

The Detroit Regional Yacht-racing  
Association

proudly presents

“First Aid Afloat”

with

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Part 1

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# Part 1

Robert H. Amsler, D.O.

**Symptoms and Proper Medication Use**

**Medical Tips by Symptoms**

**Crew Member Personal Information**

**Water Treatment**

# ACKNOWLEDGEMENTS

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# Symptoms and Proper Medication Use

# Pain Medications

## **TYLENOL 500mg (acetaminophen)**

**OTC**

- Take **2** pills every **8** hours for pain or fever.  
- Excellent for headache and general aches and pains.
- **No** alcohol with this drug please.



**MAXIMUM DOSE IS 3 GRAMS PER 24 HOURS (6 pills or capsules)**

## **ALEVE 220mg (naproxen sodium)**

**OTC**

- Take two with **food twice a day**.
- **Do not** take on an empty stomach. 
- This may be combined with acetaminophen or hydrocodone for increased pain relief and inflammation control.
- **Do not** take aspirin within **8** hours.

# Pain Medications

## **NORCO (hydrocodone 5 g/acetaminophen 325 mg)**

**Rx**

- Take **1** pill every **4 to 6** hours for severe pain.
- **Do not** give for head injuries.
- Use cautiously if sensitive to codeine.
- **CAUTION - CAN CAUSE DROWSINESS!**



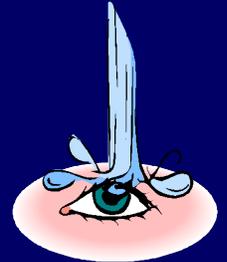


# Eye

## **SALINE EYE WASH or Contact Wetting Solution**

- Use as an eye wash to remove dirt or foreign material or to wash out a lightly embedded foreign body.
- Use as frequently as desired to moisten dry irritated eyes.

**OTC**



## **TETRACAINE HYDROCHLORIDE 0.5%**



- Place **2** drops in eye to anesthetize it.
- Use when eye is scratched, torn, or when foreign material stuck on eye.
- Use prior to removing a foreign body to block pain.

**Rx**

# Eye

cont'd

## **OVAL EYE PADS**

**OTC**

- To cover an injured eye BUT a better protector is the bottom of a Styrofoam cup taped in place so no pressure is on the eye.
- Covering any injury to the eye generally allows the most rapid healing.
- Do not apply with any pressure.
- Goal is to keep sun, wind, and dust from the eye.



## **CILOXIN 0.3% (ciprofloxin ophthalmic drops)**

**Rx**

- Use these drops for every severe eye injury where the globe has been opened, penetrated, or for eye infection.

# Ear

## **AMERICAINE** (benzocaine otic drops)

**OTC**

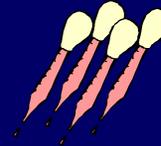
- Place **4** drops in painful ear every **3 to 4** hours as needed to control ear pain.



## **CORTISPORIN OTIC** (polymyxin, neomycin, hydrocortisone)

**Rx**

- Place **4** drops in infected ear **4** times a day to control ear infection (swollen canal or pus type discharge).



# Rectal

**TUCKS PADS** (witch hazel 50%, glycerin 10%)

**OTC**

- Use as rectal or vaginal wipe or compress for irritation maximum 6 times per day.

**ANUSOL HC SUPPOSITORIES** (hydrocortisone and pramoxine)

**Rx**

- Use 1 suppository 3 times a day for hemorrhoids and anal / irritation

**CORTIZONE 10 (hydrocortisone 1 %)**

**OTC**

- Great for rectal itching

# Heart

## ASPIRIN

**OTC**

- Use 1 aspirin 325 mg. whenever anyone develops chest/heart pain. Chew it before swallowing.
- Call for medical advice.



## **NITROLINGUAL SPRAY (nitroglycerine) TAKE ONLY SITTING OR LYING Rx**

- Use for angina (chest / heart pain).  
Very effective when sprayed under tongue.
- A moderate headache can develop which is normal.
- Don't forget to see a doctor when ashore to check your heart.
- Strongly recommend calling for medical advice for any chest/heart pain.
- **LETS TALK ABOUT NITROGLYCERINE TABLETS**



# Heart

cont'd

## **TOPROL (metoprolol) 50mg**

- Use to slow rapid heartbeat
- Use to control an irregular beat
- Normal heart rate is 60-100bpm
- Call for medical advice first, if possible.



**Rx**

# Seasickness

## SEA SICK BANDS

OTC

- In many people this is the miracle of miracles.
- Wearing a band on each wrist is very effective for all types of motion sickness and nausea of pregnancy.



## DRAMAMINE “LESS DROWSY” (meclizine 25 mg.)

OTC

- Very good for motion sickness and much less chance of overwhelming sleepiness



# Seasickness

## **PROMETHAZINE 25mg & ADDERALL 5mg Rx**

- According to U. S. Navy pilots, this combination is a good way to eliminate symptoms of seasickness.
- Take Promethazine every **6** hours to stop seasickness. However, extreme fatigue is a side effect.
- If you must stay awake and are needed on deck, you could take **5mg** of Adderall every 12 hours – OR – Dexadrine 5mg every 6 hours to counter the fatigue caused by the Promethazine.



