



Purpose:

The e-learning module is designed for theoretical training of seafarers in providing first medical aid in accordance with paragraphs 1-3 of Section VI/4 of the STCW Code and IMO Model Course 1.14 "Medical First Aid".

What is an e-learning module?

E-learning module is the electronic textbook on one or more sections. Theoretical materials can be accompanied by drawings, diagrams, photos, animations and videos. There is a test for assessment of knowledge gained at the end of each section.

Contents:

- General provisions and course introduction
- Ship's medicine chest
- Human anatomy and body functions
- Toxic hazards on board ships. First aid for accidents related to the carriage of dangerous goods
- Examination of the casualty and the patient
- Spinal injuries
- Burns and scalds, exposure to heat and cold
- First aid for fractures, dislocations and muscle injuries
- Care of rescued persons
- Medical consultations
- Medical devices, instruments, medicines and guidance on their use
- Sterilization

Regulations

- Paragraphs 1-3 of Section A-VI/4 of the STCW Code.
- Model course IMO 1.14 "Medical First Aid."

Target audience

Crew members

Vessel type

All types



E-learning module

FIRST MEDICAL AID (Version 06/2022)



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Version: 06/2022

3: Body Structure and Functions – The skeletal system

Body Structure and Functions

The skeletal system

The skull forms (1) a casing that contains and protects the brain. It consists of many bones, firmly joined to each other, except for the lower jaw (2), which moves thanks to joints located in front of the ears. The skull rests on the upper end of the back bone (16).

The back bone is made up of a series of small bones placed one on top of the other. These bones are called vertebrae and together form the spinal column. Within the spinal column is housed the spinal cord, from which nerves emerge at the level of each vertebra.

The ribs, all 12 of them, are attached to the back bone on either side. Each rib, with the exception of the two lowermost ribs on either side, curves round the chest from the back bone to the sternum (breast bone) (4) in front. The ribs protect the lungs, heart, and other internal organs. With every breath, the ribs move slightly upwards and outwards so as to expand the ribbed.

1 - skull (cranium);
2 - mandible (lower jaw);
3 - clavicle (collar bone);
4 - breastbone (sternum);

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3: Body Structure and Functions – Skin

Skin

The skin covers and protects the body. It consists of two layers. The outer layer is hard, contains no blood vessels or nerves, and protects the inner layer, where the very sensitive nerve-endings lie. The skin contains numerous sweat glands, the roots of the hair, and special glands that lubricate the skin and the hair.

Sweat consists of water, salt, and other substances. Sweating cools the body and helps to regulate its temperature.

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8: Fractures, Dislocations and Muscular Injuries – Strains and sprains

Strains and sprains

A **strain or sprain** is an injury in which a tendon (the cord that attaches muscle to bone) or a ligament (the cord that holds bones together) is partly or completely torn. A sprain can occur after a single injury or after repeated minor injuries, and can render the affected joint unstable. Tendon and ligament damage can occur with the same injuries that cause fractures but in some cases, such as a knee injury, damage to a ligament is common and a fracture uncommon. In other cases, such as an ankle injury, ligament damage and fracture can occur at the same time.

1 - Humerus.
A - Normal.
B - Dislocated.

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8: Fractures, Dislocations and Muscular Injuries – Nose, jaw, and face fractures

Lower jaw

A fracture may cause a deformity of the jaw, missing or uneven teeth, bleeding from the gums, swelling, and difficulty in swallowing.

Application of cold compresses may reduce the swelling and pain. The patient's jaw must be immobilized not only by closing his mouth as much as possible but also by applying a bandage. If the patient is unconscious or bleeding from the mouth, or if there is danger of vomiting, an attendant must be present at all times to loosen the bandage if necessary.

Treat for pain.

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11: Pharmacology

Medicine chest

All ships must have adequate medical supplies, that are periodically inspected, kept in good condition, and are ready for use whenever required.

The medicine chest is designed to hold a range of medicinal products needed for the most common medical emergencies likely to occur on board ship, however distant it is from shore.

Different communities have different methods of treatment. Items specific to national requirements and customs can be added to the list of recommended medicines and medical supplies provided at the International Medical Guide for Ships.

The list assumes that on board medical treatment is dispensed by an officer working under the responsibility of the master. Ships with a doctor on board may carry an expanded range of medicines and other medical equipment and supplies.

World Health Organisation

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Test task

Test of questions

What is the best way of reducing the risk of infection?

Choose the correct answer

☐ Hand-washing;
☐ Fumigation;
☐ Sanitary cleaning of compartments.

Attempts: 1

Skip the task

COMMENT

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