try to stay afloat by using the following technique:

1. Tilt your head back
with ears submerged

4. It's OK if your legs sink
we all float differently

2. Relax
and try to breathe normally

5. Spread your arms and legs
to improve stability

3. Move your hands
to help you stay afloat, spread your arms and legs out to improve stability

Once your breathing is under control, call for help or swim to safety

What to do should you end up in the water if you are wearing a PFD...

Adopt the H.E.L.P. position when alone in the water

Adopt the "huddle" position when all together in the water

Unit 5: Emergency Situations

Key points

5.1 Entering the water

If you're not wearing a PFD, you should try to stay afloat by using the following technique:

- Tilt your head back with ears submerged.
- Relax and try to breathe normally.
- Move your hands to help you stay afloat, spread your arms and legs out to improve stability.
- It's OK if your legs sink we all float differently.
- Spread your arms and legs to improve stability.

If you are wearing a PFD, you should do the following:

- **Adopt the H.E.L.P. position when alone in the water**
  - Ensure all the straps on your lifejacket are done up and secure.
  - Heat, Escape, Lessening, Posture.
  - Cross the legs and bend them up towards the body.
  - Cross the arms and hold onto the shoulders of the lifejacket.
  - At night, activate the lifejacket emergency light if fitted. Try and place this at the highest point to ensure good all round visibility.
- **Adopt the "huddle" position when all together in the water**
  - Everyone huddle together.
  - Try to attach to each other using a safety line if available. Thread the harness around the waist bands or lifting strops of the other lifejackets, NOT around the lifejackets stole.
  - Being linked together keeps the crew closer together which helps to retain body heat and maintain morale. It also increases the chance of being spotted.
  - At night, activate an emergency light if available.
  - Constantly monitor each other.

