

RYA FIRST AID COURSE

This course is designed to provide a working knowledge of first aid for skippers of small craft working within 60 miles of a safe haven. The syllabus is based on the recommendations of the Health and Safety Executive and the Department of Transport.

Training is given by registered First Aid Instructors at training centres recognised by the RYA. Upon successful completion of the course an RYA First Aid Certificate, valid for 3 years, is issued.

This certificate fulfils the requirements of the Department of Transport Code of Practice for Small Commercial Vessels in area category 2,3 or 4.

Training centres are required to provide a resuscitation dummy, bandages and ancillary equipment and to keep a register of all courses for a period of at least five years on the standard form provided for the purpose.

COURSE OBJECTIVES

By the end of the course, students should be able to:

Demonstrate artificial ventilation and chest compression (CPR)

Demonstrate how to turn a casualty into the recovery position

Apply direct pressure to a wound to control bleeding

Demonstrate how to bandage a wound

Demonstrate how to immobilise a fracture

Detail the treatment for shock, cold shock and anaphylactic shock

Outline treatment for seasickness

Outline the prevention, recognition and treatment of hypothermia

Outline the necessary precautions when treating a cold water immersion casualty

Outline the treatment for:

a) Asthma attacks b) Burns c) Diabetic emergencies

d) Epilepsy e) Heart attacks f) Angina

Outline the recognition and treatment of:

a) Concussion b) Compression

List the precautions needed when handling a spinal injury

List the actions needed to prepare for helicopter evacuation

Offshore Candidates

Be aware of the types of drugs required by vessels operating under the Code of Practice for Small Commercial Vessels in area category 2,3 & 4.

Outline the treatment for conditions requiring the use of Category C drugs

For syllabus see over

RYA FIRST AID COURSE
SYLLABUS

SESSION 1 (2½ hours)

Principles of First Aid
Assessment & immediate action
Principles of resuscitation (inc. drowning)
Chest compression
Cardio-pulmonary resuscitation
Recovery position
Choking
Asthma
Electric shock

SESSION 2 (2 hours)

Shock
Blood loss
Heart attack
Anaphylactic shock
Toxic (crush) shock
Control of bleeding (internal & external)

SESSION 3 (1½ hours)

Unconsciousness
Concussion
Compression
Stroke
Burns (inc. rope burn & sunburn)
Hypothermia (prevention, recognition & treatment)
Heat exhaustion and heatstroke
Diabetic emergency
Cold shock
Epilepsy
Seasickness

SESSION 4 (1hour)

Fractures
Handling casualties (inc. helicopter evacuation)
Spinal injuries
First Aid Kit
Communications

SESSION 5 (Offshore candidates only)

Awareness and use of Category C drugs.