# Useful Anti-Motion Sickness Drugs Charles Oman, Courtesy

## of Cruising World

<b>Generic Name / Brand Name</b>	<b>Mfr.</b>	<b>Form</b>	<b>OTC / Rx</b>	<b>Duration of Action</b>
<b>Dimenhydrinate</b>				
Dramamine	Seale	50mg tablet	OTC	4 – 6 hours
		Liquid	OTC	4 – 6 hours
		50mg injection	Rx	4 – 6 hours
Dramamine	Richardson- Vicks	50mg chewable tablet	OTC	4 – 6 hours
Gravol	Homer	75mg timed release cap	OTC (B&C)	6 hours
		Suppository	OTC (B&C)	6 hours
<b>Meclizine HCl</b>				
Bonine	Leeming	25mg chewable tablet	OTC	6 – 12 hours
Antivert	Roerig	12.5; 25; 50mg tablets	Rx	6 – 12 hours
Meclizine	Geneva	12.5mg tablet	OTC	6 – 12 hours
<b>Cinnarizine</b>				
Stugeron	Janssen	15mg tablet	Rx (UK & B)	6 – 12 hours
<b>Cyclizin</b>				
Marezine	Burroughs	50mg cap;	OTC	4 – 6 hours
		Injection	Rx	4 – 6 hours
<b>Scopolamine HBR</b>				
Kwells	Nicholas	0.3mg tablet	OTC (UK & B)	4 – 6 hours
<b>Scopolamine HBR &amp; Destroamphetamine</b>				
Scopolamine+ Dexedrine	SKF	0.3mg scop+ 5.0mg dex tablets	Rx	4 – 6 hours
<b>Promethazine</b>				
Phenergan	Wyeth	12.5; 25; 50mg tablets;	Rx	6 – 12 hours
		Suppository	Rx	6 – 12 hours
		Injection	Rx	6 – 12 hours
<b>Promethazine &amp; Ephedrine</b>				
Phenergan+ Ephedrine	Wyeth	25mg Phenergan + 25mg ephedrine tablets	Rx	6 – 12 hours

**Key:** OTC = over the counter; Rx = by prescription only; OTC (B&C) = OTC in Bermuda & Canada; OTC (UK&B) = OTC in UK & Bermuda

# Stomach, Constipation, and Diarrhea

## **MYLANTA, MAALOX OR GAVISCON**

**OTC**

- Calcium, magnesium or aluminum hydroxide are used to neutralize stomach acid, heart burn, stomach burn.
- Can be used very frequently and often helpful with seasickness and upset stomach.

## **PEPCID COMPLETE**

**OTC**

- Use for stomach ulcer or heartburn or stomach pain that does not improve with Mylanta Maalox or Gaviscon
- Great for heartburn when lying down or sleeping.
- Great for sailors.

# Stomach, Constipation, and Diarrhea

cont'd

## **DULCOLAX 5mg (bisacodyl)**

**OTC**

- Use for constipation.
- Comes in pill or suppository form.
- Remember to refrigerate suppositories.

## **IMODIUM A-D (loperamide hcl)**

**OTC**

- Use in addition to fluids and electrolyte replacement for diarrhea.
- Use as directed on the bottle.

## **PRILOSEC OTC**

**OTC**

- Use for acid stomach, heartburn, and reflux of acid.
- Take 1 tablet twice a day as needed.

# Skin

## **NIZORIL (ketoconazole cream 2%)**

**OTC**

- To be used for skin fungus. Very good for athletes foot, jock itch or rash, etc.
- Use anywhere skin folds on itself and itchy red skin is present.
- Very good between buttocks after sitting in wet pants.

## **ZINC OXIDE**

**OTC**

- A thick white ointment that sticks to everything, blocks all sun to area and is used to seal off an abrasion.
- Keep lots of this handy.
- It even keeps the area you sit on from becoming raw when wet with salt or fresh water for an extended time.

# Skin

cont'd

## **CORTIZONE 10 CREAM** (hydrocortisone 1%)

**OTC**

- This is a steroid cream for skin inflammation.
- This is not for infections.
- Exceptionally good for small areas of sunburn such as forehead, nose, lips and chin.
- Also, excellent for itching from poison ivy and bug bites.
- Absolutely great for rectal itching

## **BACITRACIN** (neomycin, polymyxin)

**OTC**

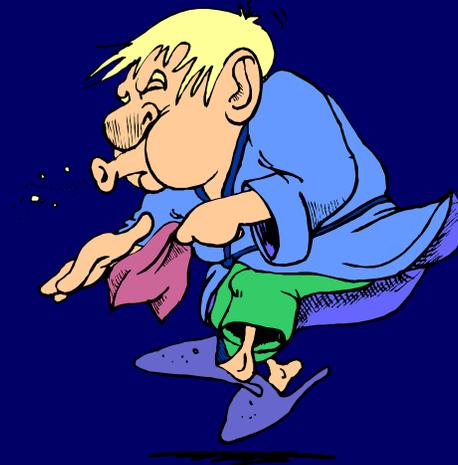
- A very good ointment for burns, infection in cuts, abrasions, and ripped finger and toe nails.
- Put bandage over area treated.