Unit 5: Emergency Situations

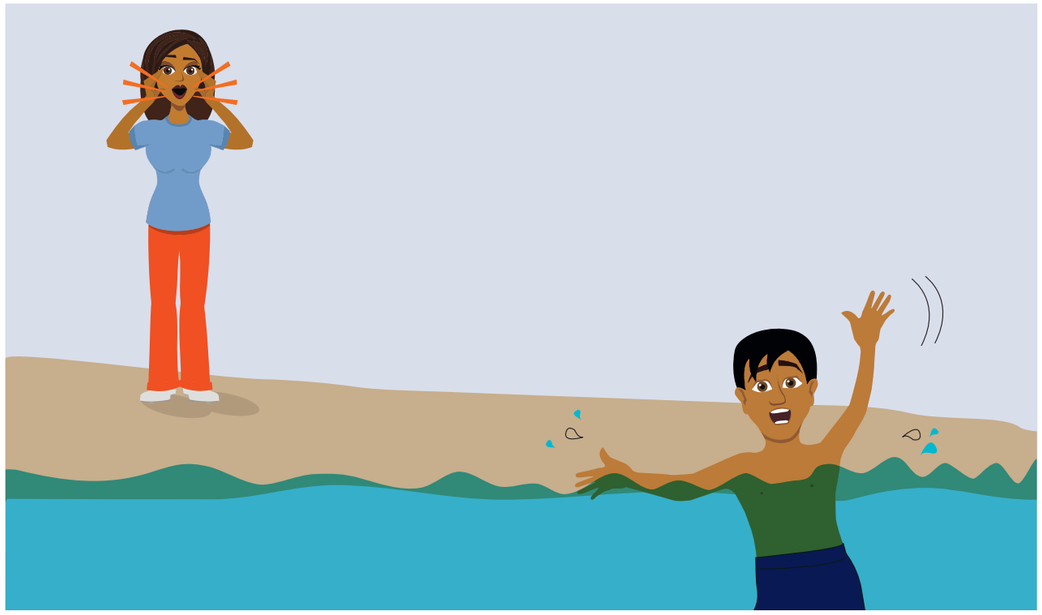
5.2 Basic rescue techniques

Type of rescue	Level of risk
Shout	Low risk
Reach	
Throw	
Swim	Highest risk

Entering the water puts you at a higher risk

Shout and signal rescue

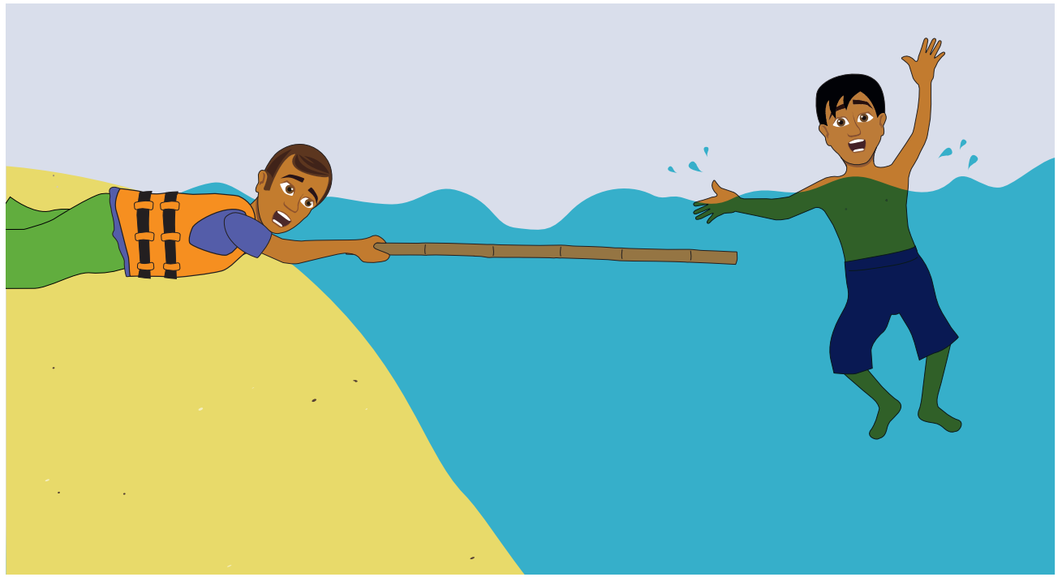
Step 1



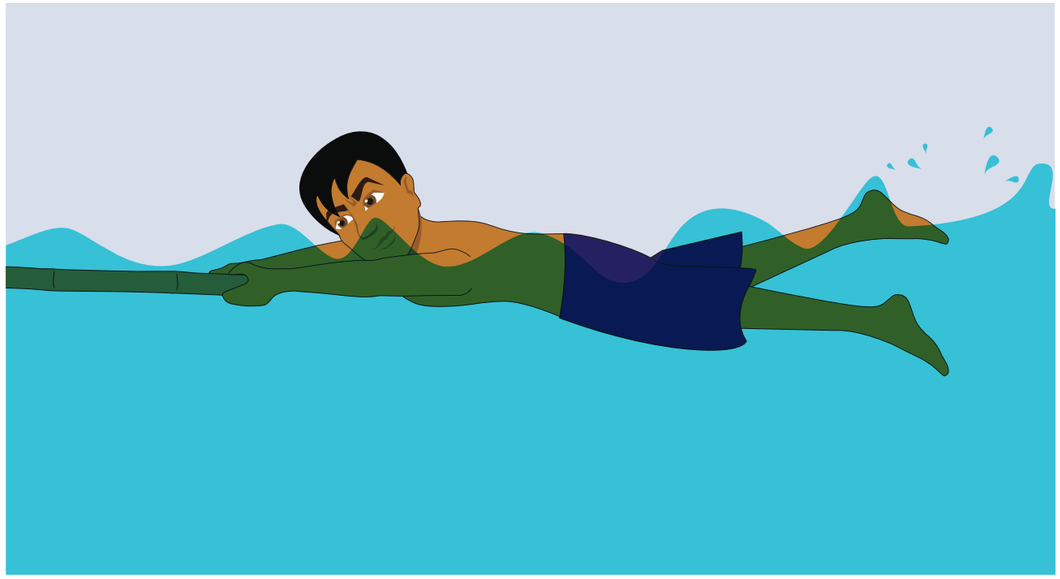
Step 2

Reach rescue

Step 1



Step 2



Unit 5: Emergency Situations

Key points

5.2 Basic rescue techniques

Shout and signal rescue

- When? When the person in trouble is close to the boat or the shore.
- Why? It requires no equipment and the rescuer stays out of danger.
- **Step 1**
  - Get the attention of the person in the water.
- **Step 2**
  - Use your voice and hand signals to encourage the person to swim to the side.

Reach rescue

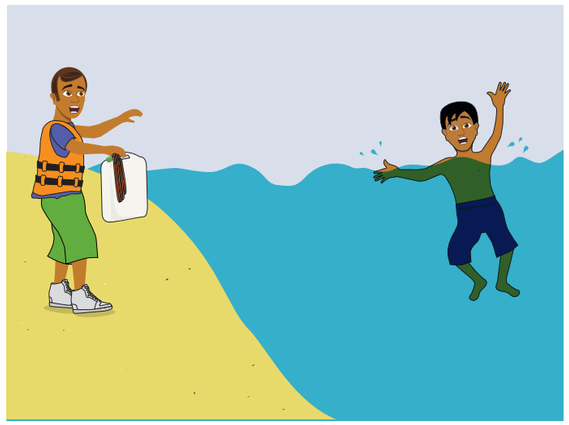
- When? When the person in trouble is close to the boat or the shore.
- Why? It is the safest type of rescue when the person cannot swim and you have equipment.
- **Step 1**
  - Reach the person using a long rigid object, such as a stick or pole.
  - Stay low on the ground so that the person cannot pull you into the water.
- **Step 2**
  - Pull the person to the side.

Unit 5: Emergency Situations

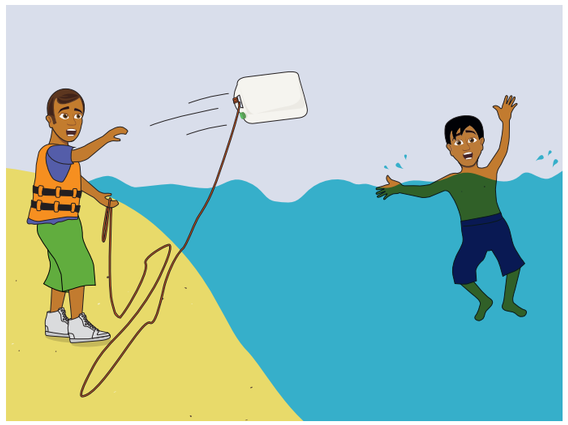
5.2 Basic rescue techniques (continued)

