



Purpose:

The e-learning module is designed for theoretical training of seafarers in accordance with Section A-VI/1 of the STCW Code in the part concerning elementary first aid.

What is an e-learning module?

E-learning module is the electronic textbook on one or more sections. Theoretical materials can be accompanied by drawings, diagrams, photos, animations and videos. There is a test for assessment of knowledge gained at the end of each section.

Contents:

- Assessment of needs of casualties and threats to own safety
- Body Structure and Functions
- Positioning of Casualty
- The Unconscious Casualty
- Resuscitation
- Bleeding
- Management of Shock
- Burns and Scalds, and Accidents caused by Electricity Rescue
- Transport of Casualty
- Bandaging

Target groups

Deck - Management
Deck - Operational
Deck - Support

Engine - Management
Engine - Operational
Engine - Support

Ship types

Generic

Regulations

- Table A-VI/1-3 STCW Code
- IMO Model course 1.13
"Elementary first aid"





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2. Body Structure and Functions – Skin

The scapula (shoulder blade) (28), to which the outer end of the collar bone is attached, is a triangular bone lying at the upper and outer sections of the back on either side. Each scapula has a shallow socket into which fits the rounded upper end of the humerus (arm bone) (22).

The humerus forms a hinge-like joint with the radius (23) and ulna (24) (the forearm bones) at the elbow, and these bones join with the hand at the wrist.

The wrist and hand (17, 18, 19), like the foot, are made up of many small bones. There are two bones in the thumb and three in each finger.

The pelvis (31, 32) is located at the lower end of the back bone. It is formed by the hip bones, one on either side. The pelvis looks like a basin, but it is angled so that the "top" of the basin points straight forward.

The hips have, on their outer side, a cup-shaped socket into which the rounded head of the femur (or thigh bone) (9) fits.

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10. Bandaging – Fractures of specific body areas – Head injuries

Head injuries

Head injuries commonly result from blows to the head and from falls, often from a height.

Most preventable deaths from serious head injuries are the result of obstructed breathing and breathing difficulties, not brain damage.

In the case of some head injuries or where a foreign body or a fracture is directly below an open wound, it may not be possible to control bleeding by pressure. In such circumstances a ring pad should be used. A paraffin gauze dressing is placed over the wound, and a suitably sized ring-pad is placed around the wound and over the edge of the dressing and the pad is held in place by a bandage. The pad should press on the blood vessels but not on the foreign body or the fracture.

A ring-pad can be made by passing a narrow bandage twice around the fingers of one hand to form a ring and then wrapping the remainder of the bandage around the ring to

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5. Resuscitation – How to perform the Heimlich manoeuvre

IN AN UNCONSCIOUS PATIENT

1. Lay the patient down face up, head to one side.
2. Kneel astride the patient's hips.
3. Place one of your hands on top of the other, with the palm of the lower hand on the patient's abdomen, just above the navel.
4. With the heel of the lower hand, make rapid inward and upward thrusts.
5. Repeat this sequence until the obstructing object is ejected.

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5. Resuscitation – MOUTH-TO-MOUTH-RESCUE BREATHING

Use a Guedel airway if available.

- Insert the Guedel airway between the patient's jaws with the concave curve facing upwards (towards the patient's head).
- Push the airway gently into the mouth while rotating it 180° so that the concave curve faces downwards and the airway points towards the patient's lungs. Leave

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6. Burns and Scalds, and Accidents caused by Electricity – Heat burns and scalds – What to do

Heat burns and scalds. What to do

- Cool the heat burns as quickly as possible with cold running water (sea or fresh) for at least 10 minutes; OR
 - immerse the burned area in basins of cold water. If you cannot cool a burn on the spot, take the victim to a place where cooling is possible.
- Try to remove clothing gently but do not tear off any clothing that adheres to skin.
- Cover the burned areas with a dry, non-fluffy dressing larger than the burns, and bandage in place.
- After cooling the burn, remove the patient to a warm cabin with a supply of clean water and dressing material.
- For pain relief in a patient with a small burn give paracetamol or ibuprofen.

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Test task

- 1.
- 2.
- 3.

Test of question:

What figure shows the recovery position of an unconscious patient?

Choose the correct answer

3
 1
 2

Attempts: 1

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