

12 - First Aid

Competence (Skills)	Knowledge, Understanding and Proficiency	Level Required		Methods for Demonstrating Competence (Qualification Standard)	Criteria for Evaluating Competence (Performance Standard)
		Coxswain Captain	Crew		
Conduct triage	Assess a scene based on the principles of a triage system	X	X		
Obtain patient history	<ul style="list-style-type: none"> • Obtain list of patient allergies • Obtain list of patient medication • Obtain chief complaint and/or incident history from patient, family member and/or bystanders • information regarding patient's past medical history • Obtain information about patient's last oral intake • Obtain information regarding incident through accurate and complete scene assessment 	X	X		
Conduct complete physical assessment demonstrating appropriate use of inspection, palpation, percussion, auscultation and interpret findings	<ul style="list-style-type: none"> • Conduct primary patient assessment and interpret findings • Conduct secondary patient assessment and interpret findings • Conduct neurological system assessment and interpret findings • Conduct cardiovascular system 	X	X		

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	assessment and interpret findings <ul style="list-style-type: none"> • Conduct respiratory system assessment and interpret findings • Conduct musculoskeletal assessment and interpret findings • Conduct assessment of the ears, eyes, nose and throat and interpret findings • Conduct multisystem finding and interpret findings • Conduct psychiatric assessment and interpret findings 				
Assess vital signs	<ul style="list-style-type: none"> • Assess respiration • Assess pulse • Assess pupils • Assess skin condition • Conduct non-invasive temperature monitoring • Assess level of mentation 	X	X		
Maintain patency of upper airways and trachea	<ul style="list-style-type: none"> • Use manual maneuvers and positioning to maintain airway patency • Remove airways foreign bodies 	X	X		
Implement measures to	<ul style="list-style-type: none"> • Control external hemorrhage through the 	X	X		

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maintain hemodynamic	use of direct pressure and patient positioning <ul style="list-style-type: none"> • Conduct automated external defibrillation • Conduct CPR 				
Provide basic care for soft tissue injury	<ul style="list-style-type: none"> • Treat soft tissue injuries • Treat burn • Treat eye injury • Treat penetration wound • Treat local cold injury 	X	X		
Immobilize actual and suspected fractures	<ul style="list-style-type: none"> • Immobilize suspected fractures involving appendicular skeleton • Immobilize suspected fractures involving axial skeleton 	X	X		
Provide cardio-pulmonary resuscitation. (CPR)	Ability to: <ul style="list-style-type: none"> • recognize medical situations requiring CPR; • apply CPR. 	X	X		As per course standard
Treat victims of hypothermia	<ul style="list-style-type: none"> • Knowledge of symptoms and treatment of hypothermia and cold water near drowning. • Ability to apply treatments for hypothermia and cold water near drowning. 	X	X		

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Treat diving injuries	<ul style="list-style-type: none"> • Knowledge of the symptoms and treatment of diving injuries. • Ability to diagnose diving injuries, and apply appropriate first aid techniques. 	X	X		
Immobilise spinal injuries.	<ul style="list-style-type: none"> • Knowledge of symptoms and treatment of spinal injuries. • Ability to recognize and immobilize spinal injuries. 	X	X		
Manage survivors and survival craft after abandoning ship.	<ul style="list-style-type: none"> • Handling survival craft in rough weather; • Use of painter, sea anchor and all other equipment; • Apportionment of food and water in survival craft; • Action taken to maximize detectability and location of survival craft; • Method of helicopter rescue; • Effects of hypothermia; use of protective covers and garments including immersion suits • and thermal protective aids; • Use of rescue boats and motor lifeboats for marshaling life rafts and rescue of survivors and persons in the sea; 	X	X		

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	Beaching survival craft includes practical demonstration of ability to: <ul style="list-style-type: none"> • row and steer a boat and steer by compass; • use individual items of equipment of Survival craft; and retrieve devices to aid location. 				