Throw rescue – with a floating object

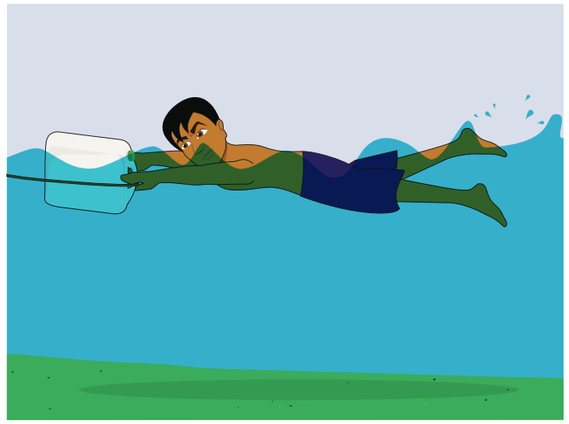
Step 1



Step 2



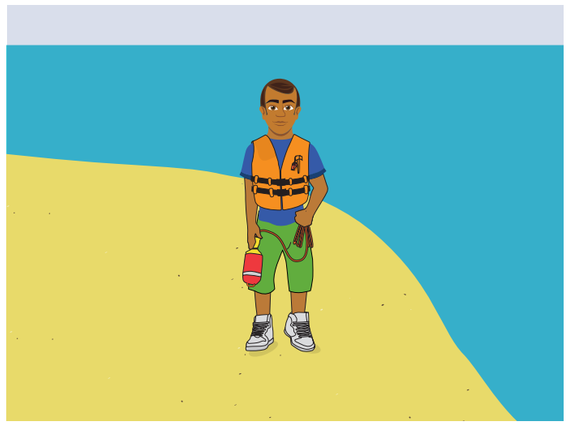
Step 3



Step 4

Throw rescue – with a throw bag

Step 1



Step 2

Step 3

Step 4

Unit 5: Emergency Situations

Key points

5.2 Basic rescue techniques (continued)

Throw rescue – with a floating object

- When? If the person in trouble is close to the boat or the shore, but too far away to conduct a reach rescue.
- Why? Reduces the risk to the rescuer – there is no need to swim.
- **Step 1**
  - Attract the attention of the person in trouble.
  - Remember to adjust your throw to take into account the wind and flow of water.
- **Step 2**
  - Throw a floating object, such as a rope or water container, to the person. If possible, attach a line to the floating object to help pull the casualty to the bank.
- **Step 3**
  - Tell the person to kick their legs and swim to the side.
- **Step 4**
  - Help the person out of the water.

Throw rescue – with a throw bag

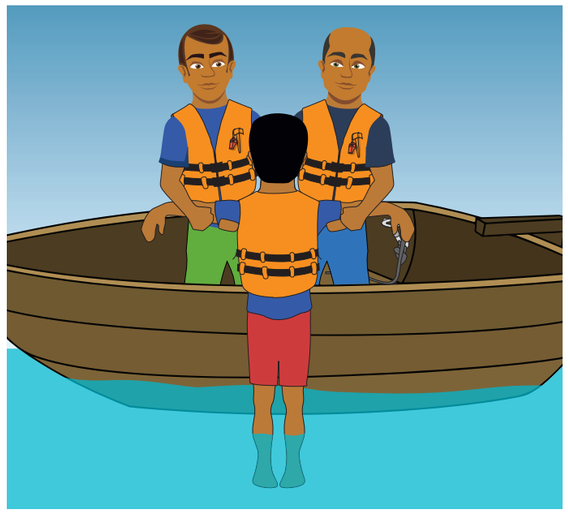
- When? If the person in trouble is close to the boat or the shore, but too far away to conduct a reach rescue.
- Why? Reduces the risk to the rescuer – there is no need to swim.
- **Step 1**
  - Remove some line from the throw bag.
  - Hold the end of the line in one hand and hold the throw bag in the other hand.
- **Step 2**
  - Identify a suitable area to land the casualty.
  - Make eye contact with the casualty and shout: “Hold the rope!”.
- **Step 3**
  - Throw the bag, aiming beyond the casualty.
  - Be prepared for the pull on the rope and brace with your feet.
- **Step 4**
  - If needed, repack the rope into the bag quickly and throw again. Otherwise, help the person out of the water.

Unit 5: Emergency Situations

5.3 Man overboard

Should you end up in the water, ensure you are familiar with different methods of how to recover yourself and others back onto your particular boat.

If necessary, try to create a ‘step’ to help you climb out of the water and into the boat



Facing towards the boat

Facing away from the boat

NOTE

It is important that you regularly practice person recovery drills to ensure you and your crew are familiar with the various methods.

5.4 Flooding

Always have a suitable means for removing any excess water in the boat, such as a bucket.

Unit 5: Emergency Situations

Key points

5.3 Man overboard

Here are some considerations to prevent a man overboard situation:

- Always be on guard against falling overboard as it is a major cause of fatality at sea.
- Excessive use of alcohol or misuse of drugs is a threat to the safety of the vessel and the crew and can increase the chances of falling in.
- In the event of a change of course or speed, warn the crew, as the change in motion may catch them unaware.
- Lifelines should be set up, as appropriate to the type and size of the vessel to prevent crew members from falling or being washed overboard in bad weather. Lifelines with manropes should be rigged on the working deck.
- When work is carried out where there is a risk falling overboard, or when work is carried out on the deck in bad weather, a safety harness with a safety line attached should be used. The length of the safety line should be adjusted to prevent falling overboard.
- Do not sit on the railing to avoid falling overboard.

How to recover yourself and others back onto your particular boat:

- If necessary, try to create a 'step' to help you climb out of the water and into the boat.
- Facing away from the boat.
- Facing towards the boat.
- It is important that you regularly practice person recovery drills to ensure you and your crew are familiar with the various methods.

5.4 Flooding

If your boat starts taking in water, the first thing to do is ensure everyone on board has their PFD on and that it is properly fastened, then:

- Make a distress call and head towards shallower water.
- Try to locate the cause of the leak and reduce the flow of water by pushing something into the hole.
- Bail the water out as best you can.
- Should the boat submerge or turn over, stay with the boat - you have a much greater chance of being found.
- Never attempt to swim to shore unless you are wearing a life jacket.
- If you are in the water with floating objects such as an upturned boat, then raise as much of your torso out of the water as possible.
- Always have a suitable means for removing any excess water in the boat, such as a bucket.

Unit 6: First Aid

6.1 What is first aid?

First aid is the immediate care given to an injured or sick person.