# Allergy and Cold Preparations

## **CLARITIN** (loratadine 10mg) **NOT THE “D”**

**OTC**

- Use for watery nasal discharge and congestion.
- Will help decrease allergy symptoms.
- This is a non-sedating antihistamine.



## **AFRIN NASAL SPRAY** (oxymetazoline)

**OTC**

- Temporary relief of nasal congestion associated with colds, hay fever and sinusitis.
- Do not use more than **3** consecutive days. Use as directed on the label.

# Allergy and Cold Preparations

cont'd

## **BENADRYL 25mg (diphenhydramine)**

**OTC**

- A strong anti-histamine used for runny nose, itchy watery eyes and hives.
- **CAUTION: THIS MEDICINE USUALLY CAUSES SLEEPINESS.** It can be used to induce sleep.



## **NORCO 5mg / 325mg**

**Rx**

- Take  $\frac{1}{4}$  to  $\frac{1}{2}$  every 6 hours to suppress a bad cough.

## **EPI-PEN**

**Rx**

- Injectable adrenalin for severe allergic reaction of any kind.
- Follow label instructions. Immediately begin Prednisone Dose-pak.
- Prednisone extends the good effects of EPI-PEN. It is a powerful steroid



# Medical Tips by Symptom

# Sprains, Strains, Contusions, and Fractures

Old time doctors diagnosed bone fractures without x-rays. You can too, if...injury is trauma induced, has point tenderness, and is swollen think fracture. If in doubt, treat it as a fracture. This allows you to err on the safe side. Stabilize all fractures and suspected fractures!

- If hand fracture, have it immobilized in position of function (like holding a softball).
- Fractured ribs feel better with a wrap for very brief periods if crew person is absolutely needed on deck working. Otherwise do not use a wrap. Never sleep with the wrap on. May require pain medications for sleep and comfort. This is a perfect place for the combination of Tylenol and Aleve.
- Ace wraps are most properly and comfortably applied at 1/3 – 1/2 their maximum tension.
- R.I.C.E.(rest, ice, compression, elevation)

# Dislocations

It is best to tape the dislocated joint in its present position and seek medical advice. Please recognize many dislocations have a fractured bone with them. If you wish to attempt repair, please follow these tips:

- Pull gently. No hard snaps please. Guide pieces to proper position. If unsure, use your own anatomy as a guide for perfect position and function.
- Use pain medications, ice and valium to prepare patient for relocation of the injured joint.

**BUT BEFORE DOING ANY MANEUVERS, CHECK TO ENSURE A PULSE IS PRESENT AND SENSATION IS PRESENT. IF NOT CALL FOR MEDICAL ADVISE!!!!!!**

# Cuts and Abrasions

No matter how much it hurts, scrub it out. If it starts bleeding again, treat like any bleeding by using compression.

Never close a puncture wound (one that is deeper than wide). This includes bites. Wash, put Bacitracin deep into wound and place a dressing on the wound.

To handle a moderately deep wound without suturing:

1. Scrub it out.
2. Let bleeding stop or slow (use pressure if needed) to a trickle.
3. Pull edges together with tape or use a “hair tourniquet”. (thank you Meghan)
4. Pad the wound on each side to hold edges together.
5. Wrap firmly with ace wrap.
6. Unwrap ace wrap daily and reevaluate wound area then cleanly re-wrap

# Cuts and Abrasions

Ice is always appropriate over the bandage and **NOT** on exposed skin.

