


Welcome to the Hard Hat Training Series!

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Welcome to the Hard Hat Training Series. Do you know how to react when someone needs CPR or First Aid? Accidents happen all the time, in any industry, and at any given moment. Today, you will learn about the safety principles with First Aid and CPR and be provided the answers to this common question.

A knowledge of first aid is extremely important, and a clear understanding of first aid can make all the difference, whether it's applying a simple bandage, treating someone for shock, or performing life-saving CPR with just a moment's notice. While it may seem like a simple thing, first aid skills will come in handy throughout your life — not just on a vessel.



Currently, there are about 65,000 deep sea merchant and marine vessels operating around the world. They carry approximately 1.6 million seafarers. One study has found that diverting a vessel's course in order to get medical assistance for one seafarer costs about \$168,000.





There are no medical professionals onboard to care for you if you fall ill or become injured. With this in mind, the importance of knowing how and when to perform first aid and CPR cannot be understated. That is why the overall goal today is to not just focus on general safety principles, but provide detailed information.



This will include explaining proper ways to check the coherence of the victim; the correct way to perform compressions; how to properly place your hands; and what techniques to avoid. Additionally, we'll cover guidelines and procedures for the use of AEDs (automated external defibrillators), such as when to use one, how to use one, and things to likewise avoid.



We will describe what first aid and CPR entail and why they are so useful in potentially keeping us alive when we need it. We will also cover what supplies are necessary for first aid and explain basic first aid procedures for different situations.



Upon completion of this training and the subsequent written exam, you will be more knowledgeable about the importance of first aid and CPR, have a better understanding of when to perform them, and ultimately be better prepared when the need arises.





STANDARDS

29 CFR 1910.151 - Medical services and first aid

29 CFR 1926.23 - First Aid and Medical Attention

29 CFR 1926.50 - Construction Medical Services and First Aid

29 CFR 1915 - Shipyard safety and health

1926.20 - General Safety and Health Provisions, training

29 CFR 1926.21 - Training and Education

ANSI Z308.1 - First Aid Kits and Supplies

STCW A-VI/4-1 - Proficiency in Medical First Aid on Board Ship

These are some of the main standards concerning first aid and CPR. Many states have additional standards, as do some industries. This is especially true when it comes to who needs to be CPR/First Aid certified and how often they need to be recertified. We have provided these standards as a guide, but it is your responsibility to know all international, federal, local, and company rules that apply to your vessel.

When it comes to refresher training, OSHA's standard in some instances are very specific: operators must be re-evaluated every three years to see if they are still competent to operate the equipment. Best practices say to apply this same rule to all types of skill sets, including first aid training.





A so-called “free pass” cannot be awarded based on experience, age, or time on the job. The extent of the evaluation is to be determined by the employer, but should include a written and practical examination that prove continued competency.

Depending on the size of the vessel you are working on and the company you are working for, there may be crew members aboard with more advanced medical training than we will present here. This training is meant to give you a basic knowledge that will help you recognize and stabilize victims until further help can arrive, whether that is in the form of an highly-trained crew member or the Coast Guard.



Today's training will give you the knowledge and skills to take immediate action when you encounter an accident or other medical emergency while you are working on a seafaring vessel, as well as how to recognize and identify the injuries or medical emergency the victim is experiencing. Working at sea can be deadly, but the skills you learn today could very well save someone's life.



CPR

SAMPLE



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