

RYA First Aid Course Syllabus

Expanded syllabus for use in planning and delivering RYA Training through Recognised Training Centres.



Course duration: 1 day

Text in italics signifies a change of wording or additional text from previously published versions.

Course outcomes:

1. *Understands the role of a first aider in regard to:*
 - i. *The importance of preventing cross infection;*
 - ii. *The need for recording and/or reporting incidents and accidents;*
 - iii. *Assessing a scenario and circumstances to ensure they act safely, promptly and effectively in an emergency.*
2. *Can perform CPR to current protocols incorporating the use of AEDs, and understands the differential for drowning.*
3. *Understands the importance of the recovery position and the need to modify it for small spaces.*
4. *Can administer first aid to those who are unconscious.*
5. *Can identify types of external bleeding and control bleeding.*
6. *Can use appropriate dressings, bandages and other first aid equipment available, including improvised dressings and bandages.*
7. *Understands the term shock, how to recognise and treat it.*
8. *Can recognise and understands the treatment for hypothermia following immersion and/or exposure.*
9. *Can recognise the signs of a reduced level of response, with particular reference to serious head injuries.*
10. *Can administer suitable first aid for:*
 - i. *breathing difficulties*
 - ii. *choking*
 - iii. *chest pain*
 - iv. *seasickness*
 - v. *diabetic emergency*
 - vi. *anaphylaxis*
 - vii. *hyperthermia*
 - viii. *fractures*
 - ix. *seizures*
 - x. *burns, including scalds, chemical and electrical*
 - xi. *minor injuries including small cuts, grazes, bruises and small splinters*
11. *Can choose suitable first aid equipment for their boat.*
12. *Understands how to get medical advice or assistance by marine VHF radio.*
13. *Understands how to prepare for the evacuation of a casualty afloat by helicopter.*
14. *Skippers of MCA Coded Vessels only: Knowledge of the content and use of Category C Medical Stores, including the pocket mask.*

Definitions

<i>Knowledge of</i>	The subject will be covered on the course to the level where the student is familiar with the subject and identify when further assistance may be needed
<i>Understands</i>	The subject will be covered in greater depth. Students are able to demonstrate sufficient understanding of the subject to be able to describe how it would be applied in practice.
<i>Can</i>	The candidate is able to demonstrate appropriate application of the skill or knowledge.

Session 1

Assessment, immediate actions and the priorities within first aid.

- *Understands the importance of avoiding cross contamination*
- *Understands the need to report and/or record incidents and accidents*
- Knowledge of the benefit of immediate first aid
- Can assess for dangers in first aid situations
- Understands that making the scene safe is the first priority
- Knowledge of the 3 aims of first aid
- Understands the need to look for external clues and collect information from the casualty and bystanders
- Understands the importance of identifying a life-threatening situation quickly and summoning the Emergency Services without delay.

Unconsciousness and the recovery position

- Can perform a primary survey correctly
- Understand why a patient with a reduced level of response due to medical illness or non-physical trauma, who does NOT meet the criteria for CPR, should be placed in the recovery position
- Can place a casualty in the recovery position effectively, with the airway open
- Understands why accurate positioning of the head is vital
- Understands *the need to turn a casualty in the recovery position* onto the other side after 30 minutes
- Understands the need to continually monitor a casualty in the recovery position, and protect them from the cold
- Knowledge of the possibility of modifying the position, if necessary

CPR, including the use of an AED

- Understands the chain of survival, and that a casualty is unlikely to recover with CPR alone
- Understands the aim of CPR is to maintain oxygen perfusion to the brain and other vital organs
- Understands that an unresponsive casualty with absent or abnormal breathing requires CPR
- Understands that agonal breathing is not normal breathing
- Can perform CPR effectively to the current protocol
- Understands that a trained first aider should do rescue breaths as well as compressions, if possible
- Understands that vomiting during CPR is common and the action to take

- Understands that a Distress Alert and Mayday should be sent, or help summoned by phone, before CPR is started.
- Understands how an AED is used, and that they are completely safe
- Understands that an AED should be used as soon as possible
- Understands when CPR should be stopped

Drowning

- Understands the different CPR protocol for a victim of drowning
- Can perform CPR effectively using the drowning protocol
- Knowledge that the duration of submersion is the strongest predictor of outcome
- Knowledge of Acute Respiratory Distress Syndrome or secondary drowning
- Can recognise the signs of secondary drowning
- Understands that immediate medical attention is required if secondary drowning is suspected