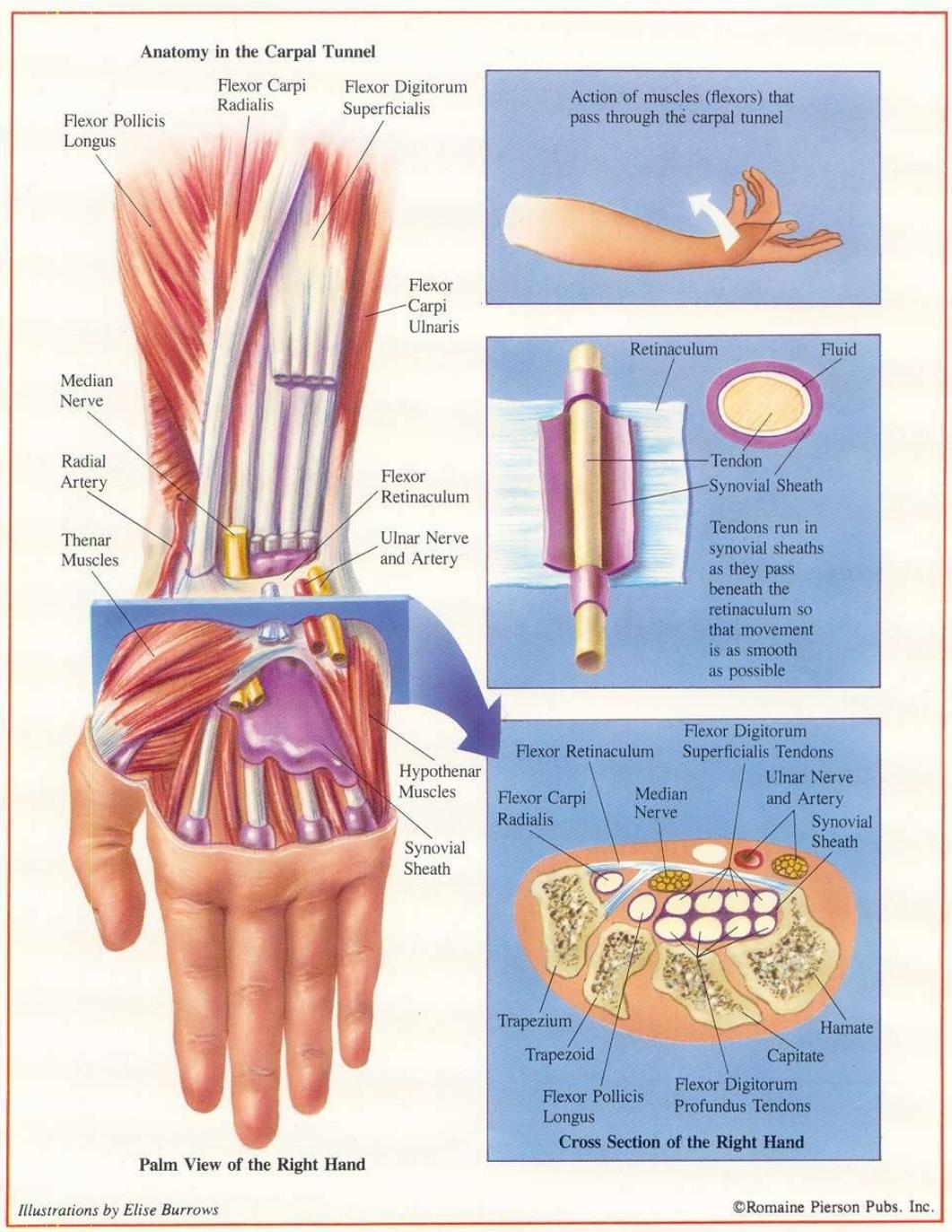
Most wounds heal well if immobilized long enough. Use bandages and splints. Keep them on longer than you think you should.

All deep palm lacerations require antibiotics **NOW!** This area is known as **NO MAN'S LAND!** Seek medical attention.

Ripped nails and nail beds look worse than they are.

- Cool down with ice or soak in ice water for **20 – 30 minutes**, then maneuver skin and nail into a normal position and tape in place.
- **DO NOT REMOVE NAIL! IT ACTS LIKE MOTHER NATURE'S PROTECTIVE SPLINT**

# Cuts and Abrasions



# Tendon Laceration

How to diagnose tendon laceration... weakness against pressure or area just won't work, i.e. a finger will not straighten or flex against resistance. Let me show you.

Temporary treatment for this include splinting or wrapping in position of comfort. Seek medical attention within a maximum of **7 days** for proper surgical repair. The earlier the better (1-2 days is better than 7). Lets talk about splinting.

# Eye Injuries

Most eye injuries (flash or sun burn, lacerations, abrasions, foreign bodies) heal in 24 – 48 hours.

- Therefore do not use the anesthetic (Tetracaine) eye drops more than **3** or **4** times.
- Call to obtain further medical advice if severe pain persists longer than 1 day.

## To remove a visible foreign body:

- ALWAYS use stream irrigation FIRST to remove foreign bodies
- Remove it by first anesthetizing the eye by using Tetracaine drops and then using a moistened Q-tip to lightly wipe it out or foreign body tweezers to remove.
- You **MUST** then cover the eye to keep light and wind away. Maximum success will be achieved by using the bottom of a Styrofoam cup taped in place. **The patient will need pain medications** after treatment.
- If unsuccessful removing a foreign body, you must treat with antibiotic drops

# Eye Injuries

cont'd

Eye infections and injuries heal faster and more comfortably if covered for 24 hours. Tape the bottom of a Styrofoam cup to cover eye.

- **NEVER** use a patch to put pressure on the eye, only to keep wind, dirt, light, etc. out.
- Wear glasses to keep wind off an injured or infected eye.

If an injury of the eye occurs that is obviously a puncture or cut to the globe of the eye, cover very loosely.

- Do not use any pressure.
- Begin Ciloxin (ciprofloxin) and call for help.

# Eye Injuries

cont'd

If eyes do not move evenly after face or head injury, call for medical help as soon as possible. You are now most likely dealing with a brain injury.

If an injured eye looks cloudy or very dilated after an injury, seek medical help immediately. **NOW**

**NOW**

# Ear Pain

**Never** put heat on a sore ear.

Do not put drops in your ear if the ear drum has just ruptured (blood from ear canal) or you know a previous ear drum rupture has not healed.

When using ear drops err on the heavy side! It is okay to fill the ear canal and then put cotton in the ear.

# Sore Throat

## **CEPASTAT OR CHLORASEPTIC LOZENGES**

- Very good to relieve a sore throat or a tickle that causes a cough.
- Use cherry flavor (pediatric strength, because unlike orange, no upset stomach) as often as needed.

