



First Aid at Sea



WELSH FISHING
SAFETY COMMITTEE
PWYLLGOR DIOGELWCH
PYSGOTA CYMRU

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- 2 Heart attack
- 3 CPR for non-drowning situations
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In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999



1

Unconscious casualty

1. **D – Check for Danger**
2. **R – Check for Response**
 - Assess casualty's level of responsiveness.



**In an emergency
contact HM Coastguard
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3. A – Check Airway

- Lie casualty on their back.
- Tilt head and lift chin to open airway.



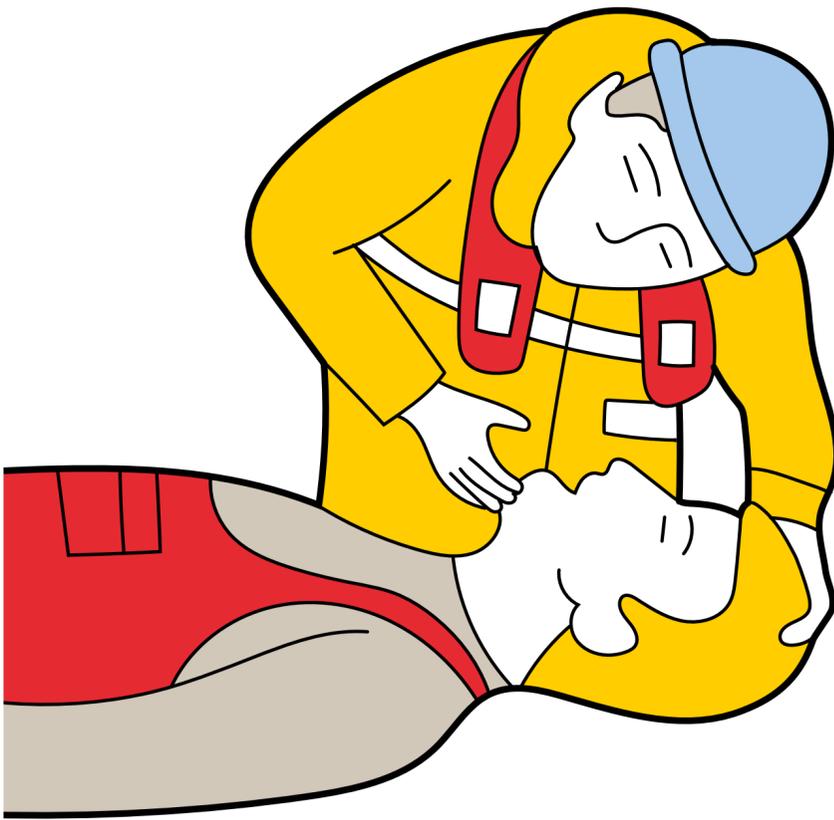
**In an emergency
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4. B – Check Breathing

- Check if casualty is breathing normally for 10 seconds. **Normal breathing rate is 12 to 18 breaths per minute.**
- Look for chest movement.
Listen and feel for breath.
- If not breathing normally, call HM Coastguard for emergency assistance and begin CPR.

For CPR instructions, click here



**In an emergency
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5. C – Check Circulation

- Check for colour in face and normal pulse. **Normal pulse rate is 60 to 100 beats per minute.**
- Check for bleeding.
- If face pale or pulse abnormal, check for **Heart attack, Bleeding** or **Shock** and call HM Coastguard for emergency assistance.

For Heart attack instructions, click here

For Bleeding instructions, click here

For Shock instructions, click here

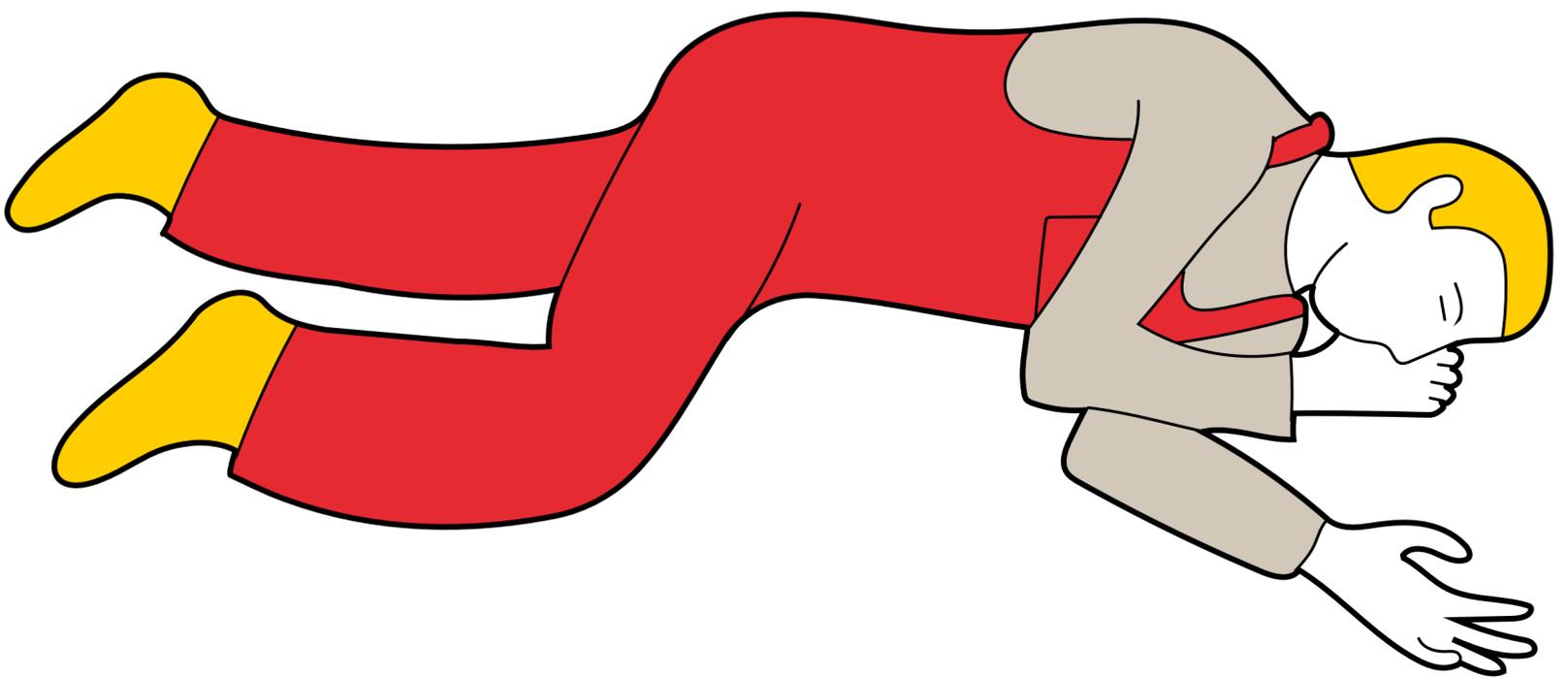


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6. Place casualty in recovery position if breathing normally without assistance

- Keep casualty warm and comfortable.
- Return to shore as quickly as possible.



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1

Unconscious casualty

7. Monitor casualty's breathing, pulse and responsiveness

- If condition deteriorates, call HM Coastguard for emergency assistance.

IMPORTANT: SHOCK CAN BE FATAL

Look out for

- Rapid breathing
- Pale clammy skin
- Weak or rapid pulse
- Vomiting
- Confusion
- Loss of consciousness

For Shock instructions, click here



**In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999**



Signs and symptoms

- A pain, pressure or tightness in chest, spreading to upper body
- Sudden collapse
- Pale, cold and clammy skin
- Nausea or vomiting
- Shortness of breath
- Severe sweating



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contact HM Coastguard
VHF channel 16 / Dial 999**



2

Heart attack

- 1. Call HM Coastguard for emergency assistance**
- 2. Place casualty in a half sitting, supported 'W' position**
 - Reassure and keep casualty calm.
 - Loosen tight clothing.



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contact HM Coastguard
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3. Monitor casualty's breathing, pulse and responsiveness

- Normal breathing rate is 12 to 18 breaths per minute.
- Normal pulse rate is 60 to 100 beats per minute.



