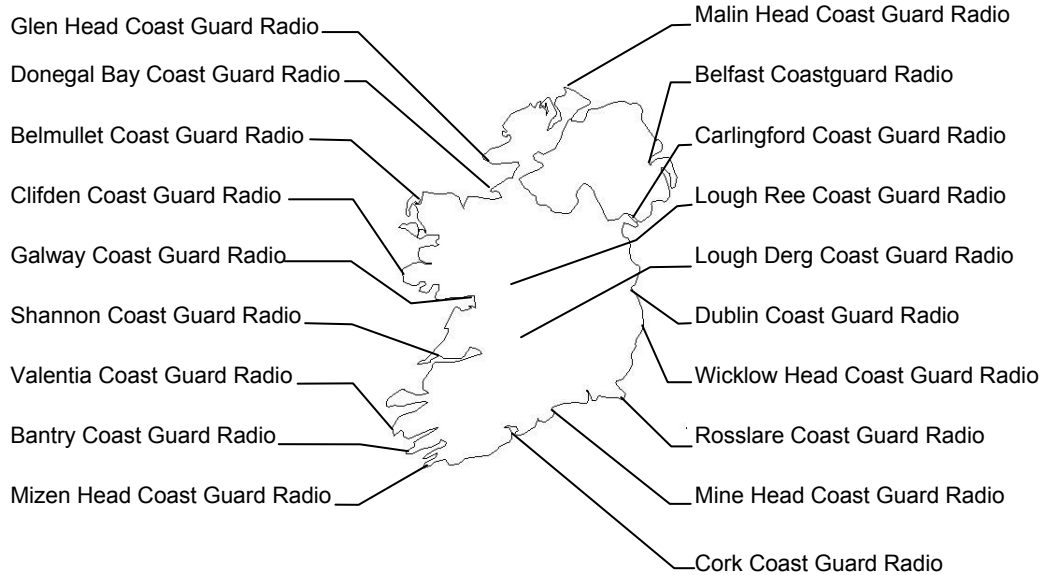


CALLING FOR HELP

If you require medical assistance or advice you should contact the nearest Maritime Radio Station to you using **Channel 16 VHF** or **2182 MF**. If necessary and / or appropriate they will put you through to **MEDICO CORK**.

If a vessel or person is in grave or imminent danger you should issue a Mayday call.

Irish Coast Guard Maritime Radio Stations



Making a Pan Pan Urgency Call

If you have difficulty in making contact with one of the Coastal Radio Stations listed above, use the following procedure to request assistance.

- ⇒ Check that your radio is switched on and high power setting is selected.
- ⇒ **Select Channel 16**
- ⇒ **Press the transmit button**, and say slowly & clearly:
- ⇒ **Pan Pan, Pan Pan, Pan Pan.**
- ⇒ **All Stations** (repeat 3 times) **or Individual Coast Guard Radio Station** (repeat 3 times)
- ⇒ **This is ...** (repeat the name of your boat 3 times)
- ⇒ **My position is...** (use latitude and longitude, or a true bearing and distance from a known point.If you don't know, don't guess.
- ⇒ **I require** (describe type of assistance that you require e.g. "I require medical assistance").
- ⇒ **Over** - this means please reply
- ⇒ **Now release the transmit button** and listen for a reply
- ⇒ Keep listening on Channel 16 for instructions
- ⇒ If you hear nothing then repeat the call.

Medical Emergency

How to manage a medical emergency at sea

BEFORE YOU GO

- Check that everyone on board is fit and able for the intended passage or activity.
- Ensure that at least one person on board has had appropriate First Aid Training.
- Check that your first aid kit is appropriately stocked and stowed in a secure dry place.
- Ensure that you are carrying appropriate communications equipment and that you and the members of the crew know how to use it.

IF YOU HAVE A MEDICAL EMERGENCY AT SEA

Call for assistance if it is required using a **Pan Pan** or **Mayday** message on VHF Radio (see back of this card). Do this as soon as possible as it may prevent any condition worsening and allow time to implement an evacuation.

For an unresponsive casualty i.e. No response when you rub their shoulders and ask "Are you alright".

| | |
|----------------------|---|
| Airway → | Check Airway is open ⇒ Tilt head back and lift chin ⇒ Visually check mouth for foreign objects & remove |
| Breathing → | Look for rise & fall of chest or breath sounds from mouth. If casualty is not breathing normally, chest compressions are necessary and their breathing needs to be supported. Assist breathing by mouth to mouth resuscitation or by using breathing bag, if you are trained in its use. |
| Circulation → | For all adults and children / infants - alternate 30 chest compressions with 2 rescue breaths. Continue CPR until emergency services take over, the casualty moves or takes a breath or you cannot continue. |

For a responsive casualty

- Provide basic First Aid.

For all casualties

- Try to ensure that the casualty is warm, dry and secure.
- Once contacted, Coast Guard will determine if and how any casualty should be evacuated.
- If medical advice is appropriate, Coast Guard will put you through to **MEDICO CORK**. If they do so you will need to have available those details listed on the inside of this card.

MEDICO CORK is based in Cork University Hospital and provides 24 hour medical advice for Irish Seafarers. Medico Cork provides a free service accessing highly skilled medical staff. They may be contacted through the Irish Coast Guard.

Another free safety publication produced by The Marine Safety Working Group



www.safetionthewater.ie

