

## STCW Elementary First Aid

### **Scope and Objective**

This training is intended to meet the requirements set out in Section A-VI/1 of the STCW Code for training in elementary first aid and unit A11 of the marine national occupational standards.

The training forms part of the requirements for basic training for seafarers employed or engaged in any capacity on board ship on the business of that ship as part of the ship's complement with designated safety or pollution prevention duties in the operation of the ship. The training must be undertaken before new entrants are assigned to any such shipboard duties.

The objective of the training is to give all persons intending to go to sea a basic knowledge of the immediate action to be taken upon encountering an accident or other medical emergency aboard ship.

### **Course duration**

The course duration is one day, including practical sessions on CPR using manikins.

### **Teaching ratio**

12:1

### **Pre Course Knowledge**

Nil

### **Syllabus**

#### Session 1

Assessment, immediate actions and the priorities within first aid.  
Unconsciousness and the recovery position  
CPR  
Drowning  
Breathing difficulties

#### Session 2

Failure of the circulation: shock  
Blood loss and the control of bleeding  
Recognition of internal bleeding  
Angina and heart attack.

#### Session 3

Levels of response and the AVPU scale.  
Head injury: concussion and compression.

Immersion hypothermia and cold shock  
Burns, including sunburn.  
Exposure hypothermia/hyperthermia  
Seasickness and dehydration  
Diabetic emergency  
Seizures

#### Session 4

Fractures, including spinal injuries  
First aid kits  
Advice or assistance by radio  
Medivac.....casualty evacuation by helicopter.

#### Session 5

For the skippers of MCA coded boats:  
The contents and use of the category C first aid kit, including the pocket mask.

### **Certification**

Achievement of the desired standard of competence will be attested to by a certificate issued by the centre. The Certificate will state that the candidate has; completed a programme of training by the Maritime and Coastguard Agency as meeting the requirements laid down in: STCW 95 Regulation VI/1 and paragraph 2.1.3 of Section VI/1 of the STCW Code.