**In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999**



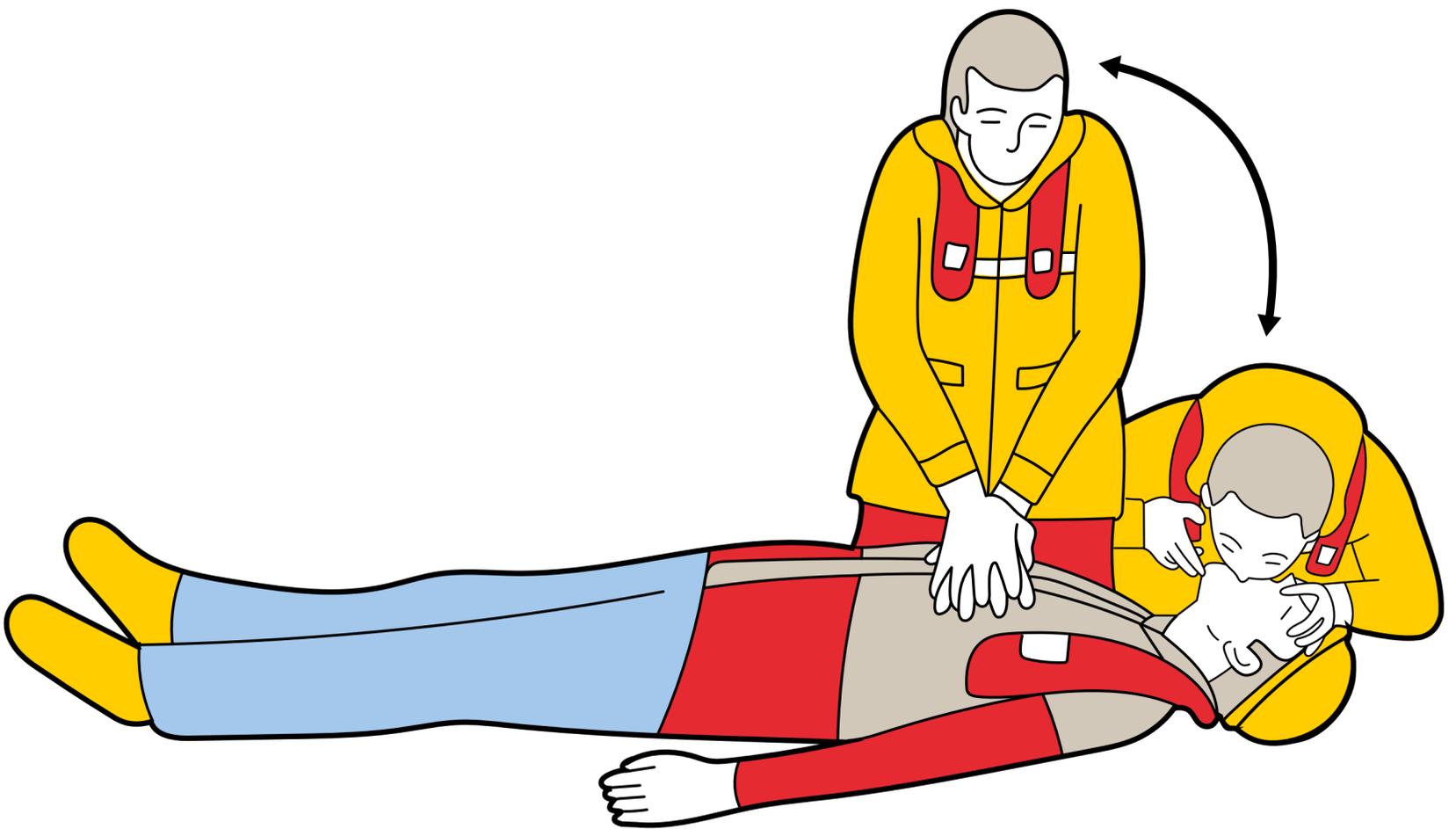
2

Heart attack

4. If casualty stops breathing normally, begin CPR and do not stop until

- Casualty recovers.
- Help arrives.
- You are exhausted and cannot continue.

For CPR instructions, click here



USE DEFIBRILLATOR IF AVAILABLE

Follow defibrillator instructions



**In an emergency
contact HM Coastguard
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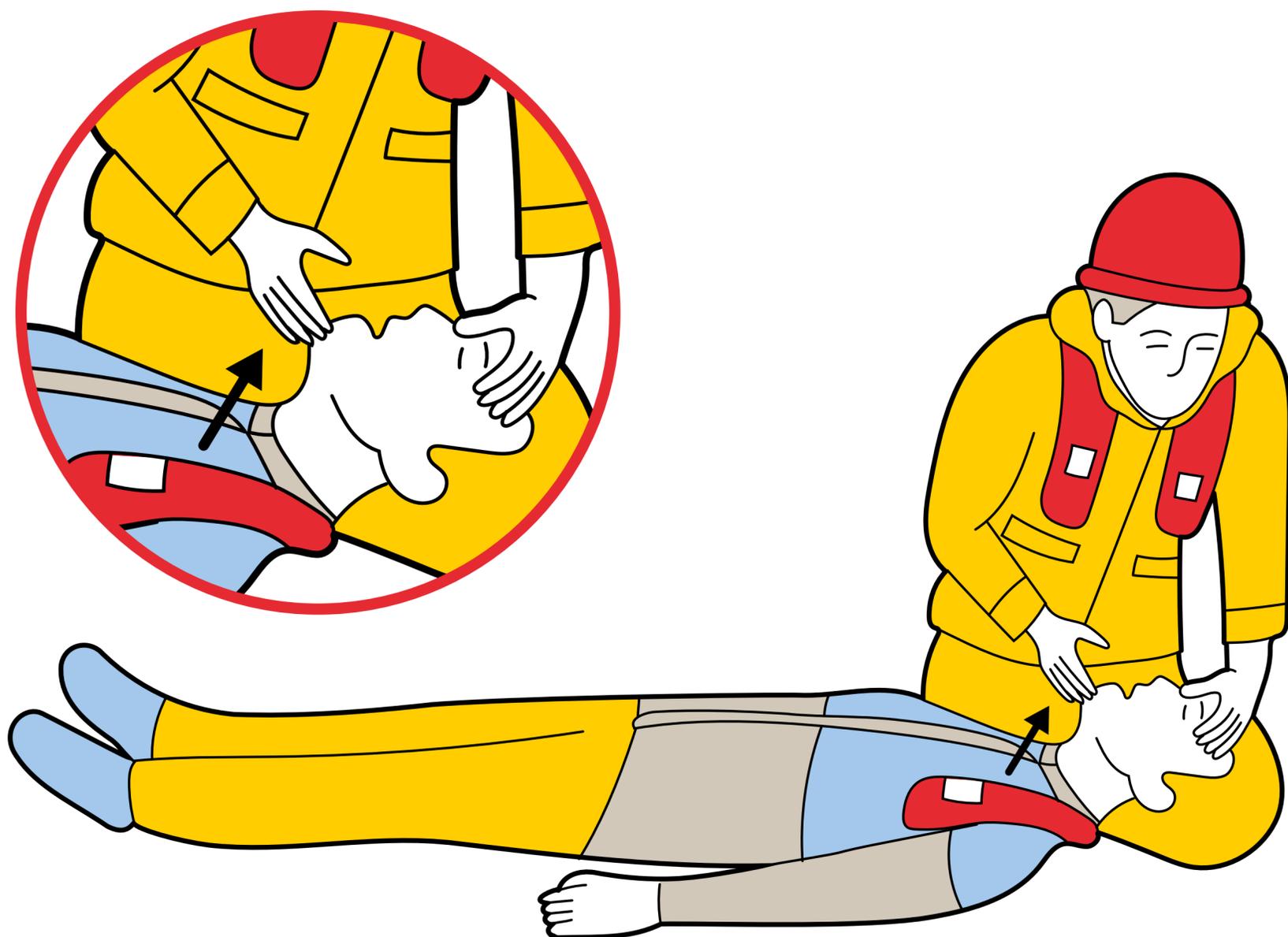
3

CPR for non-drowning situations

If casualty is a recovered man overboard or drowning, click here

1. Lie casualty on their back and open airway

- Tilt head and lift chin.



USE DEFIBRILLATOR IF AVAILABLE

Follow defibrillator instructions



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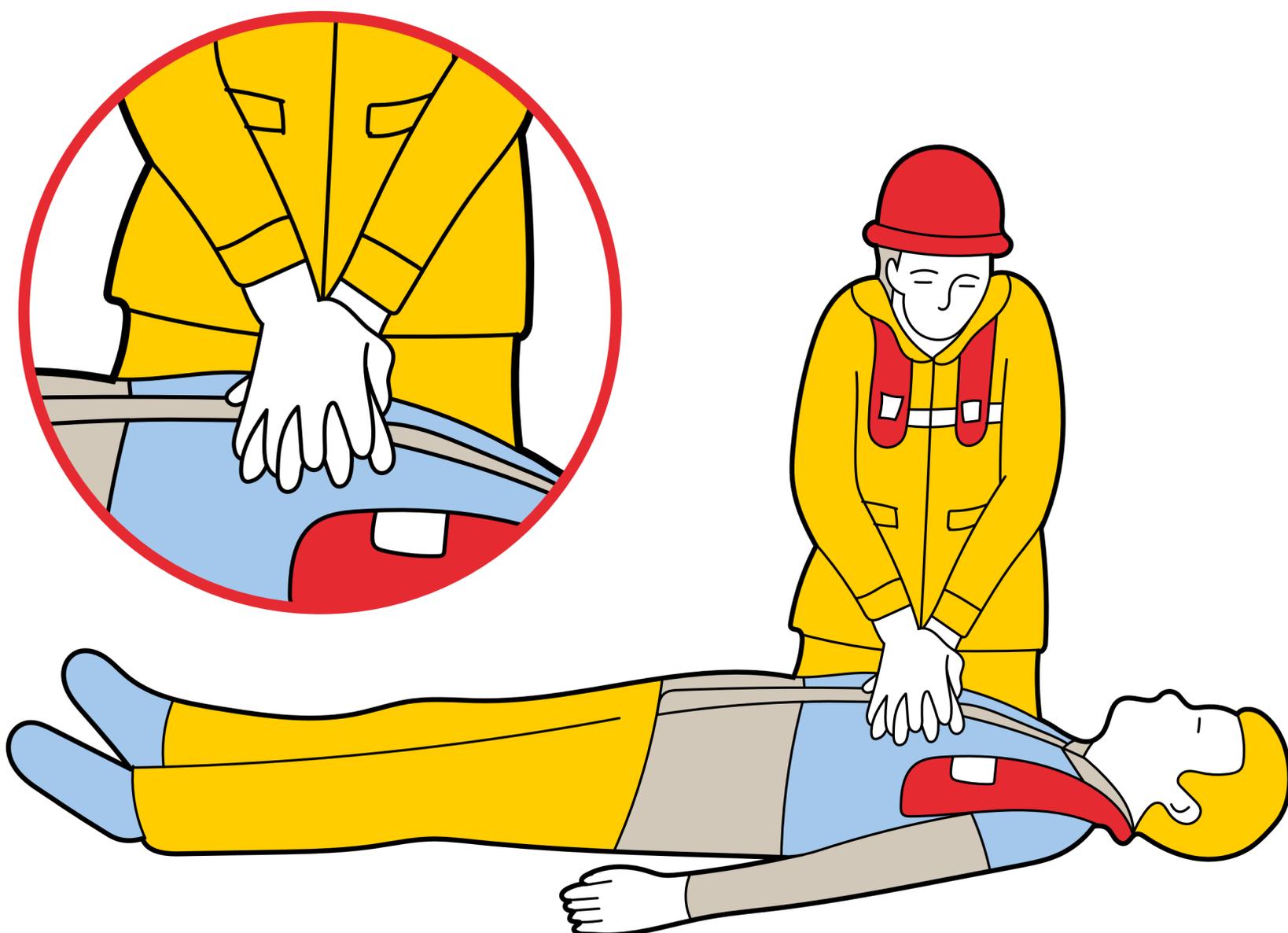


