

Answers to questions page 94

1. List any 6 signals used to indicate you are in trouble (see page 55).

Arms waving up and down by side, gun shot at regular intervals,

SOS signal, radio Mayday, signal flags N over C.

flare, V sheet,

2. How would you help the family in the Figure 18.1?

Drive over and ask them if they need a tow.

3. Describe any three ways you could communicate an emergency.

Marine radio, mobile phone, V sheet, set off a flare, flash SOS

4. Describe five ways to help people who are sea sick .

• *Avoid alcohol and heavy rich foods before and during the trip*

• *Focus on the horizon and not on the water*

• *Stay in the fresh air and on deck away from fumes*

• *Keep occupied - nibble on dry biscuits or fruit. Some people say ginger, wrist bands or patches help.*

• *Use medication (be guided by your doctor)*

5. How should you treat a coral cut?

• *Wash the cut thoroughly and inspect to see if any foreign materials are still in the wound.*

A painful but practical way to remove small pieces of coral or grit is with a toothbrush.

• *Apply a drying agent such as Metadine (check if they are allergic) and cover the wound with a sterile dressing.*

6. The boat has just gone and you see a deep laceration in your friend's leg. What should you do?

• *Control bleeding by pressure, elevation and direct pressure*

• *Wash the area of skin around the laceration and apply a sterile dressing*

• *The patient with broken skin should check their tetanus status in the records*

• *Large cuts may require stitching - take to hospital*

• *Superficial foreign matter should be removed but anything deep should be left to a doctor*

7. You find someone in the water suffering from severe hypothermia. What should you do?

• *If possible, remove patient from the elements and into dry shelter.*

• *Remove any wet clothing and replace with warm, dry clothing or blankets.*

• *Warm the patient gradually to avoid the onset of dangerous heart rhythms.*

• *If the patient is able, encourage them to drink warm liquids.*

• *Monitor the patient and seek medical help*

8. What is the treatment for non-tropical Bluebottle stings?

• *Place the victim's stung area in hot water (no hotter than the rescuer can comfortably tolerate)*

• *If the pain is unrelieved by the heat, or if hot water is not available, apply cold packs or wrapped ice*

9. Someone is stung by a jellyfish in tropical waters - what should you do to relieve the pain

• *Remove the patient from the water and restrain if necessary • Call for help (dial 000)*

• *Assess the patient and commence CPR as necessary*

• *Liberal douse the stung area with vinegar to neutralise invisible stinging cells*

- do not wash with fresh water

• *If vinegar is unavailable, pick off any remnants of the tentacles (this is not harmful to the rescuer) and rinse*

sting well with seawater (not freshwater) • Seek medical assistance with rapid transport to hospital