## **HOME MADE GARGLE**

- Crush aspirin, pinch of salt and vitamin C pill and mix in warm water.
- Gargle and swallow every 2 hours. (Alternative is one Original Alka-Seltzer gargled every 2 hours and swallowed)

# Proper Use of Pain and Anti-Inflammatory Drugs

Aspirin and NSAID (non-steroid anti-inflammatory drugs such as Motrin, Advil, Aleve, etc.) have very similar effect.

- If truly allergic to aspirin or NSAID(not upset stomach) do not take the other.
- Never mix these products.
- Never take on an empty stomach.

Acetaminophen (Tylenol) is an excellent pain medication if taken to maximum strength.

- Alcohol and acetaminophen do **NOT** mix. Will cause liver problems!
- The recommended maximum daily dose of Acetaminophen is 3,000mg.

# Proper Use of Pain and Anti-Inflammatory Drugs

cont'd

**For moderate pain take acetaminophen and NSAID.**

- This combination is just as powerful as Tylenol with codeine without affecting your thinking process.
- Two acetaminophen 500mg taken with two Aleve tablets is powerful good medicine.

# Antibiotics

Take two different antibiotics on board. This will give the broadest coverage for different bacteria as well as causing less allergies in most people.

A consensus best recommendations is Keflex 500mg and Cipro 500mg. Dosing of these drugs is Cipro 500mg take one twice a day and Keflex 500mg is two twice a day.

Remember to avoid prolonged exposure to the sun when on antibiotics. Wear long sleeve shirts, long pants, and a hat.

# Urinary Tract

Blood in the urine with burning usually means infection. Start on an antibiotic immediately to stop the infection. Even if clear, follow with your physician when ashore.

Severe pain with bleeding usually indicates a kidney stone.

- Take pain medication and huge quantities of liquids.
- Plan on knowing pain as never before but it goes away quickly once the stone is passed.
- You must follow with your physician or your urologist when shore.

Never go offshore for extended trips without a catheter. If you are unable to urinate, you will have marvelous spellbinding stories to tell.

## Heart Fluttering or Skipping

All irregular or funny heart beats are not bad, but take action when noticed. If no pain and no lightheadedness, decrease your stimulation. Stop caffeine, get out of the sun, rest, cool down and hydrate. Obtaining medical advice is always the path of the wise.

If in addition to fluttering or skipping the person has chest pain, shortness of breath and/or dizziness consider asking for help or seek medical advice now. Nitroglycerine spray for chest pain is appropriate. One aspirin 325 mg. is **STRONGLY ADVISED**.

Add **TOPROL** (metoprolol) if medical adviser recommends

# Heart Fluttering or Skipping

**If ankles very swollen and feeling bloated please decrease all salts.**

- Allow plain drinking water only, decrease foods to a minimum (especially sweets and salts) and rest.
- A diuretic such as Lasix (furosemide) will be appropriate
- A single shot of alcohol will often start the urination process to help remove excess fluids. Lying with feet and legs elevated after the alcohol or diuretic will speed the process of fluid removal.
- Consider Toprol (metoprolol) for very rapid heart beat. Call for medical advice prior to use.

**Lying with feet elevated after the alcohol intake will speed the fluid removal process.**

# G. I. Problems

## Constipation is not good!

- Do **NOT** be afraid to take an enema kit and clean your insides if needed. Wagon train travelers did this once per month

## Most vomiting is caused by the body's desire to rid the stomach content.

- If it goes on and on for hours that is not good.
- You **MUST** start rehydrating and putting electrolytes back in.
- Stopping vomiting caused by illness is similar to stopping it for sea sickness. Read section on dehydration.

## G. I. Problems

Diarrhea is as bad as vomiting. You lose a lot of important material needed by your body.

- If you think you have an infection (TOURISTA) use Cipro 500 **2** times a day for no more than **3** days to kill the bacteria!
- Be sure to replace electrolytes. Read section on dehydration.

