

# SAA LECTURE No S6

## BASIC FIRST AID ARTIFICIAL VENTILATION AND CHEST COMPRESSIONS



All first aid administered is only stopgap until a qualified medical practitioner can take over. It is recommended that you attend a recognised first aid course and refresher courses as necessary.

1. Put self first – think of the dangers.
2. Remove casualty from danger where necessary.
3. Check breathing- artificial ventilation if required.
4. Check pulse – CPR if required.
5. Stop major bleeding.
6. Send for medical attention.
7. Accompany casualty-keep buddies together.

### Artificial Ventilation/Chest Compressions

1. Shout to casualty “Are you okay”?
2. Check breathing, open and clear airway (protecting neck), tilt chin
3. commence CPR ratio; 15 compressions to 2 breaths (Alternate between people if they are available)
4. Place in recovery position when resuscitated.
5. NEVER GIVE UP, MONITOR CONDITION CONSTANTLY.

### Hypothermia

The reduction in core body temperature to 35°C and below.

<b>AVOIDANCE:</b>	Wear suitable clothing. Protect head from heat loss, protect from wind-chill. Abort dive if cold.
<b>SYMPTOMS:</b>	Shivering, cyanosis, slow pulse rate, muscle stiffness, loss of concentration, unconsciousness, respiratory distress, cardiac failure
<b>TREATMENT:</b>	Remove casualty from danger, keep still-recovery position-legs raised, keep warm, artificial ventilation and CPR if required, do not rub or apply local heat, do not give alcohol, if other injuries needing surgery-give nil by mouth.

### Hyperthermia

When the internal body temperature rises to an abnormal high 38C and above and is unable to lose heat due to external conditions.

<b>SYMPTOMS:</b>	Profuse sweating, pale clammy skin, tiredness, weakness, nausea, headache
<b>TREATMENT:</b>	Move to shade; remove insulation and cool casualty down by giving cool drinks. If severe seek medical assistance. Monitor condition as heat exhaustion can deteriorate into heat stroke and dehydration, which is considered to be a main contributory factor to decompression incidents.

### Near Drowning

Produced by inhalation of fluid.

<b>SYMPTOMS:</b>	Unconsciousness, deep blue skin colouring, froth from nose and mouth, foreign bodies in mouth or throat, respiratory arrest.
<b>TREATMENT:</b>	ABC of resuscitation.

### Shock

State of collapse, can be potentially serious.

<b>SYMPTOMS:</b>	Nausea, vomiting, inability to concentrate.
<b>TREATMENT:</b>	Stay on deck, watch horizon, take deep breaths, take antidote-but remember possible side effects of drowsiness and the onset of the narcs (Nitrogen Narcosis). Abort diving.

### Cuts & Grazes

Clotting occurs in minor cuts to stem blood loss. Major bleed – apply pressure to main arteries.

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**TREATMENT:** Clean wound – apply dressing – do not remove foreign objects, get medical help necessary.

### **Severe Wounds** **AIM**

Prevent shock, bleeding must be controlled and infection minimised. Urgent removal to hospital.

### **TREATMENT**

Apply pressure to wound with clean dressing if available. Do not remove original dressing, apply others on top. Indirect pressure can be applied to femoral or brachial arteries. **DO NOT USE A TOURNIQUET.** Check circulation beyond bandage regularly. Elevate limbs with casualty lying down with head low. Urgent removal to hospital required.

### **Burns/Scalds**

Can be caused by ropes, sun, outboard engines, fire, battery acid and flares.

### **TREATMENT**

Flood with water for 10 minutes, cover with sterile dressing. Do not put lotions, creams or butter on wound and do not burst blister. Use ice if available.

### **Marine Wound**

Can be from creatures (bites), coral (grazes, cuts, stings).

### **TREATMENT**

As for cuts and grazes. Wear protective clothing. Do not antagonise marine life. Use vinegar for stings from coral and jellyfish.

### **Broken Bones** **SYMPTOMS**

Pain in area, tenderness to gentle pressure, swelling or bruising, disfigurement.

### **TREATMENT**

Remove casualty from danger if necessary, immobilise by splinting, keep bindings tight to stop movement – but not too tight to stop circulation – constantly monitor.

### **Ears**

As Lecture S2, a delicate instrument.

### **SYMPTOMS**

Pain in ear, blood loss from ear canal, disorientation, giddiness.

### **TREATMENT**

Requires medical assistance – do not dive if you suspect ear damage, do not poke in ear with cotton buds.

**IN ALL ABOVE CASES – MEDICAL ATTENTION MUST BE SOUGHT**  
**FIRST AID KIT ALL CLUBS SHOULD CARRY ONE AND KNOW HOW TO USE IT,**  
**AS WELL AS AN O<sub>2</sub> KIT**