Breathing difficulties

- Understands the signs of mild and severe choking
- Understands how to perform back blows and abdominal thrusts on an adult
- Understands the signs of other breathing difficulties, such as asthma and hyperventilation
- Understands how an inhaler and spacer device are used
- Can treat and position a casualty with breathing difficulties appropriately

Session 2

Failure of the circulation: shock

- Understands the term shock
- Knowledge of the most common causes of shock, *including anaphylactic shock*
- Can recognise the most important signs of shock
- Can treat and position a casualty appropriately

Blood loss and the control of bleeding,

- Understands that volume of blood loss is very significant to deterioration of a casualty
- Understands that a casualties past medical history may be very significant, including medication such as aspirin or warfarin
- Knowledge of different types of bleeding
- Knowledge of the need to take universal precautions when treating wounds
- Understands that the main method of treating bleeding is direct pressure
- Can apply a pressure dressing effectively, *including improvised bandages*
- Understands that an embedded object should not be removed
- Can use a trauma dressing effectively
- Understands that an uncontrolled rapidly flowing or spurting bleed is life-threatening
- Knowledge of *the use of haemostatic dressings to pack a wound and tourniquets in the case of an uncontrolled life-threatening bleed*
- Can treat and position a casualty appropriately

Recognition of internal bleeding

- Understands that internal bleeding can be life threatening
- Knowledge of how an internal bleed might occur
- Can recognise the signs of an internal bleed
- Can treat and position a casualty appropriately

Angina and heart attack

- Understands that heart attack is a form of shock
- Knowledge of the causes of heart attack
- Knowledge that heart attack is a common cause of sudden illness in an adult
- Understands angina attacks often occur with exercise, and are frequently relieved by rest
- Can identify symptoms of a heart attack
- Knowledge of differences between heart attack and angina
- Can treat and position a casualty appropriately
- Understands the use of aspirin in the case of a heart attack *or angina*

Session 3

Levels of response and the AVPU scale

- Understands that a reduced level of response indicates a problem with the brain
- Knowledge that there are many causes of unconsciousness
- Understands that a patient with a reduced level of response due to medical illness or non-physical trauma, who does NOT meet the criteria for CPR, should be placed in the recovery position
- Knowledge that unconsciousness can develop gradually
- Understands how the AVPU scale is used to determine level of response, and monitor improvement or deterioration
- Understands that there are many circumstances where assessing the level of response is important
- Can use the AVPU scale effectively

Head injury: concussion and compression

- Knowledge of the risks of serious head injuries on sailing boats
- Knowledge of types of serious head injuries
- Can identify signs of a serious head injury
- Understands that confusion and deteriorating level of response are signs that the condition is worsening
- Understands that a case of suspected concussion should be assessed by a professional
- Understands that a serious head injury may involve a spinal injury in addition
- Can treat and position a casualty appropriately

Immersion hypothermia and cold shock

- Knowledge that cold shock may cause a heart attack
- Knowledge that rapid breathing caused by cold shock may lead to inhalation and drowning
- Understands that cold shock only lasts a few minutes
- Knowledge of the additional protection provided by a spray hood on a lifejacket
- Knowledge that body heat is lost far faster in water than in air.
- Understands that death is usually from drowning, either immediately if the victim has no lifejacket, or once unconscious from hypothermia
- Understands that a casualty rescued from the water must be assessed in case CPR is required and treated for hypothermia
- Understands how to rewarm a casualty safely, including use of a TPA
- Can treat and position a casualty appropriately

Burns, including sunburn, scalds, chemical and electrical

- Knowledge that burns are caused in a variety of ways
- Understands how burns are classified by depth
- Understands the general treatment for burns is cooling for 20 minutes
- Knowledge that an electric shock can cause heart arrhythmias, in addition to an entry and exit wound
- Knowledge of the treatment for a chemical splash in the eye
- Understands how the severity of burns is assessed, and when hospital treatment is required
- Understands the risk of infection and the type of wound covering to be used
- Understands the risks of removing clothing that may be stuck to the skin and from items that may restrict the circulation
- Understands that cream, oil or butter should never be used, including after sun cream