3

CPR for non-drowning situations

2. Give 30 chest compressions

- Allow chest to rise between compressions



USE DEFIBRILLATOR IF AVAILABLE

Follow defibrillator instructions



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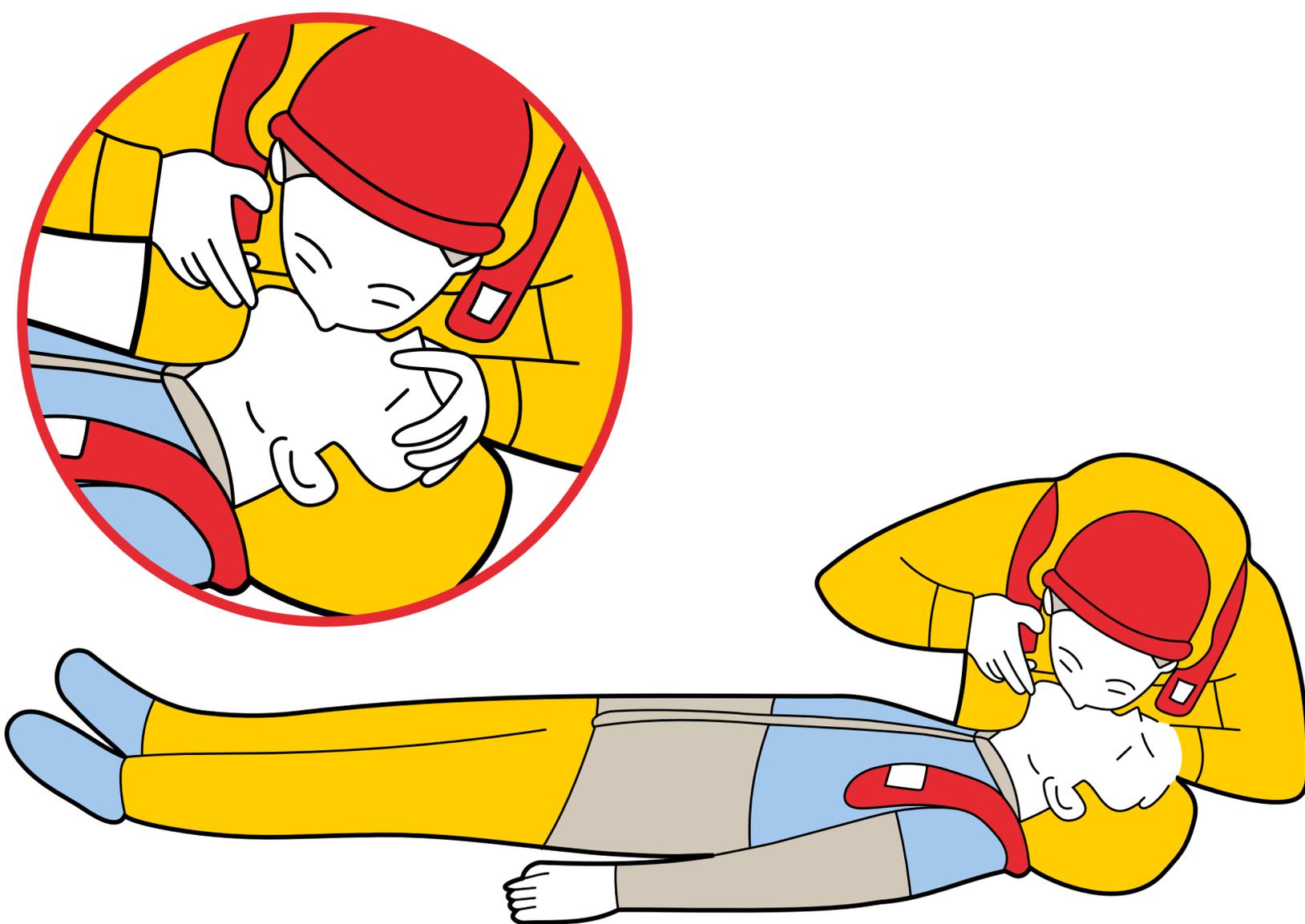


3

CPR for non-drowning situations

3. Give **2** slow and steady rescue breaths

- Pinch nose and create a seal over their mouth.
- Leave 1 second between each breath.
- Use a face shield if available.



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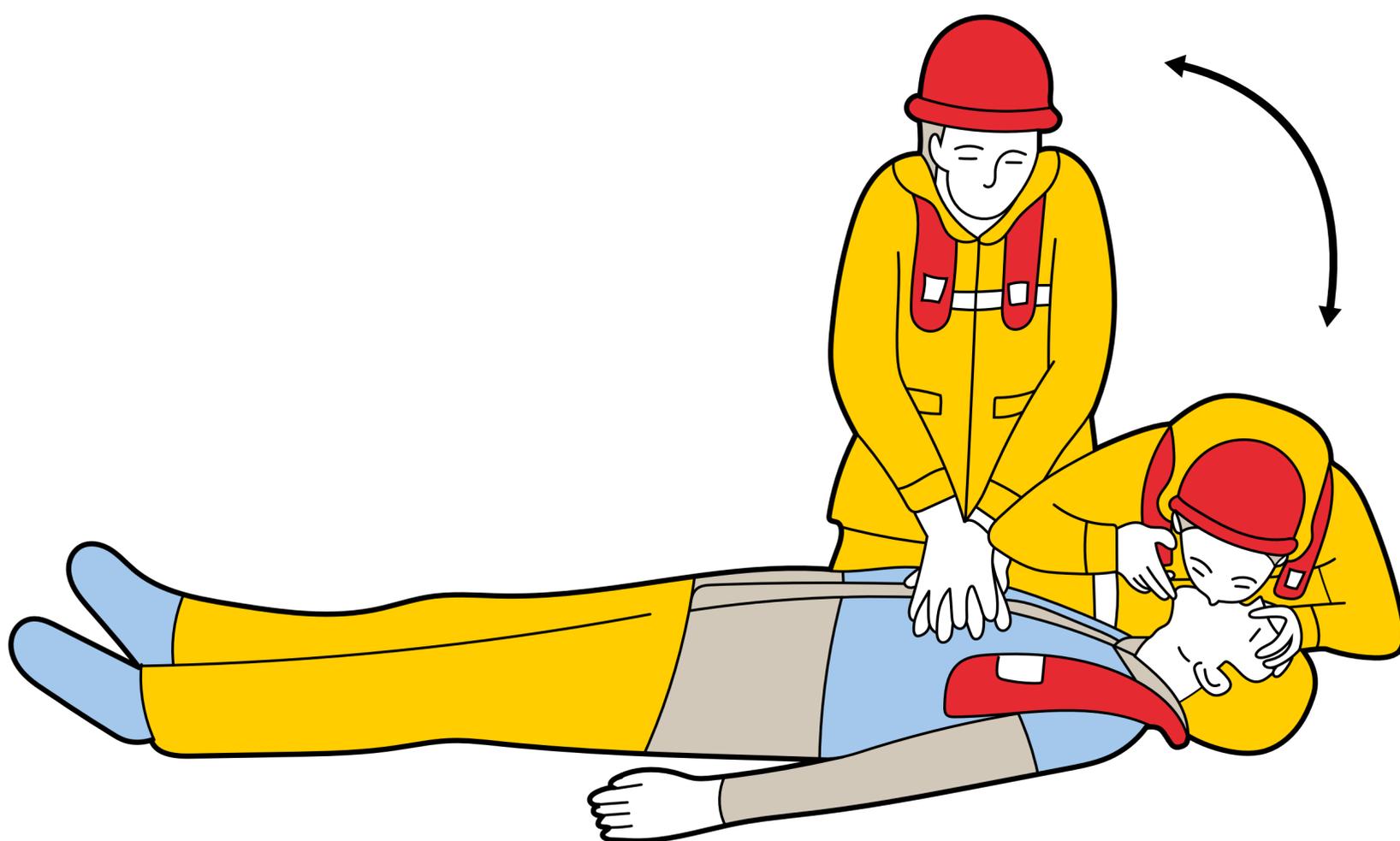


3

CPR for non-drowning situations

4. Repeat **30** compressions, **2** rescue breaths until

- Casualty recovers.
- Help arrives.
- You are exhausted and cannot continue.



USE DEFIBRILLATOR IF AVAILABLE

Follow defibrillator instructions



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4

Recovered man overboard and CPR for drowning

Is the casualty...

Conscious?

Unconscious?



**In an emergency
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VHF channel 16 / Dial 999**



4

Recovered man overboard and CPR for drowning

If casualty is conscious and breathing normally

- Assess for injuries, **Hypothermia** and **Shock**.
- Keep them warm and comfortable.

For Hypothermia instructions, click here

For Shock instructions, click here

If casualty loses consciousness, click here



**In an emergency
contact HM Coastguard
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4

Recovered man overboard and CPR for drowning

If casualty is unconscious, lie them on their back, open airway and check for normal breathing for 10 seconds

- Tilt head back and lift chin.
- Normal breathing rate is 12 to 18 breaths per minute.
- Look for chest movement. Listen and feel for breath.

If casualty is breathing normally, click here

If casualty is not breathing normally, click here



**In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999**



4

Recovered man overboard and CPR for drowning

If casualty is not breathing normally

- Call HM Coastguard for emergency assistance.
- Begin **CPR for drowning**.

CPR for drowning

1. Lie casualty on their back and open airway

- Tilt head back and lift chin.
- If casualty vomits, turn and support them on their side to clear mouth, then lay them on their back again.



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4

Recovered man overboard and CPR for drowning

CPR for drowning

2. Give **5** slow and steady rescue breaths

- Pinch their nose and create a seal over their mouth.

3. Give **30** chest compressions followed by **2** slow and steady rescue breaths

- Allow their chest to rise between compressions.



4. Repeat **30** compressions, **2** rescue breaths until casualty recovers, help arrives or you are exhausted and cannot continue.