A casualty may have;

- cut their foot on a sharp object
- been stung or bitten by an animal
- slipped over onto a hard surface
- got something stuck in their eye
- gone underwater for a long period of time.

The specific aims of first aid are to;

- preserve life
- prevent the injury or illness getting worse
- promote recovery.

Preserve life

For any human being to stay alive the following three things are needed:

Oxygen (lungs)

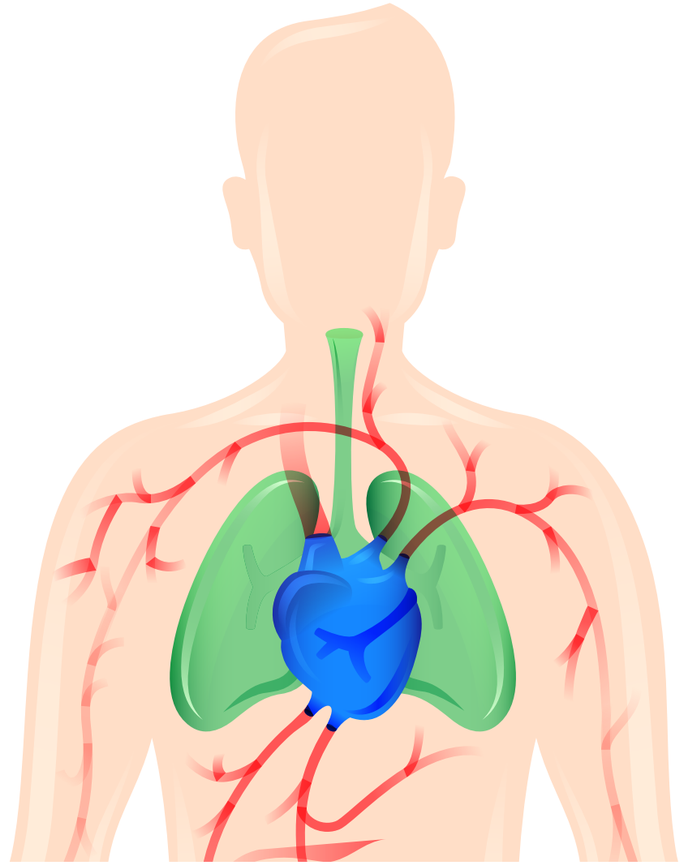
If a casualty is lacking oxygen a rescuer needs to think about their breathing.

Blood

If a casualty is bleeding it needs to be controlled.

Pump (heart)

If a casualty's pump (heart) stops, the rescuer may need to pump for them.



Unit 6: First Aid

Key points

6.1 What is first aid?

- A casualty may have;
  - cut their foot on a sharp object
  - been stung or bitten by an animal
  - slipped over onto a hard surface
  - got something stuck in their eye
  - gone underwater for a long period of time.

- The specific aims of first aid are to;
  - preserve life
  - prevent the injury or illness getting worse
  - promote recovery.

- Preserve life: For any human being to stay alive the following three things are needed;
  - 🟢 Oxygen (lungs): If a casualty is lacking oxygen a rescuer needs to think about their breathing.
  - 🔴 Blood: If a casualty is bleeding it needs to be controlled.
  - 🔵 Pump (heart): If a casualty's pump (heart) stops, the rescuer may need to pump for them.

Unit 6: First Aid

6.2 Primary survey

DRAB Action Plan

D – Danger
Check for danger. Ensure the surroundings are safe for you and the patient.

R – Response
Check the casualty's responsiveness. (AVPU, see p50)

NO	YES
↓	• Make comfortable • Monitor • Check for injuries

Call for help

A – Airway
Check the casualty's mouth. Is there an obstruction?

NO	YES
• Place on their back • Tilt head and lift chin. • keep airway open.	• Place on their side • Allow the block to drain.

B – Breathing
Look, listen and feel for breathing. Is the casualty breathing?

NO	YES
• Start CPR	• Place in recovery postion

Blood – risk of infection

The rescuer should protect themselves from blood at all times, as it may contain a virus.

To reduce the risk of contact with blood the rescuer should use a barrier (such as gloves or a plastic bag).

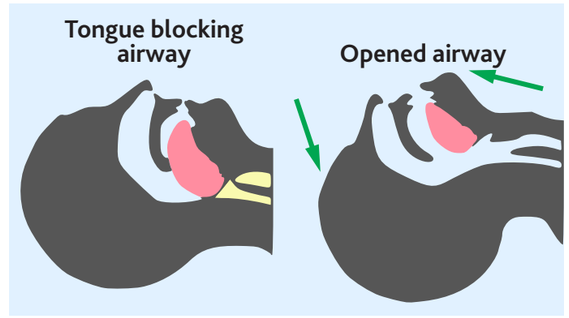
Step 1 – Assess response*

If the casualty can talk, they are responsive. If the casualty does not respond to voice or touch then they may be unconscious.

CALL FOR HELP

* The levels of response can be broken down into AVPU:
- **Alert**
- **Voice**
- **Pain**
- **Unresponsive/unconscious**

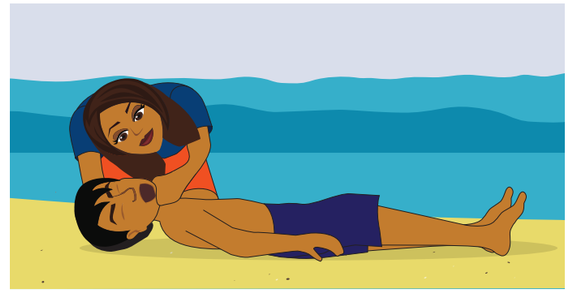
Step 2 – Open airway



What blocks an airway:
- Tongue
- Foreign object, such as food
- Fluid, such as water, blood or vomit
- Swelling from allergic reaction or burn

NO AIRWAY = NO PATIENT

Step 3 – Check breathing



Unit 6: First Aid

Key points

6.2 Primary survey

- A primary survey is the first check of the area and the condition of the casualty.
- It is important to consider what has happened, as it can help the rescuer understand the injuries and the likely signs and symptoms.
  - A sign is something you can see.
  - A symptom is something the sick or injured person tells you they feel.