Exposure hypothermia/hyperthermia

- Knowledge that variation of body temperature by a few degrees can cause hypothermia or hyperthermia
- Knowledge of the risk to safe boat management of exposure hypothermia
- Can identify the signs of exposure hypothermia
- Understands the risks of rapid re-warming and the use of alcohol
- Knowledge of the difference between heat exhaustion and heat stroke
- Can treat and position a casualty with heat exhaustion appropriately
- Knowledge that heat exhaustion can lead to heat stroke
- Understands that heat stroke is a serious emergency
- Can treat and position a casualty with heat stroke appropriately

Seasickness and dehydration

- Knowledge that seasickness can cause dehydration
- Understands the early signs of dehydration
- Knowledge of methods of prevention
- Understands the use of oral rehydration solution
- Can treat and position a casualty appropriately

Diabetic emergency

- Knowledge that diabetes is a very common condition
- Knowledge that diabetes is managed in several different ways
- Can identify symptoms of hypoglycaemia
- Can treat a hypoglycaemic casualty appropriately
- Understands that an unconscious diabetic patient is an emergency
- Knowledge that hyperglycaemia develops slowly and required medical attention

Seizures

- Understands that a seizure-like episode may be a sign of cardiac arrest, and that the casualty should be assessed for absent or abnormal breathing
- Knowledge that not all seizures are due to epilepsy
- Knowledge that epileptic episodes can be focal or absence seizures
- Understands the general care required during, and after a seizure
- Understands when emergency help should be called.

Session 4

Fractures, including spinal injuries

- Knowledge of different types of fracture
- Can recognise the signs of a fracture
- Understands that straightening of a angulated limb should not to attempted
- Can identify when emergency help is required
- Knowledge of the high risk of infection in an open fracture
- Can treat and position casualty appropriately
- Understands the risks associated with spinal injury
- Can treat and position casualty with suspected spinal injury appropriately
- Understands when an unconscious casualty with suspected spinal injury may have to be moved into the recovery position

First aid kits

- Knowledge that a private leisure vessel first aid kit may include items in addition to a basic workplace first aid kit, including medications
- Can select suitable items for a boat first aid kit
- Understands safe storage and the need to check expiry dates

Advice or assistance by radio

- Can determine when a Distress Alert and Mayday should be sent, or a request made to HM Coastguard for medical assistance
- Knowledge of the procedure for sending Distress Alert and Mayday
- Knowledge of the procedure for getting medical advice by radio, and that additional information will be requested
- Knowledge that an SRC radio certificate is required to use the VHF without supervision
- Understands that a mobile phone is not advised in emergencies afloat

Medevac: the evacuation of a casualty by helicopter

- Knowledge of HM Coastguard rescue helicopters and assistance available from Coastguard Rescue Teams and lifeboats
- Understands how to prepare a boat and the casualty for the arrival of a rescue helicopter
- Understands actions required when the helicopter is on scene, and how to manage a hi-line
- Can identify actions that could be dangerous, such as using a parachute rocket, attaching the hi-line to the boat, not allowing the hi-line to earth

Session 5

For the skippers of MCA coded boats:

The contents and use of the Category C Medical Stores, including the pocket mask

- Understands which vessels require Category C Medical Stores
- Understands use of GTN, including possible side effects
- Knowledge of other medications in the Category C Medical Stores, basic pack ONLY
- Understands that a pocket mask can be used for “over the head” CPR
- Can use a pocket mask effectively
- Knowledge of storage requirement
- Knowledge that first aid treatment, including the type and quantity of any medicines given, must be recorded in the logbook or the Controlled Drugs Register in the case of the risk assessed items
- Knowledge that there are additional items which can be carried if justified by a risk assessment
- Knowledge that the additional risk assessed items require considerable extra training, locked storage facilities and the carriage of the Ships Captains Medical Guide and a Controlled Drugs Register
- Knowledge of sources of additional information, and current MSN

or

Subject of special interest to the group:

Weils disease, blue/green algae, child CPR, marine stings, fish hooks, etc

- Knowledge of the risks of Weil's disease, and how it is spread
- Understands treatment and when medical advice should be sought
- Knowledge of where blue/green algae is found and the associated risks
- Understands treatment required
- Knowledge that CPR for a child can follow the same protocol as for an adult, but minor modification may make it more effective
- Can perform CPR effectively to current protocol on a junior manikin, if available