USE DEFIBRILLATOR IF AVAILABLE

Follow defibrillator instructions



In an emergency
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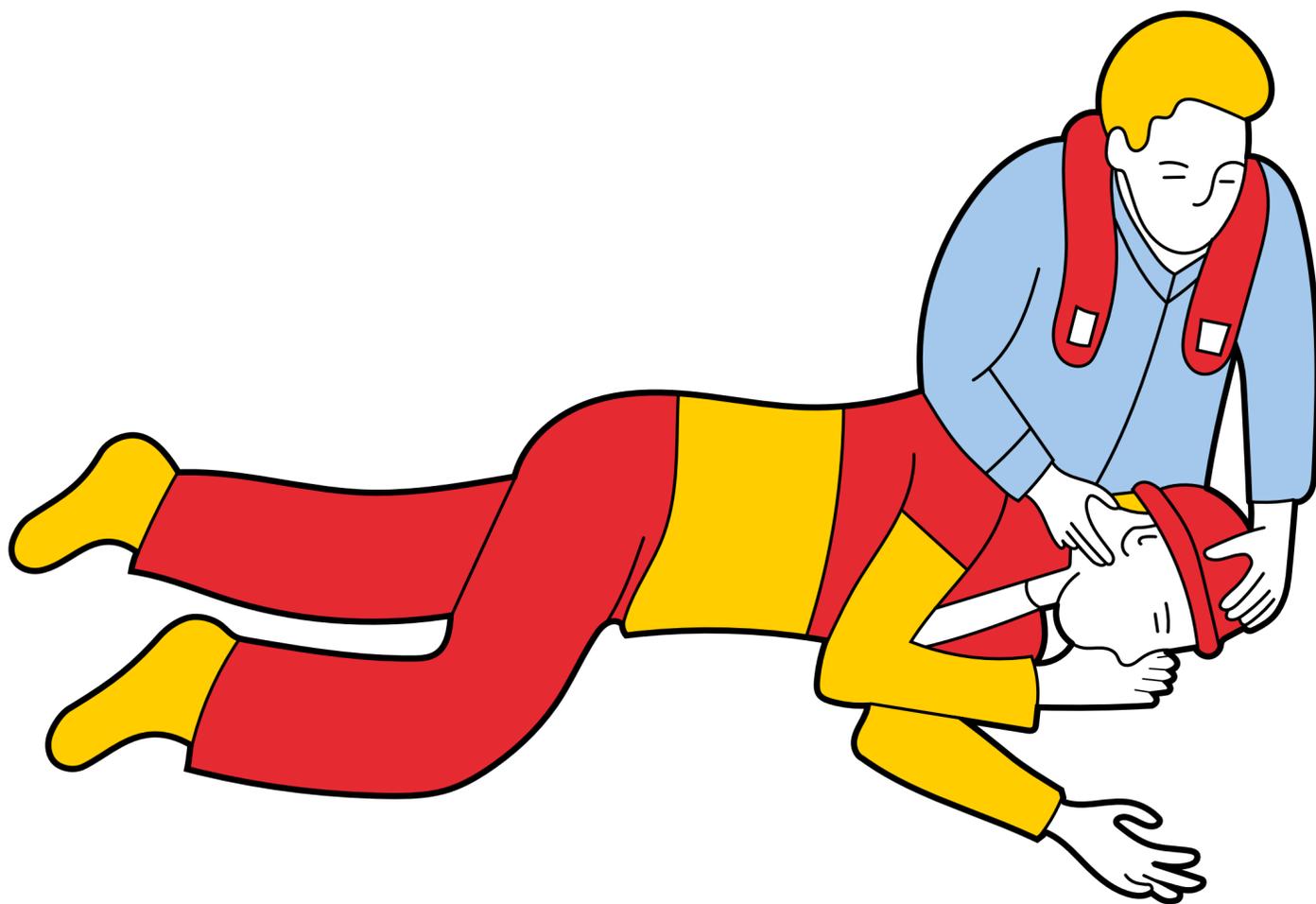
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Recovered man overboard and CPR for drowning

If casualty is unconscious but breathing normally place in recovery position and call HM Coastguard for emergency assistance

- Monitor casualty breathing, pulse and responsiveness.
- Be prepared to give **CPR for drowning** if normal breathing stops.
- Normal breathing rate is 12 to 18 breaths per minute.

If casualty stops breathing normally, click here for instructions on CPR for drowning



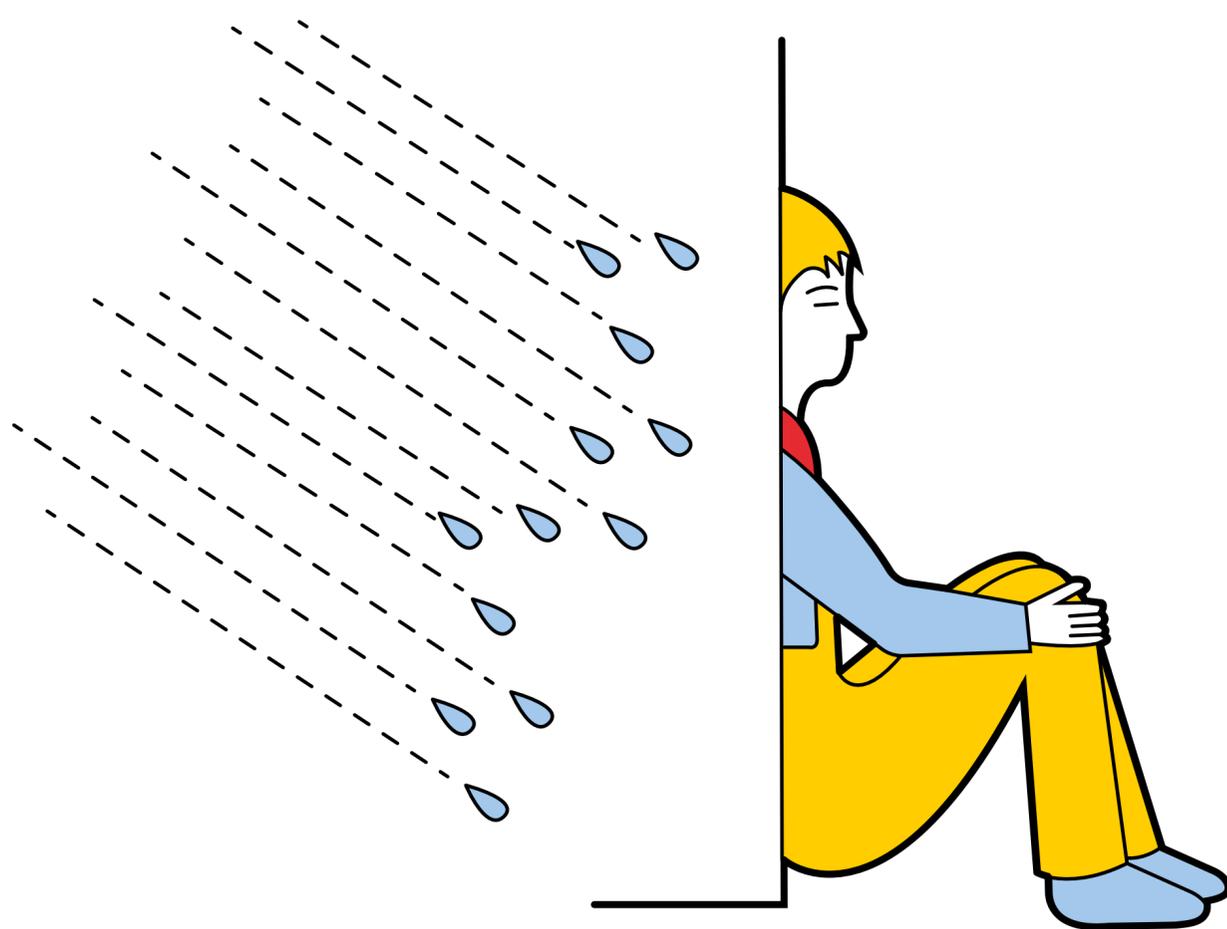
**In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999**



Signs and symptoms

- Constant shivering and fast breathing in the early stages
- Tiredness, apathy, confusion or poor co-ordination
- Slowing pulse rate, irregular heartbeats

