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09. Accidents

Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

Chapter **Attach. B No.**

Possible consequences	B.2.1. B.2.1.1. B.2.1.2. B.2.1.3.3.2. B.2.1.3.3.1.	
* Shock * Bone fractures, bruises, dislocations, pulled muscles * External bleeding * Internal bleeding * Pains		
Rescue	C.5. B.2.1. C.1.1. C.1.3. B.2.1.1. B.2.1.2. B.2.1.2.3.1. B.2.1.2.3.2.	5.08, 5.07 19.23 19.01, 19.11, 1904/5 25.01 19.24 144.1 25.01
* Bring the victim away from the danger zone as quickly as possible. * Attention must be paid to one's own safety. * Be prepared for heart and lung resuscitation. * Provide adequate freedom from pain before beginning the treatment. * Haemostasis: Wear gloves, use pressure bandage, avoid constriction. * Bone fractures: Set and splint before transporting. * Open bone fractures: Immediately bind with sterile bandage. * Use rescue stretcher: It is better to use a vacuum mattress. * Cervical vertebrae injuries, already suspected: Apply neck tie, it is better to use "stiffneck". * Spinal injuries, already suspected: Rescue patient with sufficient helpers. Minimise movements in the spine. Fix trunk to hard support. It is better to use a vacuum mattress.		
First Aid	C.1.1. C.1.5. C.1.2. C.1.6. C.1.7.6. C.1.7.4.	23.02 - 23.08, 25.02 11.01 23.04, 23.05 5.07, 5.06
* Prepare for heart – lung resuscitation. * Apply infusion. * Keep respiratory tracts free: * Ensure freedom from pain. * Talk with the victim and convey calmness * Positioning: In the case of circulation shock: shock position = head deep, legs high In the case of head injuries: Upright, about 25° slanting position, with head pointing upwards. In the case of stomach traumas: Bend knees and support with rolls. In the case of chest injuries with rib fractures: Position patient on injured side.		
Further treatment		
* Write down and document results of accident * Essential functions: Check consciousness, respiration, circulation in intervals of at least 10 minutes until a stable condition has been reached (Emergency protocol) * Shock treatment: Continue persistently with infusions and pain treatment * Open wounds: Final care: Wound stitches, clip plaster, pressure bandage in the case of heavy bleeding, finally sterile bandage * Bone fractures: Final stabilisation, splints, plaster cast. Check skin temperature (compared to the healthy side) and pulse below the fracture. Measure size, especially in the case of thigh fractures. * Internal bleeding: Strict bed rest, large doses of infusions. * Ensure freedom from pain.	C.1.6. B.2.1.3 B.2.1.3.1 ff B.2.1.2. ff B.2.1.3.3.1.	11.01, 5.07 21.04/5, 21.11, 21.17 21.18-23, 19.01, 19.04 19.23, 124,125 11.01 5.06, 5.08
Further Measures: Frequent checking of respiration, consciousness, circulation (RCC-rule : <u>R</u> espiration, <u>C</u> onsciousness, <u>C</u> irculation) Check elimination for quantity and colour and make medical appointment		