Check for dangers

- The rescuer must consider the dangers on arrival at the location of an incident.
- Some examples include;
  - weather, tide/sea and conditions at the scene
  - craft that are sinking or out of control
  - loose/unstable debris or casualty craft breaking up
  - fire, smoke, gas or electrical dangers
  - unstable surfaces such as rock falls
  - people, crowds, aggression and emotion
  - blood that may contain a virus.

Blood – risk of infection

- The rescuer should protect themselves from blood at all times, as it may contain a virus.
- To reduce the risk of contact with blood the rescuer should use a barrier (such as gloves or a plastic bag).

DRAB Action Plan

D – Danger
Check for danger. Ensure the surroundings are safe for you and the patient.

R – Response
Check the casualty's responsiveness. (AVPU, see p50)

NO	YES
↓	• Make comfortable • Monitor • Check for injuries

Call for help

A – Airway
Check the casualty's mouth. Is there an obstruction?

NO	YES
• Place on their back • Tilt head and lift chin. • keep airway open.	• Place on their side • Allow the block to drain.

B – Breathing
Look, listen and feel for breathing. Is the casualty breathing?

NO	YES
• Start CPR	• Place in recovery postion

Step 1 – Assess response*

- Talk to the casualty to see if they respond to voice.
- Tap the shoulder of the casualty to see if they respond to touch.
- If the casualty can talk, they are responsive. If the casualty does not respond to voice or touch then they may be unconscious. CALL FOR HELP.

Step 2 – Open airway

If the casualty is unconscious or unresponsive:

- Check that the casualty has an open, clear airway.
- Tilt the head backwards.
- Lift the chin with two fingers.
- By providing a clear airway the casualty may be able to breathe.

Step 3 – Check breathing

Whilst maintaining the airway open:

- Look, listen and feel for the casualty's breathing for 10 seconds.

*The levels of response can be broken down into AVPU:

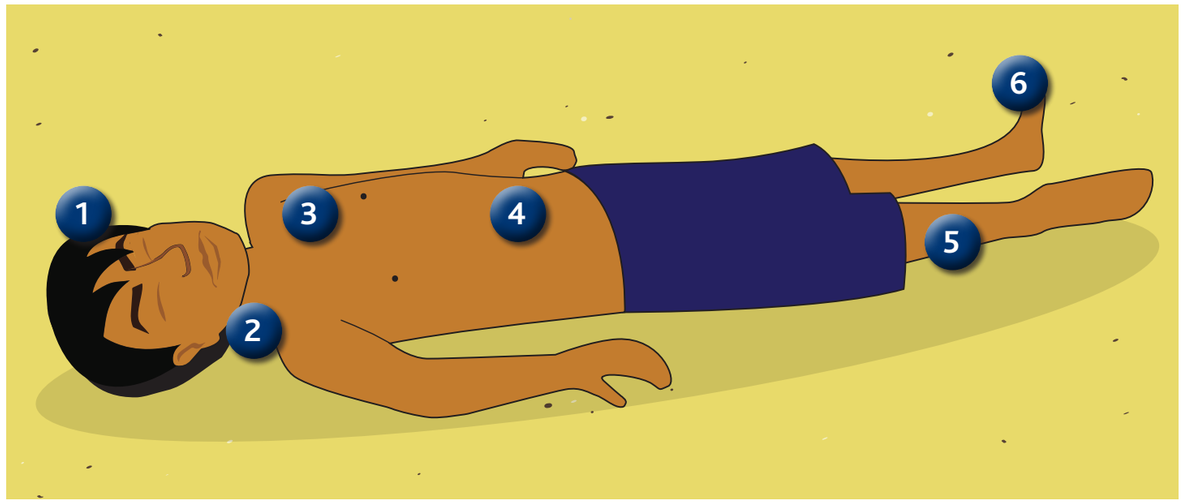
- **Alert**
- **Voice**
- **Pain**
- **Unresponsive/unconscious**

Unit 6: First Aid

6.2 Primary survey (continued)

Head-to-toe check

1. Head and face
2. Neck
3. Shoulders and chest
4. Stomach
5. Arms and legs
6. Feet

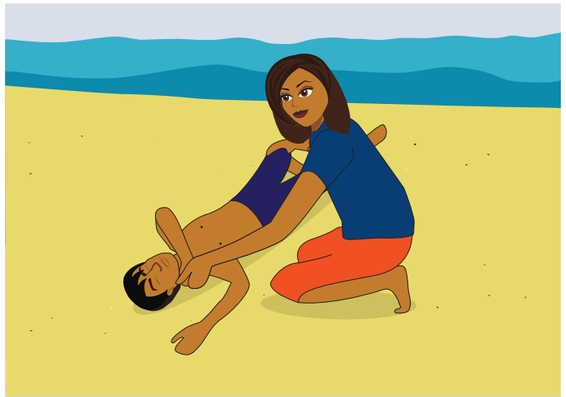


Unconscious casualties and vomit and other fluids

Recovery position

Step 1

Step 2



Step 3

Unit 6: First Aid

Key points

6.2 Primary survey (continued)

Head-to-toe check

- Only if the casualty is breathing normally and the airway is clear and open, complete a head-to-toe check.
- Starting from the head and ending at the feet, check for any injuries or bleeding and treat where possible.
- Areas to check:
  1. Head and face.
  2. Neck.
  3. Shoulders and chest.
  4. Stomach.
  5. Arms and legs.
  6. Feet.