1. Shelter casualty from cold and wet conditions

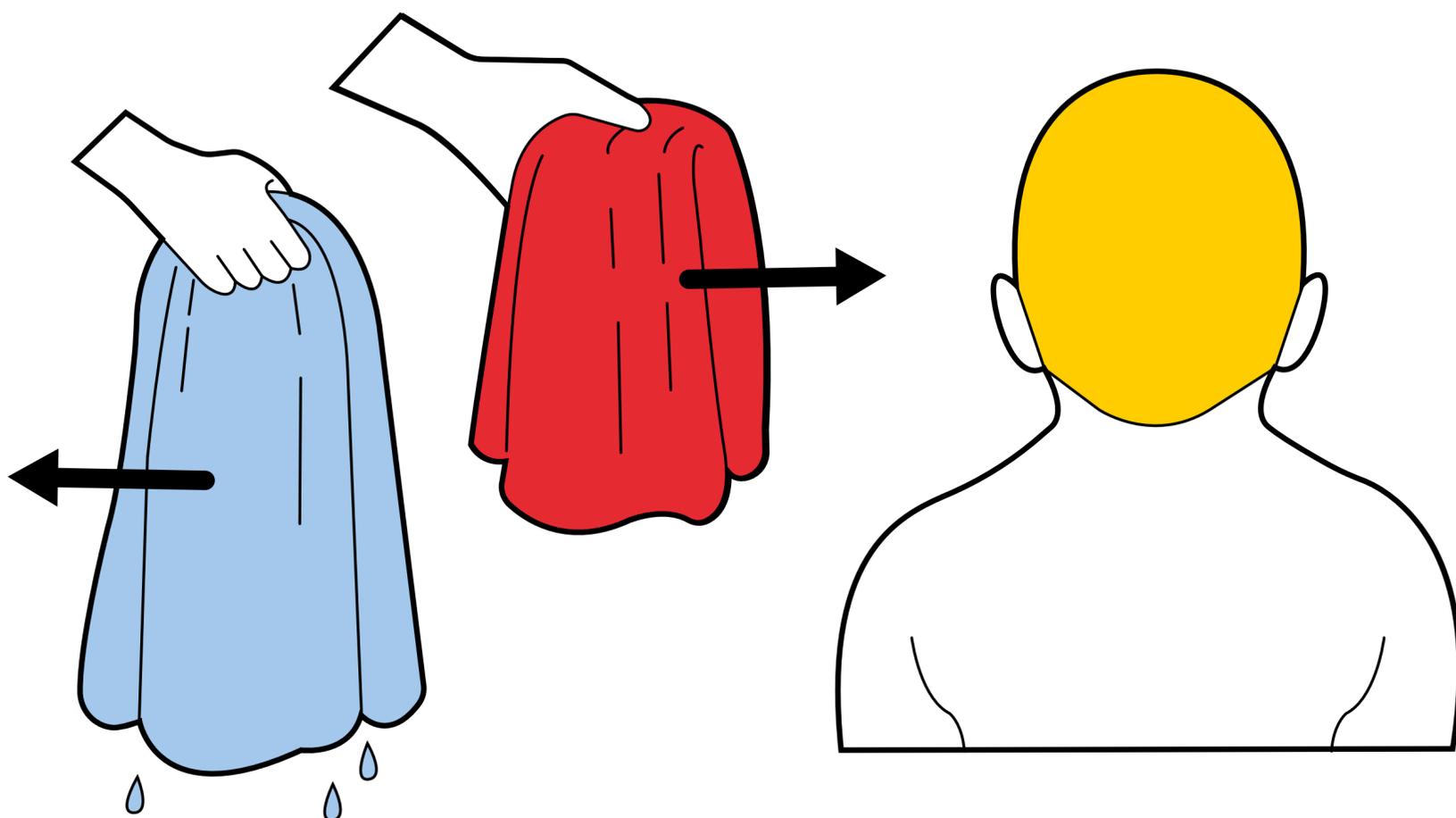


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2. If well sheltered, remove wet clothes and put dry clothes on

- DO NOT remove wet clothing in exposed conditions.



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3. Wrap in dry blankets or clothing and provide warm (NOT hot) drinks

- DO NOT apply direct heat to the casualty.



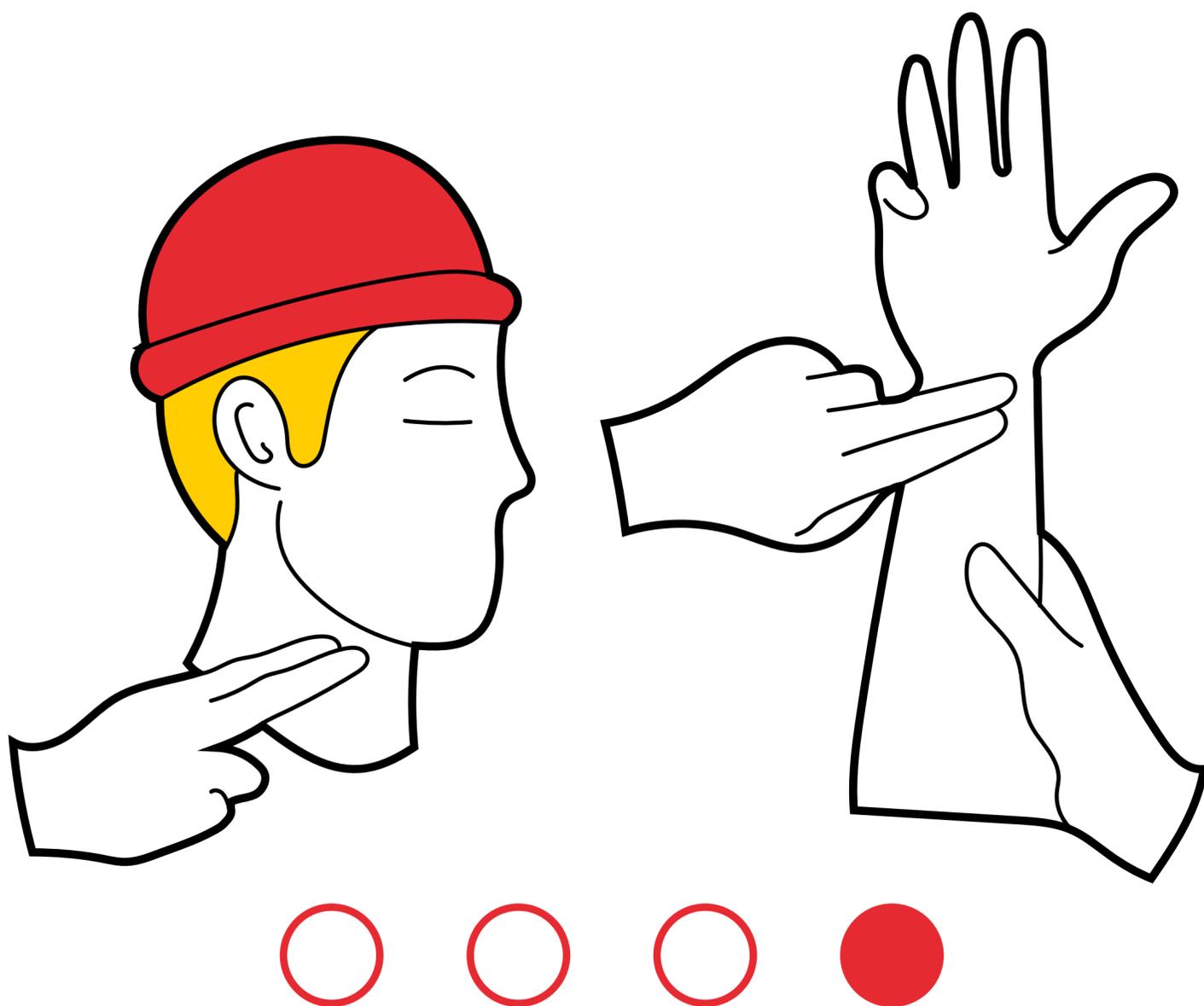
In an emergency
contact HM Coastguard
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4. Monitor casualty's breathing, pulse and responsiveness

- Normal breathing rate is 12 to 18 breaths per minute.
- Normal pulse rate is 60 to 100 beats per minute.
- Call HM Coastguard for emergency assistance if condition deteriorates.

If casualty falls unconscious, click here



**In an emergency
contact HM Coastguard
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Signs and symptoms

- Pain
- Swelling
- Deformity
- Loss of function
- Bruising
- Pins and needles or grating sound

- 1. Examine the injury and call HM Coastguard for emergency assistance if required**
- 2. Keep casualty still and calm, minimising movement**



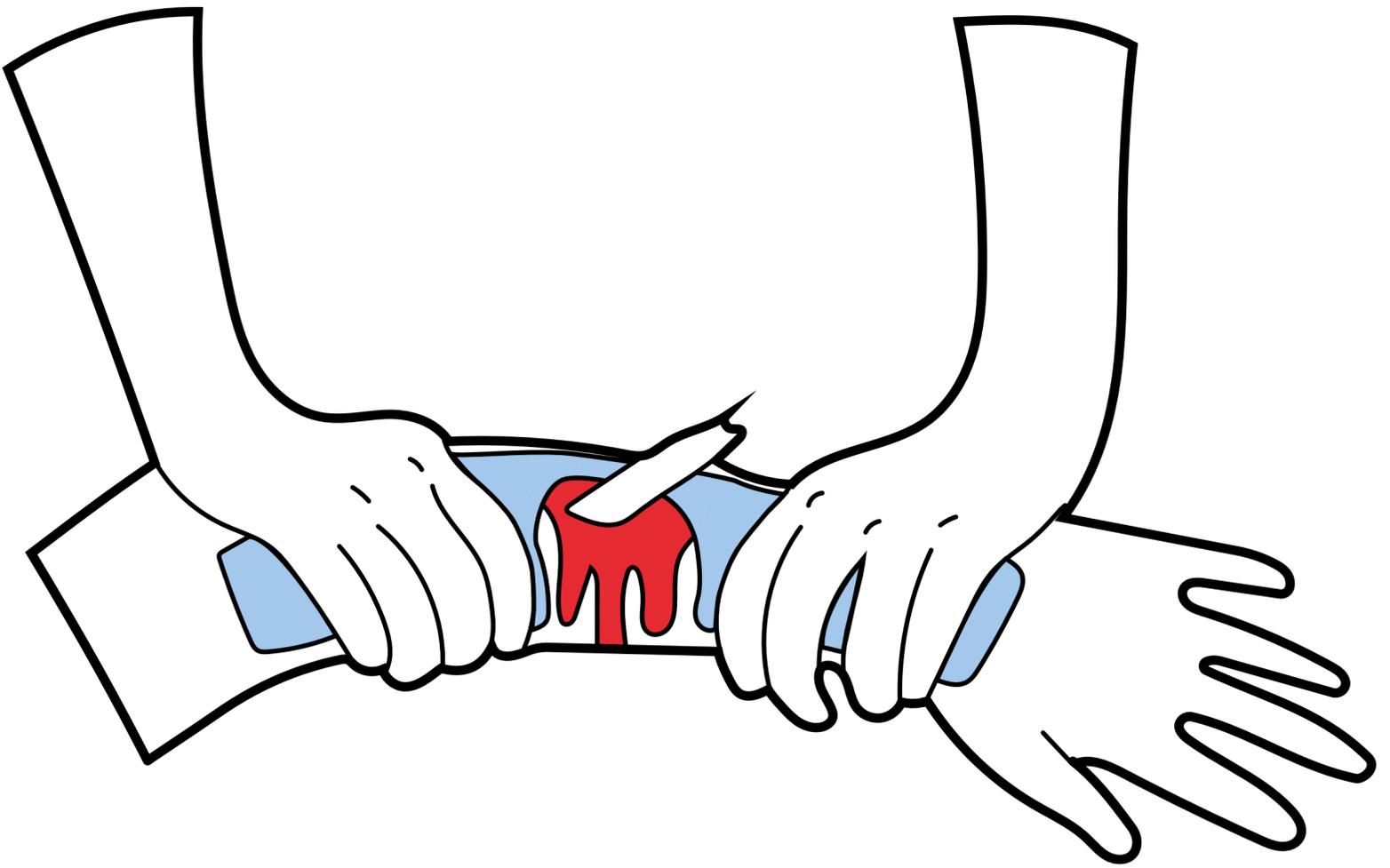
**In an emergency
contact HM Coastguard
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3. Clean any wounds and control bleeding

For Bleeding instructions, click here

- If dealing with an open fracture, clean wound and apply pressure around fracture with a clean, sterile pad from the First Aid Kit.



