

# First Aid at Sea

1 DAY COURSE

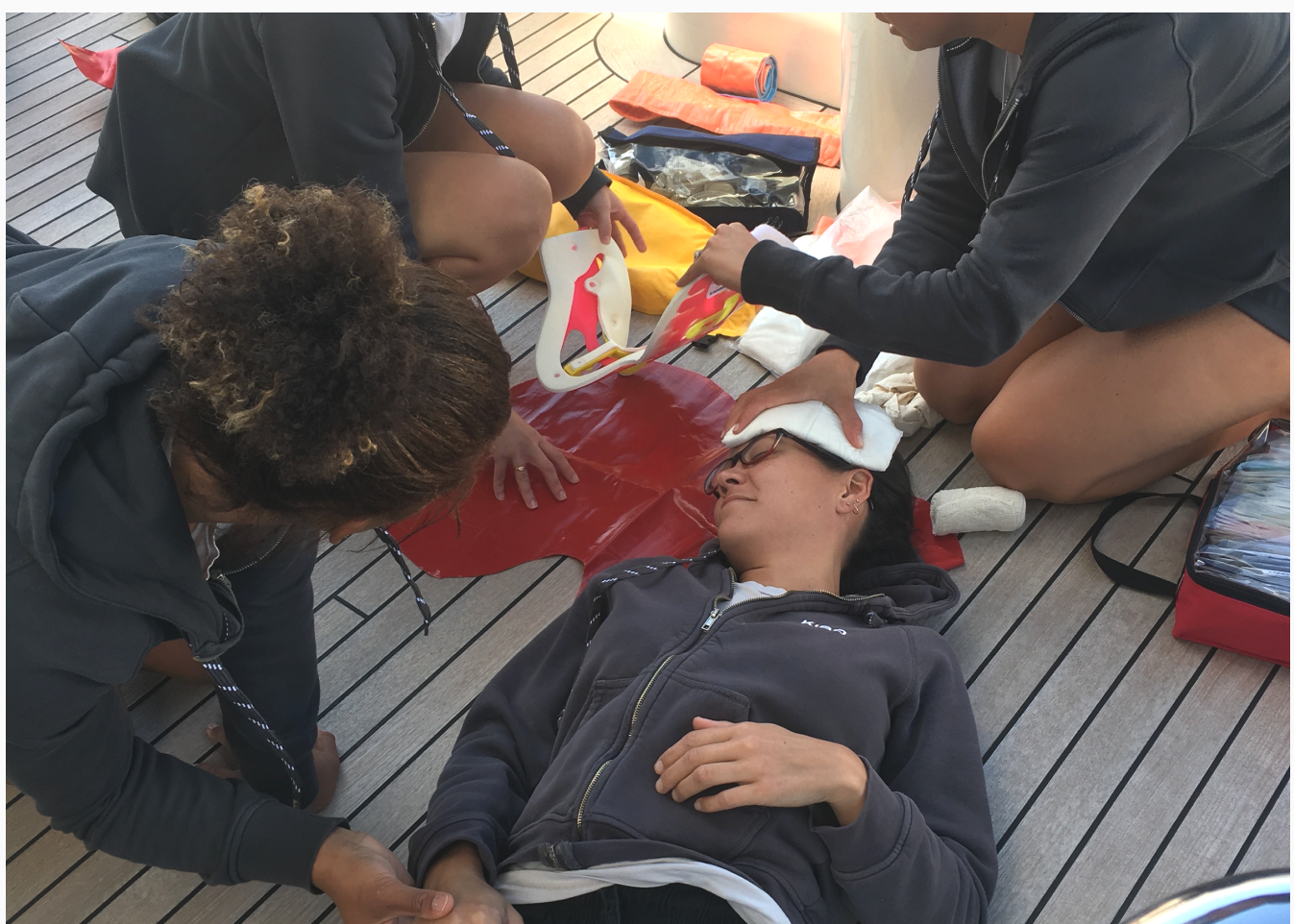
*"There is no ambulance where you go"*

Focussed on the sailing environment where weather conditions can change quickly and medical help may be hours away.

Curriculum includes:

- Cold water shock, drowning, hypothermia
- Head injuries
- Medical emergencies, e.g. stroke, chest pain, CPR
- Casualty position, lifting and moving
- Plenty of hands on practice

Taught by Joanna Peare, Registered Nurse, and experienced offshore sailor.



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FIRST AID TRAINING FOR REMOTE ENVIRONMENTS

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# First Aid at Sea

2 DAY COURSE

*"There is no ambulance where you go"*

A follow on from the 1 day course\* for those who are sailing farther offshore, or for those who would like more practice using techniques taught on the 1 day course. Additional topics include:

- Wound assessment & care
- Wound closure
- Joint dislocations
- Chest and torso injuries
- Eye injuries

Taught by Joanna Peare, Registered Nurse, and experienced offshore sailor.

\*you must have taken the 1 day course within previous 2 months, to complete the two day course



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