

RYA TRAINING: Shore based courses



RYA FIRST AID COURSE SYLLABUS

In a medical emergency a little first aid knowledge and immediate action can save lives. This RYA one day course is designed to provide a working knowledge of first aid at sea.

Pre-course knowledge: None

Student number: A maximum of 8 students per course. Early booking is advised.

Duration: 1 day

SECTION A: CHOKING

How to clear blockages in the airway

SECTION B: RESUSCITATION

Mouth to Mouth & Chest compression

CPR (cardio-pulmonary resuscitation).

SECTION C: RECOVERY POSITION

How to place casualty in correct position

Spinal problems when turning

SECTION D: CONTROL OF BLEEDING

Pressure points and bandaging

SECTION E: BURNS

Treatment

SECTION F: FRACTURES & DISLOCATIONS

Protect injury

SECTION G: ANGINA & HEART ATTACK

Casualty care

SECTION H: SEA SICKNESS

Recognition of Sea Sickness

Treatments

SECTION I: COLD & HEAT EXHAUSTION

Cold Water Immersion & Cold water Shock

Drowning & Hypothermia

Heat exhaustion, heat stroke & dehydration

SECTION J: HEAD INJURY & UNCONSCIOUSNESS

Casualty care

SECTION K: FIRST AID KITS

First Aid kits on Category 2,3,4 coded yachts

The RYA/MCA first aid certificate is valid for 3 years, after 3 years a short update course can be attended which will extend the certificate for a further 2 years.