**In an emergency
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4. Immobilise the injured part

- Support and, if necessary, splint the injured part or limb against an uninjured part or limb with padding between.
- DO NOT move the injured part unnecessarily.

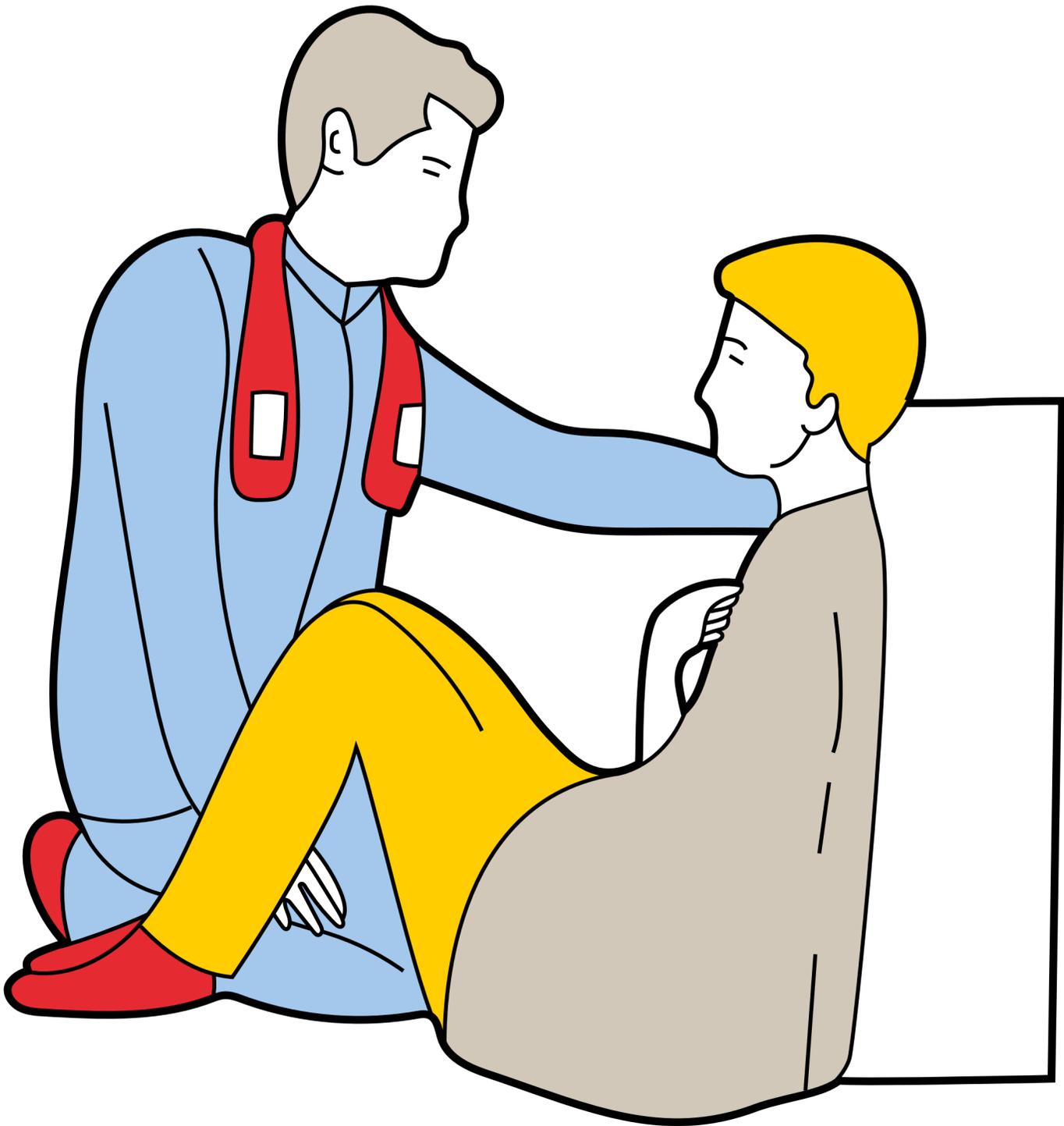


**In an emergency
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5. Reassure casualty, keep them warm and comfortable and monitor for Shock

[For Shock instructions, click here](#)



**In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999**



- 6. Offer pain relief in the form of paracetamol or ibuprofen if available and appropriate (i.e. no allergies) following packet instructions**

IMPORTANT: SHOCK CAN BE FATAL

Look out for

- Rapid breathing
- Pale clammy skin
- Weak or rapid pulse
- Vomiting
- Confusion
- Loss of consciousness

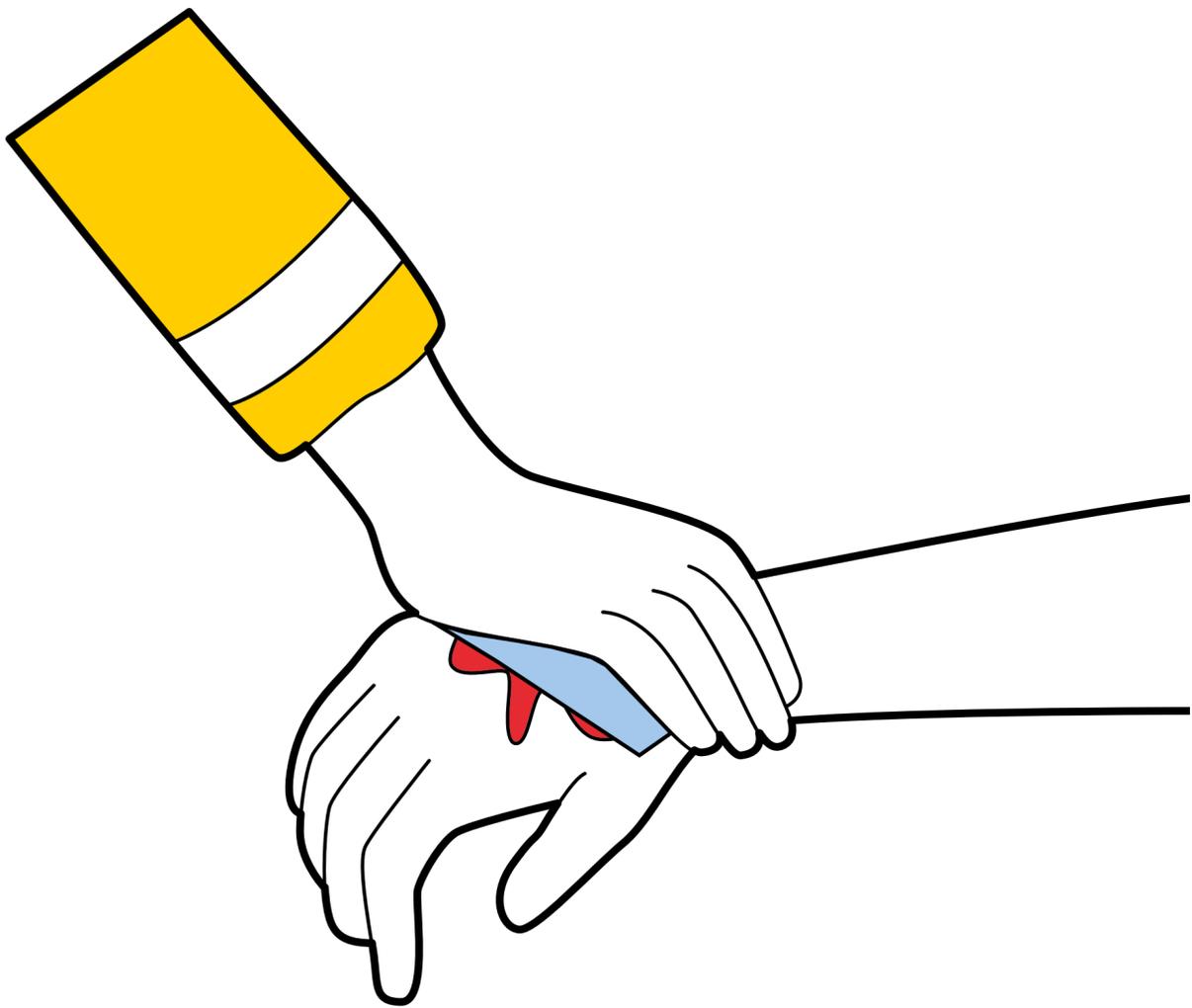
For Shock instructions, click here



**In an emergency
contact HM Coastguard
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- 1. Examine the injury and call HM Coastguard for emergency assistance if required**
- 2. Keep casualty still and calm, minimising movement**
- 3. Apply pressure to the wound with a clean, sterile pad for as long as you can**
 - If there is an object in the wound, apply pressure either side of the object.
 - DO NOT remove the object.



