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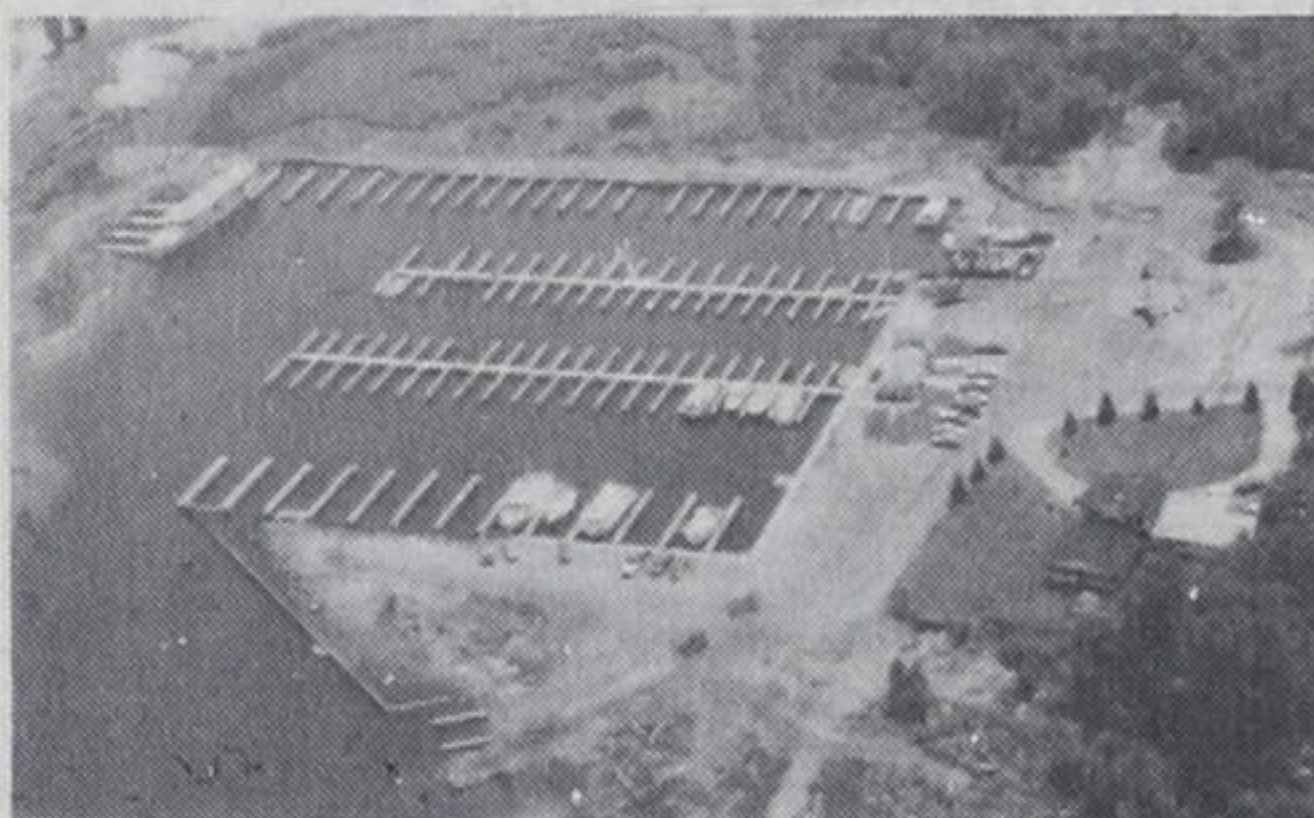
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First Aid For Boat Owners