Unconscious casualties

- Monitor the casualty's airway.
- Ensure it is clear and open, as unconscious casualties can choke on their own tongue.

Vomit and other fluids

- Roll the casualty onto their side.
- Support the head, check the mouth and attempt to remove any vomit and other fluids.

Recovery position

Step 1

- Place the arm nearest to you at right angles to the body, elbow bent with the palm of the hand facing upwards.
- Bring the far arm across the chest, and hold the back of the hand against the cheek nearest to you.

Step 2

- With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground.
- Keeping the hand pressed against the cheek, pull on the far leg to roll the person towards you onto their side.

Step 3

- Adjust the upper leg so that both the hip and knee are bent at right angles.
- Tilt the head back to make sure that the airway remains open.
- Check breathing regularly.
- Keep warm and reassure.

Unit 6: First Aid

6.3 Cardiopulmonary resuscitation (CPR)

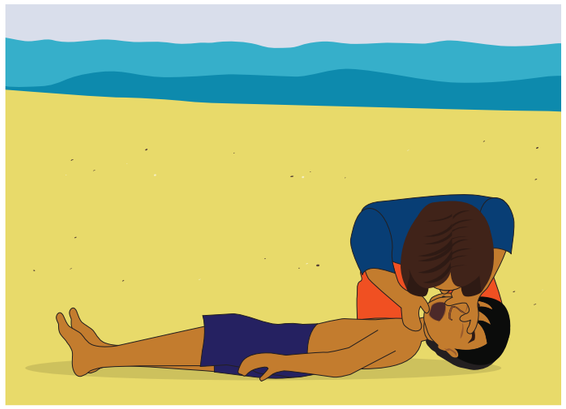
CPR for adults

DO NOT START CPR when:

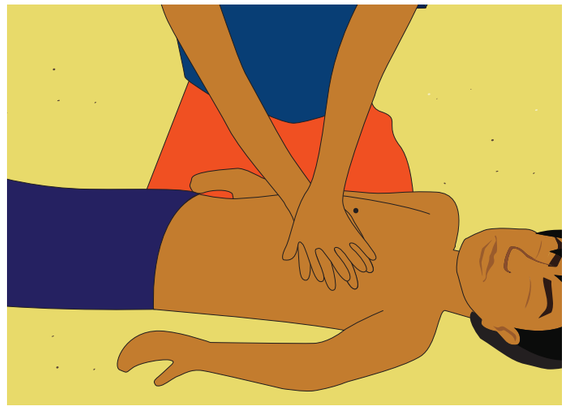
- the casualty is decomposed
- the casualty cannot survive the injury
- it is too dangerous to start.

Step 1

Step 2

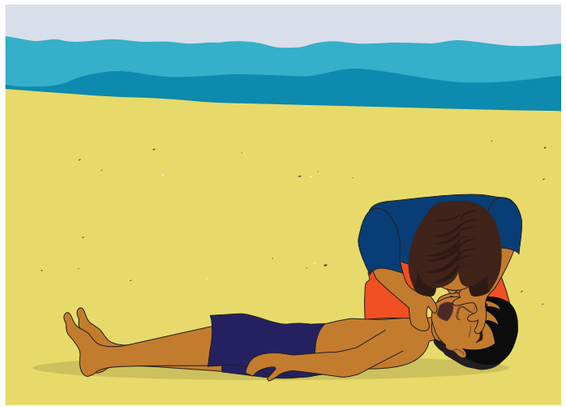


Step 3

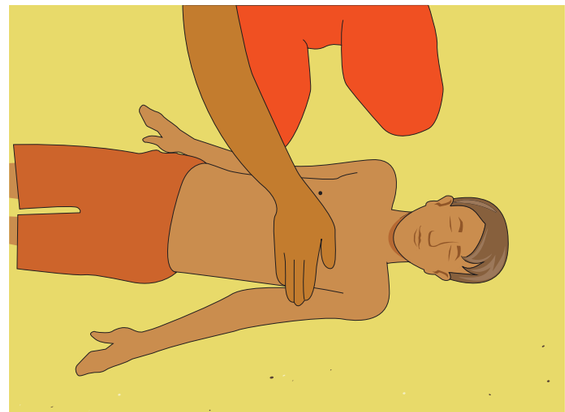


Step 4

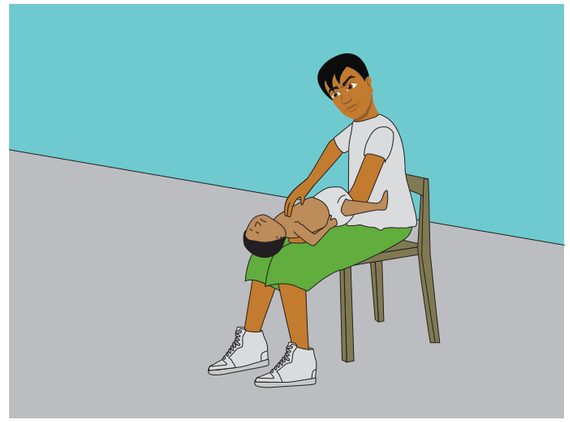
Step 5



CPR for children (1-8 years old)



CPR for babies (up to 1 year old)



STOP CPR when:

- the person is breathing normally
- after 30 minutes, if no help has arrived.

Unit 6: First Aid

Key points

6.3 Cardiopulmonary resuscitation (CPR)

- If the casualty is not breathing, CPR is used by the rescuer to take over the job of a casualty's heart and lungs. Chest compressions are given to manually pump blood around the body and breaths are given to provide oxygen.

DO NOT START CPR when:	• the casualty is decomposed • the casualty cannot survive the injury • it is too dangerous to start.