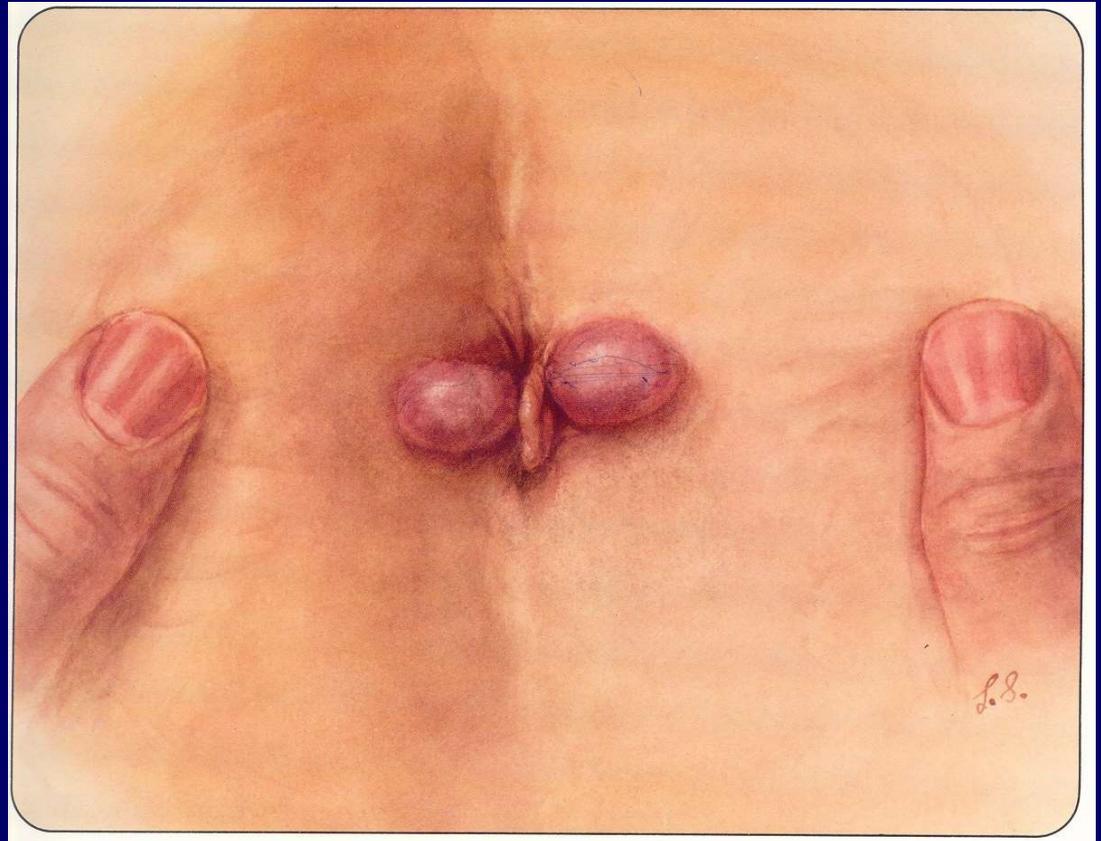
Itchy rectum is usually from a fungus that occurs when sitting in wet and warm areas. Use an anti-fungal cream. It is wonderful.

# G. I. Problems

cont'd

## Hemorrhoids or painful rectal bumps.

- If one develops either of these conditions, make efforts to push it back inside the rectal muscle and keep it squeezed in. Don't wait.
- Use Hydrocortisone rectal suppositories.



# Seasickness

Try these tips to conquer symptoms of seasickness:

- Look **UP** not down.
- Stay **ABOVE** decks not down below.
- **FACE** the wind.
- Treat **EARLY** and **OFTEN**.

Remember to replace fluid and electrolytes constantly and slowly. Read the dehydration section for instruction

*"The Definitive Book on Seasickness"*  
Practical Sailor

AVON SAILBOATS  
ROCHESTER (810) 852-2211

AVON SAILBOATS  
\$ 995

HEAVE HO!



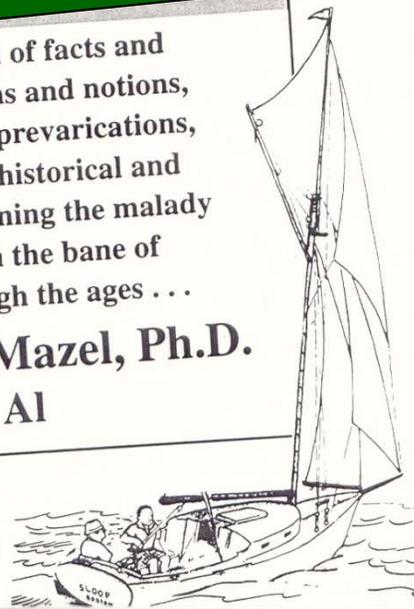
**MY LITTLE GREEN  
BOOK OF  
SEASICKNESS**

A compendium of facts and fictions, nostrums and notions, preventives and prevarications, and curiosities historical and hysterical concerning the malady that has been the bane of seagoers through the ages . . .



By Charles Mazel, Ph.D.  
et Al

*"The perfect gift for someone leaving on a cruise, joining the Navy, or for any boater."*



Perhaps no malady to which mankind is subject is productive of so much real suffering, with so low a percentage of mortality, as the peculiar affliction known as seasickness.

- Scientific American, 1912

*Females, though a little more inclined to be sick than men, are still very hardy at sea, and probably accommodate themselves more speedily and completely to the circumstances than the other sex. Generally speaking, they can be managed by a little attention, and a few words bordering upon flattery.*

*-Robert Mudie, The Emigrant's Pocket Companion, 1832*

The relatively immune to naupathia are: those with high blood pressure, the feverish, the deaf and dumb, tabetics (syphilitics), rope walkers, acrobats, dancers, the insane, and young children.

- Dr. J. Bohec, Physician-in-Chief to the Ile De France, Quoted in Toubib, Hygeia, 1937

I had mal de mer once, aboard a private yacht. If somebody had killed me I would have made him my sole heir.

- Milton Berle

Persons with pendulous and flaccid abdomens suffer as a rule more intensely from sea-sickness than others.