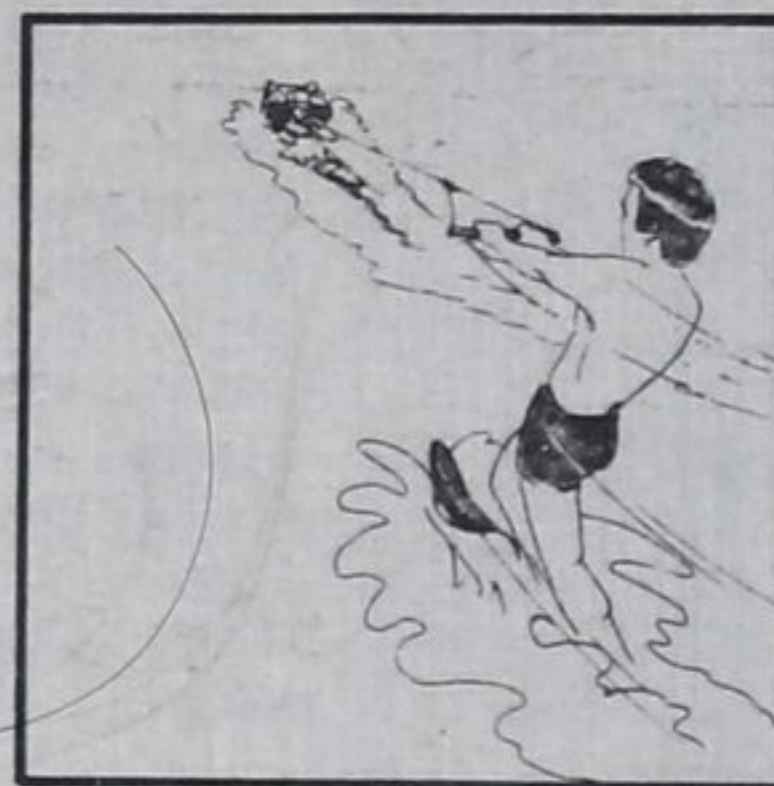
Every boat owner or operator should take a St John Ambulance First Aid Course and carry a First Aid Kit in his boat.

Be ready for emergencies. In case of an upset or a swamping, use the boat as a life raft. Don't attempt to swim to shore.

Wear an approved lifejacket when in small boats whether or not lifesaving cushions are carried.

If someone falls overboard, extend a pole or an oar to him if he's within reach. If not, look for something that will float — a gas can, thermos jug or a plastic cooler and toss it to him.

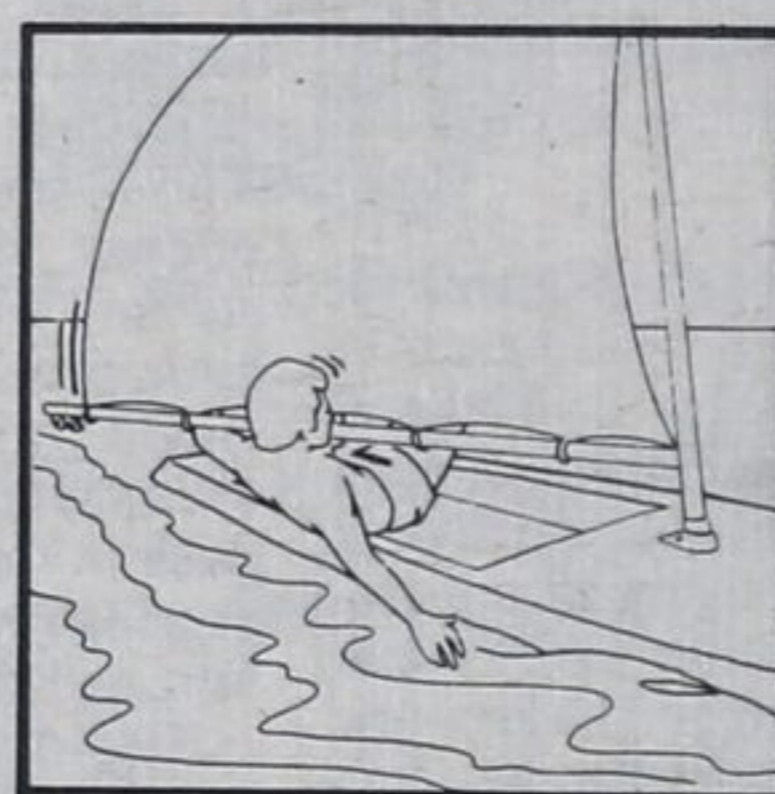
Know the Rules of the "Road" and Canadian Regulations for vessels. Let someone know where you plan to go.



Remember the OK signal after a fall: "both hands clasped over the head".

WATER SKIING

Water skiers should be competent swimmers. Avoid serious injuries by using common sense. Don't ski with an inexperienced boat operator, in shallow water or at night; in swimming areas, or too close to shore or other boats.