CPR for adults

Step 1

- Tilt the head back and lift the chin using two fingers.
- Pinch the nose to stop air escaping.

Step 2

- Put your lips around the casualty's mouth and blow gently until the chest rises.
- Give another breath after the chest falls. Repeat until you have given 5 breaths. .

Step 3

- Put the heel of one hand in the centre of the chest.
- Place your second hand on top of the first and link your fingers.

Step 4

- Compress the chest 5–6cm by keeping your arms straight and using the weight of your body.
- Repeat this 30 times doing 2 compressions per second.

Step 5

- After 30 compressions give 2 breaths.
- Then give another 30 compressions.
- Continue this cycle for 30 minutes.

CPR for children (1-8 years old)

- Use only a single hand to compress the chest to approximately one third of the chest depth.

CPR for babies (up to 1 year old)

- Use only 2 fingers to compress the chest to approximately one third of the chest depth.

STOP CPR when:	• the person is breathing normally • after 30 minutes, if no help has arrived.

Unit 6: First Aid

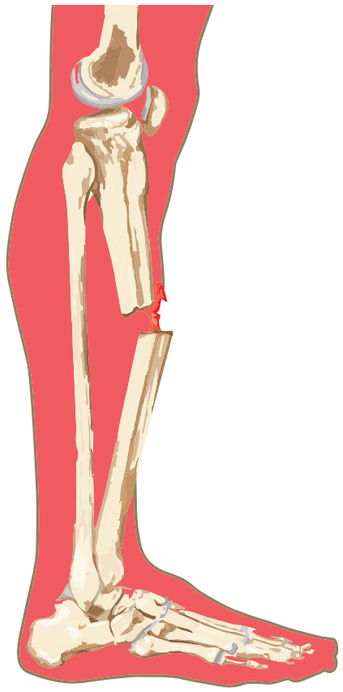
6.4 Control of bleeding

Control and manage major bleeding quickly

Cuts and grazes

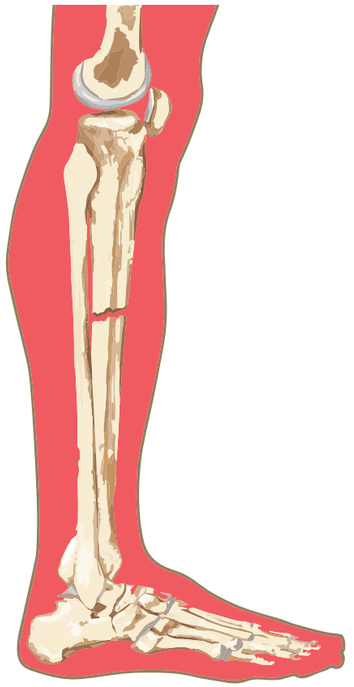
6.5 Broken bones

Open fractures



Bone visible

Closed fractures



No bone visible

Example of an leg immobilisation

Example of an arm immobilisation

Unit 6: First Aid

Key points

6.4 Control of bleeding

- It is important to control and manage major bleeding quickly.
  - To stop heavy bleeding, apply direct pressure.
  - An injured casualty should sit or lie down, as at any point they may collapse.

Cuts and grazes

Direct pressure

- Direct pressure is when pressure is applied directly to the wound. Apply pressure to the wound so that the bleeding stops.
- Direct pressure can come from the casualty's own hand, the rescuer's hand or a bandage.
- Removing an object from a wound may make it bleed more. If possible, leave the object in the wound and go to hospital.
- Applying pressure around the object can slow the bleeding.

6.5 Broken bones

- A closed fracture has no bone visible, whereas an open fracture has bone visible. The casualty will be in pain, may have swelling, deformity or bruising. When dealing with the casualty, keep the limb as still as possible and handle broken bones gently..
  - To stop heavy bleeding, apply direct pressure.
  - An injured casualty should sit or lie down, as at any point they may collapse.

Open fractures

- If a casualty has an open fracture, stopping bleeding is the first priority. Major bleeding must be controlled by direct pressure and bandages.
  - Do not put any pressure onto the broken bone.
  - Continue treatment the same as for closed fractures.

Closed fractures

- Remove watches and jewellery as the limb may swell.
  - Support the upper limb close to the chest in a comfortable position using the free arm or material for support.
  - Tie the legs together for support. Put padding between the legs. Place a straight object between the legs to stop them moving.

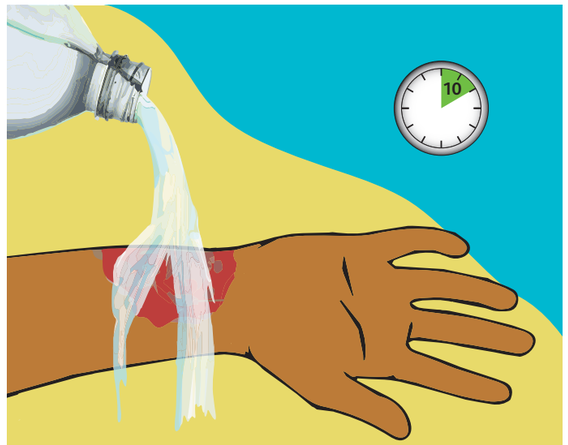
Unit 6: First Aid

6.6 Burns

Burns are damage to the skin caused by heat.