- Nunn, The Lancet, 1881

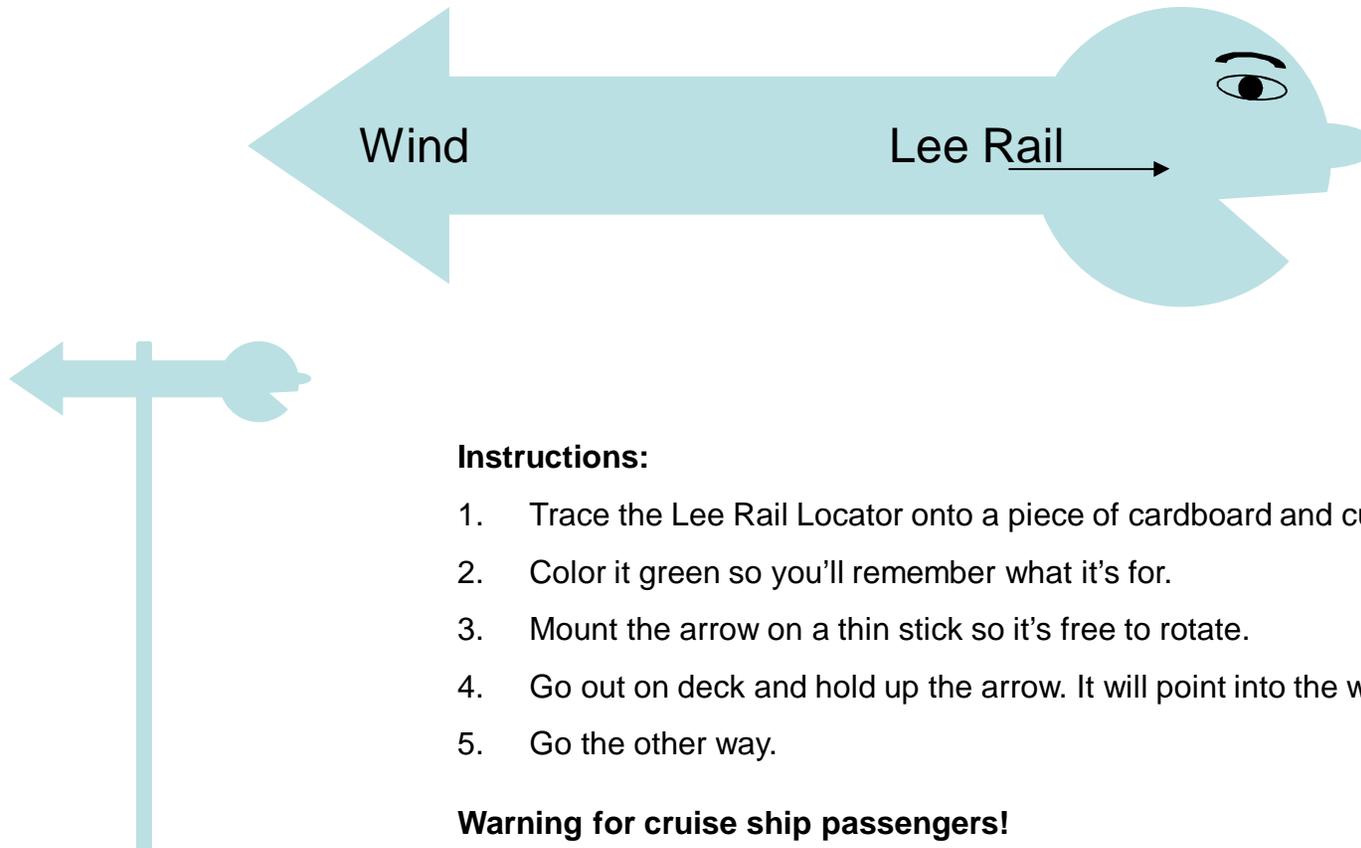
If you can get there by land, do not go by water.  
- Chinese Proverb

Providence, while granting me an intense love of the sea, unfortunately failed to provide me with an interior suitable for its enjoyment, and I was among the first to make my little offering to the deep.

- W.I.B. Crealock, Vagabonding Under Sail, 1951



## For your convenience, take along Mazel's Patented "Lee Rail Locator"



### Instructions:

1. Trace the Lee Rail Locator onto a piece of cardboard and cut it out.
2. Color it green so you'll remember what it's for.
3. Mount the arrow on a thin stick so it's free to rotate.
4. Go out on deck and hold up the arrow. It will point into the wind.
5. Go the other way.

### Warning for cruise ship passengers!

You may not want to use the first lee rail you come to. Make sure that the one you find overlooks the ocean – not the ship's swimming pool the next level down.