UNCONSCIOUSNESS

A blow on the head can cause loss of consciousness. Never leave an unconscious patient alone. Never leave him on his back. When casualty has been checked for other injuries, place him in the recovery position. Loosen tight clothing. Give nothing by mouth. Patient should be seen by a doctor.

Carry all required and recommended safety equipment.

BLEEDING

Severe bleeding, whether spurting from an artery or flowing freely from a vein, requires immediate attention. Control by applying direct pressure with a clean dressing or with your hand, directly on the wound. Raise the wounded arm, leg, or head above heart level. Maintain pressure as long as necessary and get casualty to medical help.



Assist any boat in distress. The waving, in a vertical circular motion, of a piece of light coloured material or a light by night is a distinctive distress signal.

BURNS AND SUNBURNS

Immerse the burned area in cold water to relieve pain. Do not break blisters, cover with a clean dressing. Severe burns need immediate medical attention. It's better to prevent sunburn rather than cure it. For minor sunburn, cool water is the best way to relieve the pain. If the sunburn is severe, fever may occur and professional assistance should be sought.



Follow the regulations regarding fire precautions and fire extinguishing equipment.

FRACTURES & SPRAINS

All fractures need medical attention. Before moving a casualty, you must splint the break. Use an oar or a convenient substitute to immobilize the broken bone. In the case of a leg, the uninjured leg can be the splint. Use plenty of bandages to secure the splint above and below the break.

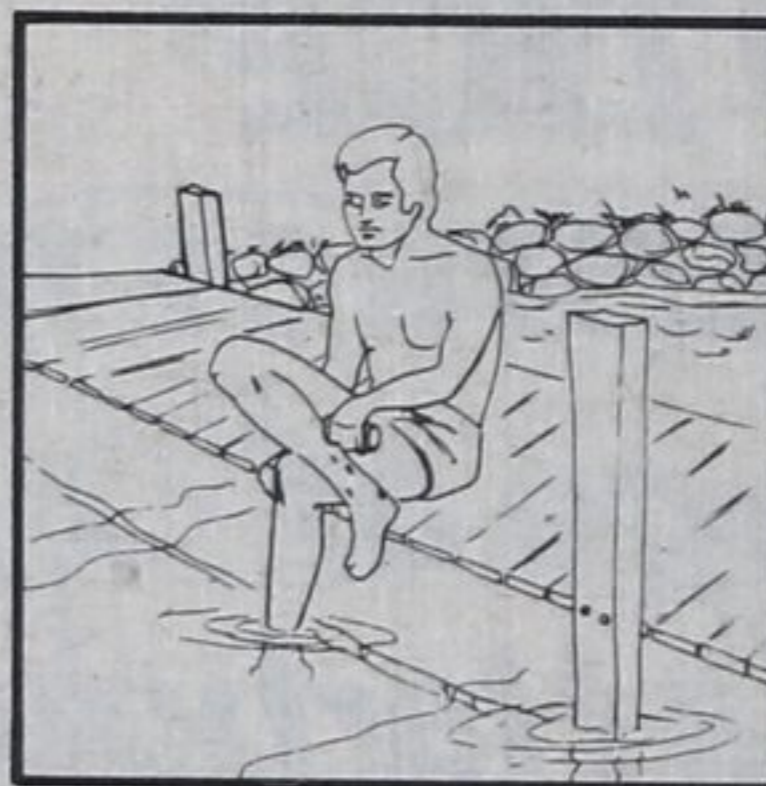


SPRAINS commonly occur in the ankle or wrist. Immediate application of a cold compress followed by wrapping with a firm bandage will help prevent swelling and will ease pain. Send casualty to doctor or hospital for X-ray and treatment.

Be sure to wear proper footwear on board to prevent slipping or falling.

LEECHES

The bites from these creatures may not be felt at the time but once they have taken hold any attempt to dislodge them by force does more harm than good. To remove the leech, apply a lighted match, the glow end of a cigarette, common salt or a drop of oil or turpentine to its back. Cleanse the bitten area with rubbing alcohol and apply a dry dressing.



Slow down when passing row boats and canoes, when making sharp turns or in bad weather.



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