**In an emergency
contact HM Coastguard
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4. Firmly secure a dressing



**In an emergency
contact HM Coastguard
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7

Bleeding & Loss of body part

5. Support the injured part in a raised position



6. Monitor casualty and treat for Shock

[For Shock instructions, click here](#)



In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999



- 7. Offer pain relief in the form of paracetamol or ibuprofen if available and appropriate (i.e. no allergies) following packet instructions**

IMPORTANT: SERIOUS BLEEDING AND TOURNIQUETS

If bleeding is severe or internal, call HM Coastguard for casualty evacuation and do your best to reduce blood loss

A tourniquet should only be applied under medical guidance (i.e. receiving medical advice over the phone or radio)



**In an emergency
contact HM Coastguard
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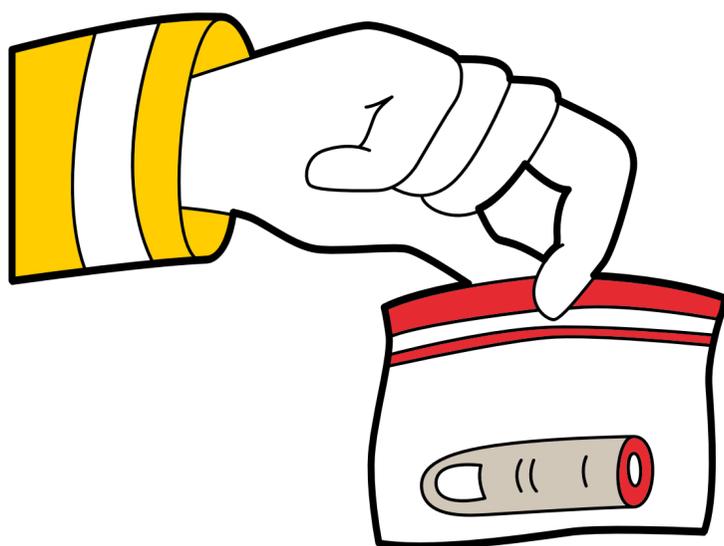
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Bleeding & Loss of body part

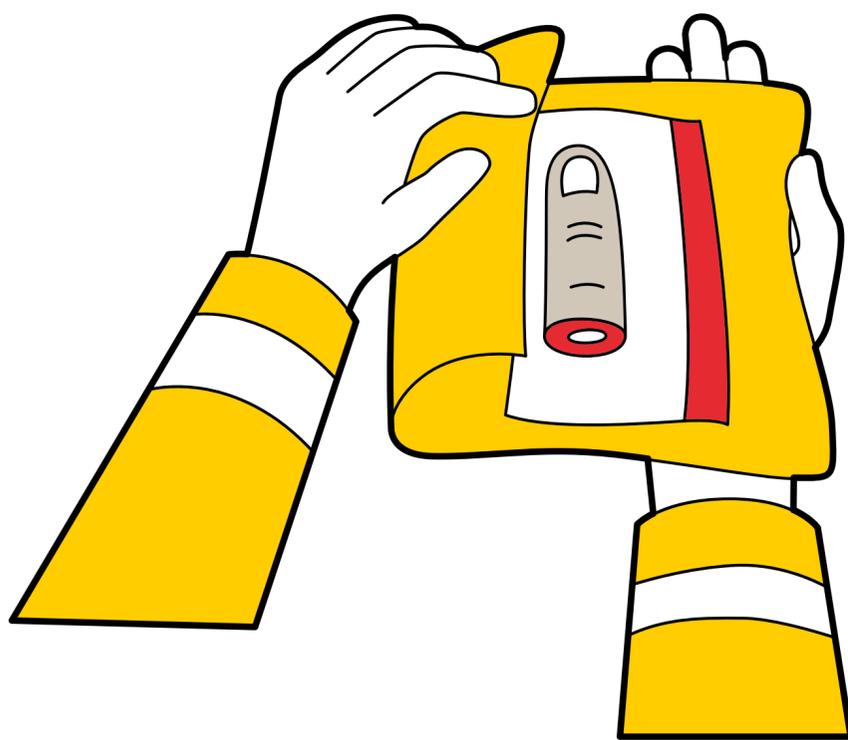
Preservation of lost body part

1. Recover and preserve body part

- Gently place in clean plastic, cling film or other clean material.



2. Gently wrap in clothing or a towel to protect

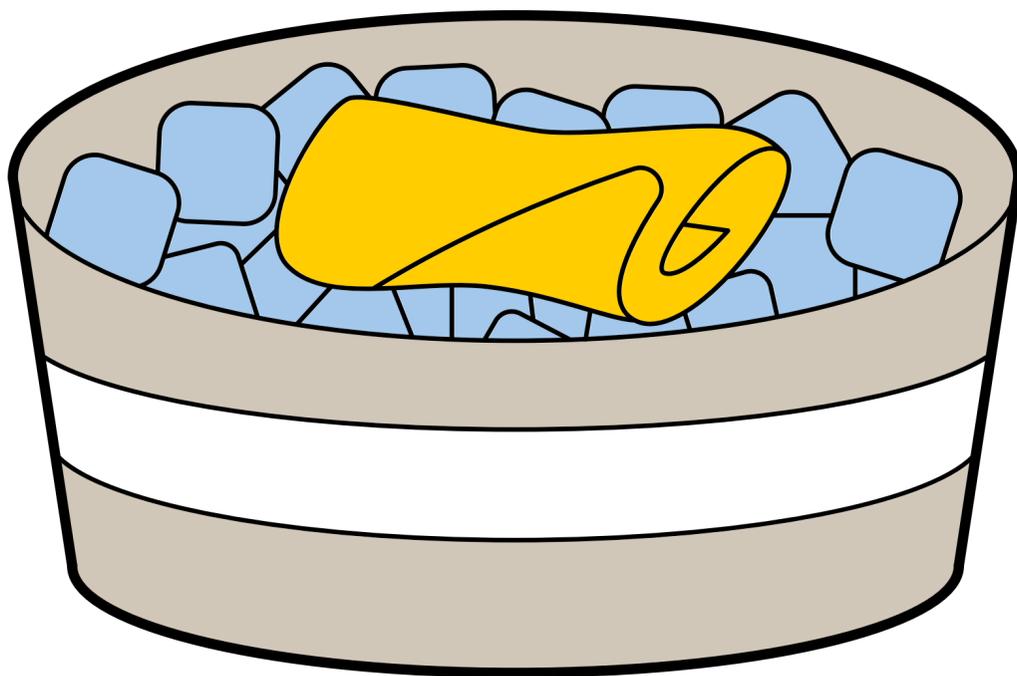


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Preservation of lost body part

3. Keep body part cool not frozen



4. Ensure body part accompanies casualty to hospital



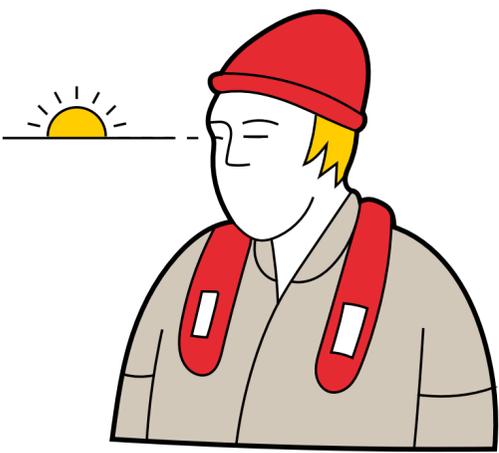
**In an emergency
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Signs and symptoms

- Feeling or being sick
- Dizziness or drowsiness
- Headache
- Cold sweat

1. Encourage the casualty to



Look at a stable object, e.g. the horizon.



Drink small amounts of water regularly to avoid dehydration.



Find a safe and comfortable position to rest in.

2. Monitor casualty and return to shore as soon as possible if condition deteriorates



In an emergency
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Signs and symptoms

- Rapid breathing
- Pale clammy skin
- Weak or rapid pulse
- Vomiting
- Confusion
- Loss of consciousness

- 1. Treat cause of shock e.g. fracture or bleeding**
- 2. Lie casualty down and support their legs in a raised position**
 - Keep them warm and comfortable.
 - Loosen any tight clothing.



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3. Monitor casualty breathing, pulse and responsiveness

- Normal breathing rate is 12 to 18 breaths per minute.
- Normal pulse rate is 60 to 100 beats per minute.
- Call HM Coastguard for emergency assistance if condition deteriorates.

If casualty falls unconscious, click here



**In an emergency
contact HM Coastguard
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Signs and symptoms

- Pain in or behind the eye
- Watering eye
- Reduced or altered vision or even loss of sight
- Blood visible in the eye or bleeding around the eye

Is the injury...

Major?

Minor?



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Major eye injuries

1. Protect injured eye with sterile pad or dressing

- DO NOT touch the eye or try and remove large foreign objects.



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Major eye injuries

2. Reassure casualty and help them rest in an upright position so their head is lifted



3. Call HM Coastguard to advise of situation and return casualty to shore immediately



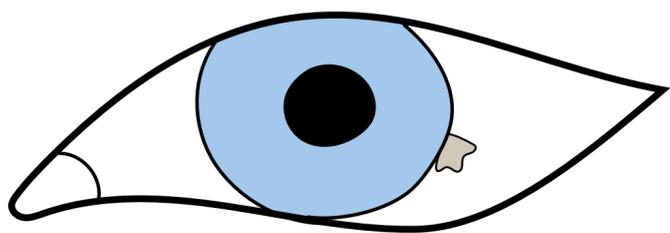
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Minor eye injuries

1. Examine eye for foreign objects or irritants

- DO NOT rub or touch the eye.



2. Tilt casualty's head back and flush the eye from the inner corner outwards with clean water



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Eye injuries

Minor eye injuries

3. If eye washing doesn't work

- Cover eye lightly with a sterile pad or dressing.
- Treat as a major eye injury.

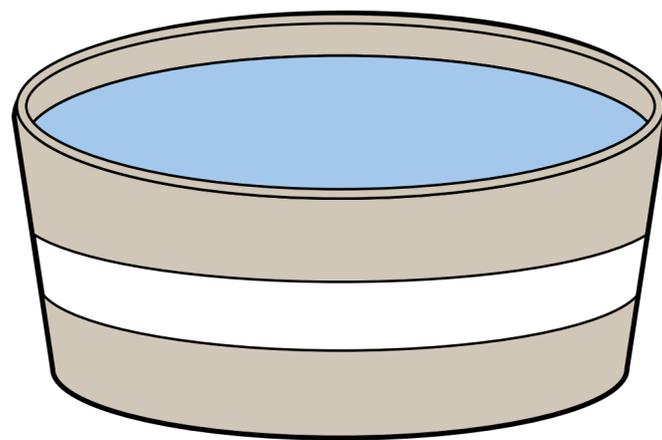
For major eye injury instructions, click here