# Calorie Counting at Sea

**Counting calories is straightforward on land, but at sea it's more complicated. Food won't stay in your stomach long enough to be fully digested, so you actually absorb fewer calories per serving.**

Food	Serving Size	Calories on Land	Calories at Sea <sup>1,2</sup>
Hamburger	6 oz.	490	375
Bacon	4 slices	200	50
Fried Chicken	6 oz.	300	100
Liver	6 oz.	280	27
Sardines	1 can	175	12
Saltines	8 crackers	100	100
Oysters	1 doz.	120	0.05
Diet Soda	12 fl. oz.	just one!	-13.8

1. These are average values. If you take your time getting seasick, you'll absorb more calories. If you always tip the maitre d' to seat you at the table nearest the rail, you may absorb fewer.
2. This includes an allowance for the energy required to propel food from your stomach and over the rail. This is not insignificant; you'll usually be sweating as much as if you had just jogged through Central Park wearing a wreath of hundred dollar bills.

# The truth about Ginger...

The spice that has by far the best reputation is ginger, taken in any form.

- Swallow ginger pills
- Chew ginger root
- Eat gingerbread
- Drink ginger ale
- *Watch a Ginger Rogers movie!*

# Dehydration

## Choose from one of the following options:

### Option #1

- In 1,000ml (1 Liter) water add:
  - 1/2 teaspoon salt (NaCl)
  - 1/2 teaspoon Baking Soda ( $\text{Na H CO}_3$ )
  - 1/4 teaspoon salt substitute (KCl)
  - 2 tablespoons sugar
- Drink copiously to replace electrolytes,

### Option #2 – 2 glass formula for dehydration

- In glass #1 put...
  - 8oz. Fruit juice (rich in potassium)
  - 1/2 teaspoon honey or corn syrup
  - 1 pinch table salt
- In glass #2 put...
  - 8oz. Water
  - 1/4 teaspoon Baking Soda
- Drink from both glasses frequently.

# Immunizations

Please be sure your tetanus shot is up to date. Usually you should have re-immunization every 10 years.

While you are at it get up to date on all your adult immunizations!!!!!!!!!!!!!!!!!!!!

# Your Personal Supplies

## **For your personal First Aid kit:**

- Ace wraps
- Antiseptic solution
- 2" adhesive tape
- Assorted band-aids
- "4 X 4" telfa pads
- Sunburn gel
- First Aid book
- Straight Urinary Catheter - size 14 French.

## **Personal items you should carry:**

- Regular medications
- Pain medication
- Upset stomach/heartburn medication
- Constipation or diarrhea medication
- Sun screen you have successfully used before
- Shooters ear plugs for sleeping
- Ultraviolet ray blocking sunglasses
- Knife (that cuts high tech line), light, flotation gear with spare CO2 cartridge)
- Personal sea sickness treatments
- Anything required for special or unique needs or conditions that you may have.

# Crew Member Personal Information

Instructions: Copy and complete this form and place in a sealed envelope with your name on the front and given to the master of the vessel.

		Date	
Personal Info	Name		
	Date of Birth		
	Height		
	Weight		
	Home Address		
	Home Phone		
	Work Phone		
Family Doctor	Name		
	Address		
	Phone		
Emergency Contact	Name		
	Phone #s		
Allergies			
1.		Reaction	
2.		Reaction	
3.		Reaction	
Medications taken regularly			
Name		Strength	Frequency
1.			
2.			
3.			
Vitamins, herbs, or street drugs taken on a regular basis:			
1.		2.	
Disease or medical problems (diabetes, heart problems, epilepsy, etc.):			
1.			
2.			
3.			
What surgeries:			
1.			
2.			
3.			
Date of last tetanus booster (should be every ten years):			

# Methods of Water Treatment

# Methods of Water Treatment

## HEAT

- Boil water vigorously for more than **10** minutes.
- Add a pinch of salt to each quart of boiled water.
- Pour from one clean container to another several times.



# Methods of Water Treatment

## CHLORINATION

- Mix thoroughly; let stand for 30 minutes.
- A slight chlorine odor should be noted.
- If chlorine odor is not noted, repeat dosage and wait an additional 15 minutes.



CHLORINE BLEACH Available Chlorine	DROPS ADDED TO 1 QUART OF WATER	
	Clear Water	Cloudy Water
1 percent	10	20
4 – 6 percent	2	4
7 – 10 percent	1	2
Unknown	10	20

# Methods of Water Treatment

## IODINE

- Mix ingredients well and let stand for 30 minutes.



IODINE <u>Tincture of Iodine</u>	DROPS ADDED TO 1 QUART OF WATER	
	<u>Clear Water</u>	<u>Cloudy Water</u>
2 percent	5	10

# Other Topics

- **US Sailing First Aid Book** *“Sailing and Yachting First Aid”*
- **Foreign Body Tweezers**
- **Urinary Catheter**
- **Drowning and Near Drowning**
- **Hypothermia and Hyperthermia**
- **Concussion and Head Injury**
- **Supplies Drawer plus First Aid Kit**
- **Call for Advice** USCG prefers Ch. 16

# Q & A



# Resources

## **Booklet Found at**

**[BYCMACK.COM/PDF/DRAMSLERSPRESENTATION2008109.PDF](http://BYCMACK.COM/PDF/DRAMSLERSPRESENTATION2008109.PDF)**

## **Medical Crew Form at**

**[BYCMACK.COM/PDF/MEDICAL\\_FORM.PDF](http://BYCMACK.COM/PDF/MEDICAL_FORM.PDF)**