

First Aid

In a medical emergency a little first aid knowledge and immediate action can save lives. This RYA 1 day course is designed to provide a working knowledge of first aid at sea.

Topics covered: -

Choking

How to clear blockages in the airway

Resuscitation

Mouth to Mouth & Chest compression
CPR (cardio-pulmonary resuscitation).

Recovery Position

How to place casualty in correct position
Spinal problems when turning

Control of Bleeding

Pressure points and bandaging

Burns

Treatment

Fractures & Dislocations

Protect injury

Angina and Heart Attack

Casualty care

Sea Sickness

Recognition of Sea Sickness
Treatments

Cold & Heat Exhaustion

Cold Water Immersion & Cold water Shock
Drowning & Hypothermia
Heat exhaustion, heat stroke & dehydration

Head Injury and Unconsciousness

Casualty care

First Aid Kits

First Aid kits on Category 2,3,4 coded yachts

Pre-course knowledge: None

Duration: 1 day

On completion of the course you will be given an RYA First Aid certificate.
The RYA/MCA first aid certificate is valid for 3 years, after 3 years a short update course can be attended which will extend the certificate for a further 2 years.

Student Number

Student numbers are kept to a maximum of 8 students per course, so early booking is advised.

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