Step 1

Step 2

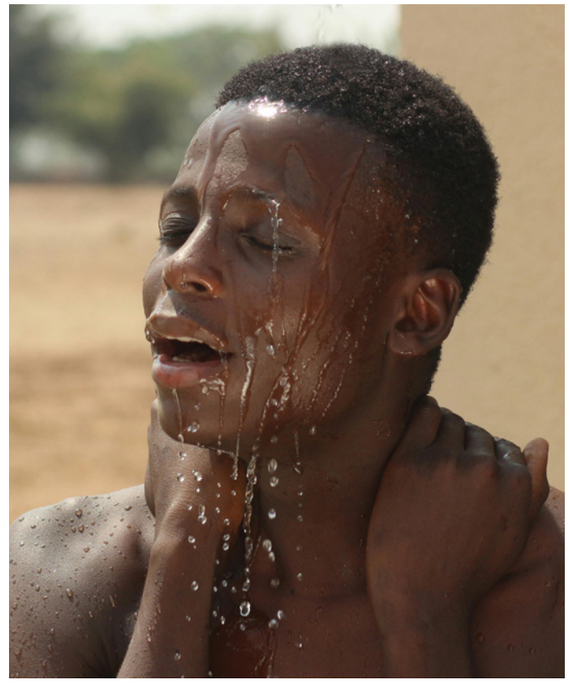


Step 3

6.7 Environmental effects

Hypothermia – Too cold

Heatstroke – Too hot



NEVER drink sea water when you are dehydrated, no matter how desperate you feel.

Unit 6: First Aid

Key points

6.6 Burns

Burns are damage to the skin caused by heat

Step 1

- Remove the casualty from the cause of the burning to a place of safety.
- Remove any watches or jewellery as the area around the burn may swell.

Step 2

- Burns must be cooled as soon as possible using cold water. Seawater or freshwater may be used.

Step 3

- The burn should be cooled for at least 10 minutes. If the pain has not been reduced, continue cooling.
- Cover the burn with cling film or a clean plastic bag.

6.7 Environmental effects

Hypothermia – Too cold

Hypothermia is the condition of low body-core temperature. This results from prolonged heat loss due to immersion in cold water or insufficient clothing or covering when in cold weather, wet and windy conditions. Someone suffering hypothermia may not realise their condition, so it is important to be aware of the signs.

Hypothermia symptoms include:

- Shivering of the body in order to produce more body heat.
- Discomfort, tiredness, poor coordination, numbness, impaired speech; disorientation and mental confusion.
- Sense of touch is poor, speech may be slurred and lips, hands and feet may swell.

Treatment:

- Remove casualty from the water
- Slowly warm casualty by using blankets/clothing
- If casualty is not too cold, provide a warm and sweet drink
- If casualty is very cold and unresponsive, seek medical assistance

Heatstroke – Too hot

Heatstroke is usually the most severe of the heat related illnesses. Symptoms should be treated as soon as they appear to prevent the condition getting worse.

Heatstroke symptoms include:

- Hot, red, dry skin.
- Confusion and disorientation.
- Muscle cramps and headaches.
- Nausea and vomiting.
- Fitting, collapse or unconsciousness.

Treatment:

- Remove casualty from sun.
- Cool casualty with cool water or material soaked with water.
- Encourage the casualty to sip water.
- If casualty is very hot and unresponsive, seek medical assistance.

NEVER drink sea water when you are dehydrated, no matter how desperate you feel.

Unit 6: First Aid

6.8 Post-incident procedures

Debriefing

The debrief can be structured around the following headings:

- **Safety**
- **People**
- **Equipment**
- **Performance**

Post-incident checks and keeping records

6.9 Mental health and wellbeing

Crew welfare, stress and Post Traumatic Stress (PTS)

Unit 6: First Aid

Key points

6.8 Post-incident procedures

Following an emergency event, it is important that fishers follow the post-incident procedures in order to make their boat and themselves ready for the next fishing activities.

Debriefing helps us to:

- Ensure the welfare of those involved after any incident, exercise or training.
- Ensure that equipment is accounted for, operationally ready and any defects reported.
- Ensure any lessons learnt from the event are recorded.
- Develop the team to improve performance should there be another incident.

The debrief can be structured around the following headings:

- Safety.
- People.
- Equipment.
- Performance.

Post-incident checks

- Refuel and check all engine fluid levels.
- Check the engine for damage and service if necessary.
- Check boat engine spares and ensure that any equipment used is stowed correctly.
- Replace any consumable items such as first aid equipment.

Keeping records

Recording incidents is important to measure and record success. It also helps to improve the service and identify any patterns of people getting into difficulty, as well as help to build support from local government and other agencies.

Some of the information you may be asked to gather may include;

- name and age of any casualties
- what the incident was
- where the incident was
- what assistance you provided
- other rescue organisations or boats involved.

It is important to maintain the privacy of casualty details and not release them to the media. Please be aware and adhere to local data protection laws.

6.9 Mental health and wellbeing

Crew welfare

After any emergency event, the overall welfare of the team is critically important. The captain can play a crucial role in ensuring the physical and emotional welfare of their team or crews after an incident.

After involvement in traumatic incidents, you should be vigilant that procedures are followed to ensure crews are able to discuss the incident and to access support and counselling.

Crews should have an awareness of the signs and symptoms of stress, post-traumatic stress (PTS) and post-traumatic stress disorder (PTSD).

Stress

Acute stress reactions can occur within minutes of being involved in a stressful event. They normally disappear within 2-3 days but usually within a few hours.

They can include;

- disorientation
- confusion
- inability to comprehend instructions
- agitation
- anxiety
- withdrawing into oneself.

They are the visible signs of the brain processing traumatic information that it has suddenly received.

Post Traumatic Stress (PTS)

Sometimes, reaction to trauma can be delayed or may not subside. It is thought that the brain does not ‘process’ the memory in the normal way and can lead to a variety of symptoms

Symptoms of PTS include;

- recurrent dreams
- intrusive thoughts of the event
- cues that remind one of the event
- difficulty sleeping
- difficulty concentrating
- irritability or outbursts of anger
- avoidance of situations.

If left unchecked, PTS can lead to PTSD, a medical condition where disturbances become obtrusive and severely affect a person’s personal and work life.