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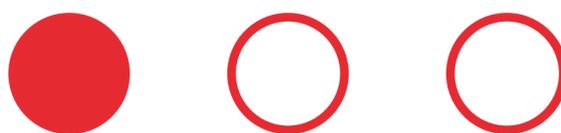
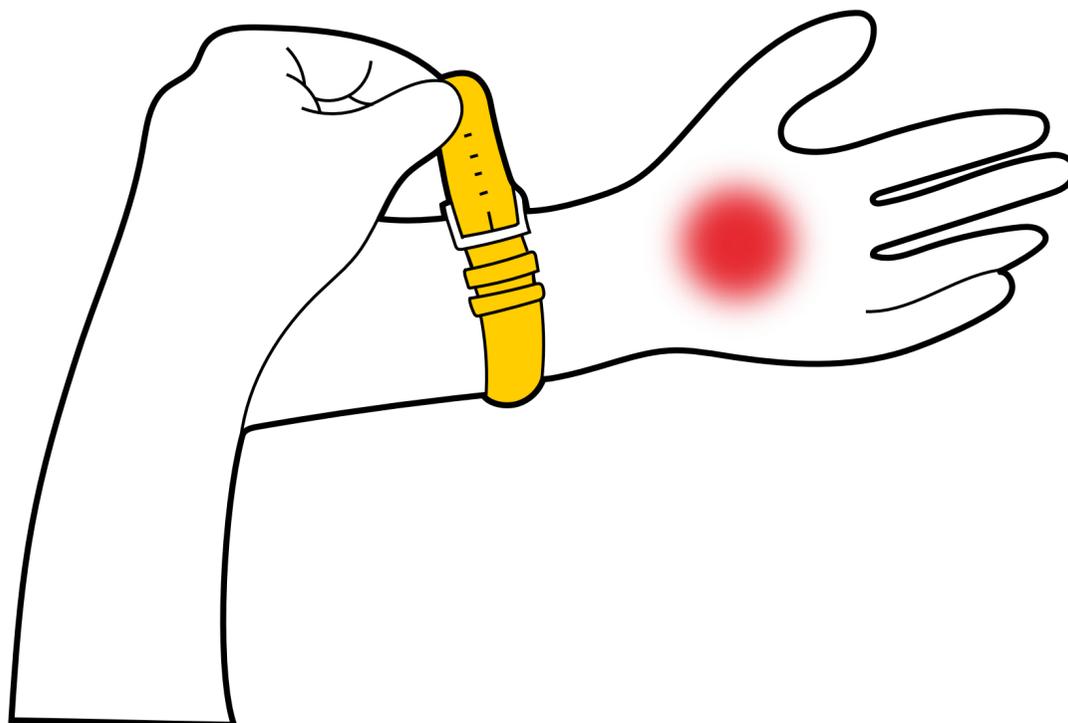


1. **Stop the burning process and cool the injured area for 20 minutes**



2. **Remove any clothing or jewellery near the burnt area**

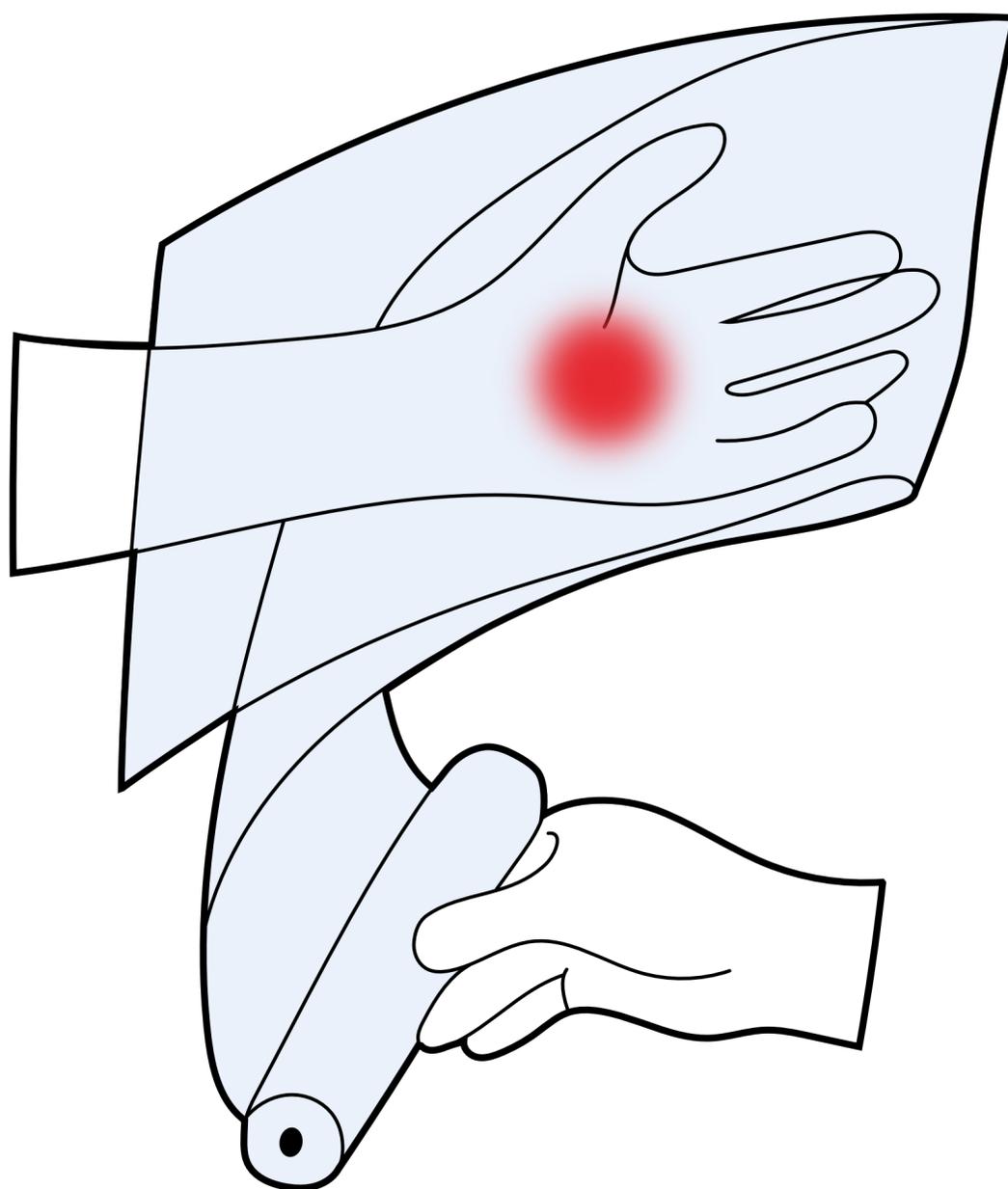
- DO NOT remove anything that is stuck to the skin.



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3. Once cooled, cover the burn with a burns dressing from the First Aid Kit or clean plastic or clingfilm



**In an emergency
contact HM Coastguard
VHF channel 16 / Dial 999**



4. **Monitor casualty and treat for shock if required**

For Shock instructions, click here

5. **Offer pain relief in the form of paracetamol or ibuprofen if available and appropriate (i.e. no allergies) following packet instructions**
6. **For serious burns call HM Coastguard for emergency assistance**

WHEN TREATING A BURN...

- DO NOT break blisters or remove peeling skin
- DO NOT remove fabric stuck to skin
- DO NOT use ice or ice water on the burn
- DO NOT apply creams, ointments or lotions



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**Anaphylaxis
(Anaphylactic shock)**

Carbon monoxide poisoning

Epilepsy and Seizures

Stroke



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Anaphylaxis (Anaphylactic shock)

Anaphylaxis occurs when the body's immune system over-reacts to something. It can be fatal if not treated quickly.

Signs and symptoms

- Rash
- Vomiting
- Breathing difficulty
- Swelling
- Nausea
- Dizziness

1. **Administer adrenaline (e.g. EpiPen®) if available**
2. **Call HM Coastguard for emergency assistance**
3. **Treat casualty for Shock**

For Shock instructions, click here

4. **Be prepared to give CPR if casualty stops breathing normally**

For CPR instructions, click here



**In an emergency
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Carbon monoxide poisoning

Signs and symptoms

- Short of breath
- Stomach pains
- Personality change
- Seizures
- Dizziness or confusion
- Loss of consciousness

1. Remove casualty from source

2. Call HM Coastguard for emergency assistance

- Casualty may need oxygen and professional care.

3. Check and monitor casualty breathing, pulse and responsiveness. Be prepared to give CPR if casualty stops breathing normally

For CPR instructions, click here

4. If breathing normally, place casualty in recovery position

For recovery position instructions, click here



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Epilepsy and Seizures

Signs and symptoms

- Casualty may become rigid
- Eyes rolling
- Jerking body
- Vomiting

- 1. Move dangerous objects away from casualty and protect their head from injury**
- 2. Time the seizure**
 - If seizure lasts more than 5 minutes, call HM Coastguard for emergency assistance.
- 3. Place casualty in recovery position if possible**
- 4. Monitor and regulate casualty temperature**
- 5. When casualty recovers and is more alert, offer food and water to support recovery**



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Stroke

Signs and symptoms

F – Facial weakness: Can casualty smile?

A – Arm weakness: Can casualty raise both arms?

S – Speech problems: Can casualty speak clearly?

T – Time to call for emergency help

- 1. Call HM Coastguard immediately for emergency casualty evacuation**
- 2. Place casualty in recovery position and monitor breathing, pulse and responsiveness**

For recovery position instructions, click here

- 3. Reassure casualty and keep them warm and comfortable**
- 4. Give CPR if casualty stops breathing normally**

For CPR instructions, click here



**In an emergency
contact HM Coastguard
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Emergency recording

Once a casualty has been treated and is as stable as possible it is best practice to monitor their breathing, pulse rate and responsiveness and record what you find on an emergency recording chart.

What is normal?

- Normal breathing rate is 12 to 18 breaths per minute.
- Normal pulse rate is 60 to 100 beats per minute.

Regular updates of their condition, with times, will give an indication of an improving or deteriorating situation.

The completed chart should be handed over to HM Coastguard or medical personnel once the casualty is in their care.

To request a printable emergency recording chart, please contact seafish@seafish.co.uk



**In an emergency
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This guide has been created by the Welsh Fishing Safety Committee (WFSC) to support fishermen providing emergency First Aid at sea. Our aim is zero preventable fishing-related deaths in Wales.

First Aid training is a legal requirement for all UK commercial fishermen. This **First Aid at Sea** guide has been designed for ease of use onboard a fishing vessel and provides a reminder of First Aid training for conditions we consider present the greatest risks to fishermen in Wales. Our hope is that this guide will support the industry in working towards a safer future for all fishermen.

A Welsh language version of this guide is available. For more information about this guide or to request a Welsh language version please contact seafish@seafish.co.uk

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