

RYA FIRST AID COURSE

This course is designed to provide a working knowledge of first aid for all those who go afloat, on inland waters or up to 60 miles offshore. The syllabus is based on the recommendations of the Health and Safety Executive and the UK Maritime and Coastguard Agency. The certificate fulfils the requirements of the MCA Code of Practice for the skippers of small commercial vessels up to category 2.

The certificate is **valid for 3 years**.

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.....the evacuation of a casualty 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.