ZULU MARINER DATA CARD

16

FIRST AID: DRSABCD

The Australian Resuscitation Council action plan. Get medical advice by radio or phone early.

D
DANGER
To you, the others, the casualty.

R
RESPONSE
Talk, touch. Responds? Make comfortable, monitor.

S
SEND FOR HELP
Call 000 or 112, or MAYDAY / PAN-PAN on VHF 16.

A
AIRWAY
Open the mouth. If foreign matter, roll onto the side and clear it.

B
BREATHING
Look, listen, feel. Normal breathing? Recovery position.

C
CPR
30 compressions : 2 breaths. Hard and fast, 100 to 120 a minute, a third of the chest depth.

D
DEFIBRILLATION
Attach an AED as soon as one is there. Follow its voice.

BLEEDING

- Firm, direct pressure on the wound with a pad. Raising the limb is no longer advised.
- Limb bleeding that pressure will not stop: an arterial tourniquet above the wound (follow its instructions, or about 5 cm above), not over a joint.
- Note the time it went on and tell the paramedics. Never cover it.

BURNS

- Cool running water for 20 minutes.
- Remove rings and watches. No ice, no creams.
- Cover loosely with cling film or a clean dressing.

HYPOTHERMIA

- Handle gently, keep horizontal.
- Remove wet clothes, wrap in dry layers and a space blanket, cover the head.
- Warm sweet drinks only if fully alert. No rubbing, no alcohol.

SHOCK

- Help them lie down. Do not raise the legs.
- Keep warm, reassure, nothing by mouth. Recovery position if they vomit or lose consciousness.

MARINE STINGS

- Marine stinger in tropical waters: vinegar for 30 seconds, then ice. Watch for Irukandji symptoms.
- Stonefish: hot water, as hot as they can bear.

SEASICKNESS

- Eyes on the horizon, fresh air, sip water.
- Tablets before you go out, not after.
- A seasick crew member is not a lookout.

A memory aid, not a first aid certificate. Do a first aid course and keep a kit that suits your trip.

THE RHYTHM OF CPR



30 compressions **2 breaths**

Push hard and fast, 100 to 120 a minute: about two a second, the beat of "Stayin' Alive".
Lower half of the breastbone, a third of the chest depth. Keep going until help or an AED takes over.

Study aid only. Not for navigation.
Check the current official rules. Card 16 · v1.7 · © Nautical Bridge