

Surfer's First Aid – Quick Guide

Basic Life Support

1. Check for Danger
2. Check for Response
3. Shout for Help
4. Check breathing (up to 10 sec)
 - a. Head to side and clean oral cavity to free the airways
 - b. Overextend neck to open air way
 - c. Watch chest (seeing)
 - d. Ear to Mouth (hearing)
 - e. Feeling the Breath (feeling)

CPR:

Adult:

1. Not breathing
2. Call the ambulance
3. Defibrillator/EAD – if not available:
4. 2 blows

5. 30 compressions
6. 2 blows, etc.

Child:

1. start with 5 blows
2. 30 compressions
3. 2 blows
4. 30 compressions
5. 2 blows, etc.

Dealing with Bleeding

- P: positioning
- E: explore
- E: elevation
- P: pressure (bandage)

How to Handle

| Case | Characteristics/Symptoms | Treatments |
|--------------|--------------------------|---|
| Tooth Injury | Blood flowing from mouth | <ol style="list-style-type: none"> 1. Reassurance 2. Take the teeth 3. Lean head forward & let the blood go out 4. Bandage (not in the mouth) 5. Go to doctor/call Ambulance |
| Sprain | Swelling, browsing, pain | <ol style="list-style-type: none"> 1. R: Rest 2. I: Ice 3. C: Compression 4. E: Elevate |

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| Air in Stomach | Hard stomach (during PCR) – possible internal bleeding | <ol style="list-style-type: none"> 1. Open Airway 2. Call Ambulance 3. CPR |
| Hypothermia (Cold) | Shivering, blue lips & nose, person is quiet, unconsciousness | <ol style="list-style-type: none"> 1. Out of the cold (water, wind) 2. Warm slowly (blanket) 3. If not getting warmer – to Hospital |
| Neurogenic (emotional) shock | | <ol style="list-style-type: none"> 1. Lay down on back (head slightly lifted - pillow, legs bent or high) 2. Calm down |
| Cardiogenic shock (fear) | | <ol style="list-style-type: none"> 1. Lay down on back (head slightly lifted - pillow, legs bent or high) 2. Calm down |
| Hypovolemic shock (loss of body fluid) | Heavy Vomiting, bleeding | <ol style="list-style-type: none"> 1. Lay down on back (head slightly lifted - pillow, legs bent or high) 2. Calm down |
| Anaphylactic shock (allergic reaction) | | <ol style="list-style-type: none"> 1. Antihistamine pills |
| Heart attack | Pain in the chest, pale face, pain in the arms (could be left), fallen into unconsciousness | <ol style="list-style-type: none"> 1. Quickly call Ambulance 2. Get an AED/defibrillator 3. Start PCR |
| Concussion (brain shake) | Big eyes | <ol style="list-style-type: none"> 1. Sit down 2. Keep talking 3. Call the Ambulance |
| Compression (direct pressure of brain) | One big, one small eye, dizzy, confused, pain in the head | <ol style="list-style-type: none"> 1. Sit down 2. Keep talking 3. Call the Ambulance |
| Unconscious & non breathing | | <ol style="list-style-type: none"> 1. Call Ambulance 2. Get an AED/defibrillator 3. Start PCR |
| Suspected spinal injury | | <ol style="list-style-type: none"> 1. Call Ambulance 2. Jaw thrust (on adults only) to open airways without moving the neck |
| Heat Stroke | Red face, fast shallow beating, spots of sweats | <ol style="list-style-type: none"> 1. Go to shadow 2. Put a cool towel to neck 3. When Colour comes back: ice cube for sucking on or 1 fingertip water |
| Blockage of breathing | Airways are blocked, cannot breathe | <ol style="list-style-type: none"> 1. Heimlichgriff (Heimlich handle) |
| Weever fish (Petermännchen) | | <ol style="list-style-type: none"> 1. Hot water (40° Celsius) for 40 min 2. Monitor the leg: if you see a red line going up the leg, go to hospital |
| Asthmatic attack | | <ol style="list-style-type: none"> 1. Personal Medicine for patient |

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| | | 2. If medicine does not work, call the ambulance |
| Jelly fish | | <ol style="list-style-type: none"> 1. Put on gloves 2. Remove tentacles 3. Get a bandage and put vinegar on the bandage (in case of Portuguese man o' war: put ice on it) |
| Sand in eye | | <ol style="list-style-type: none"> 1. Injured eye down 2. Pure water from nose to injured eye to wash out |
| Cracked ribs | Heavy pain on the chest while moving | <ol style="list-style-type: none"> 1. Put a bandage on 2. Go to hospital |
| Heavy Bleeding (lacerated Artery) | | <ol style="list-style-type: none"> 1. Put direct pressure on the wound 2. Put a bandage on the wound 3. If it bleeds through, put the next bandage over it – till it works |
| Fractur to the arm, skin penetrated | | <ol style="list-style-type: none"> 1. Do not bandage 2. Call the Ambulance |
| Head Injury | | <ol style="list-style-type: none"> 1. Call Ambulance |