

TEST YOURSELF DROWNING

Structure of pamphlet

Test your own knowledge on the subject DROWNING - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers", pp 249-251 and in the videos related to the book.

Find the correct answers at the end of the pamphlet. However, test your knowledge before you read the answers. Stay up-dated

Find all self-training assignments at our webpage www.dma.dk

> You may ask us questions at cms@dma.dk

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May 2020



You may want to read chapter 35 in "Medical Guide for Seafarers"

Assignment 1

In cases of near-drowning followed by resuscitation, recommendations are still, that patient should be evacuated. Why?

Assignment 4

45-65 persons die yearly in Denmark from drowning. Name a possible contributing cause in many cases:

Assignment 5

How do you tell the difference between apparent dead and dead?

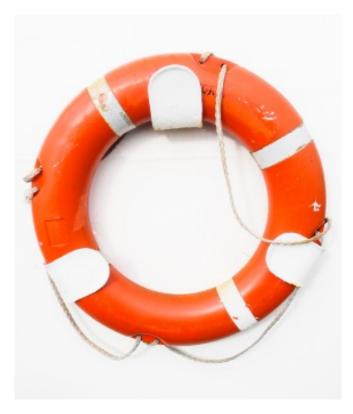
Assignment 2

What kind of first-aid would you apply to a person, just pulled out of the water, but with very slow breathing?

Assignment 3

What kind of first-aid would you apply to a person, just pulled out of the water, but with no breathing?





Test your knowledge on safety at sea here:

https://www.respektforvand.dk/paahavet/sejlertesten/sikkerhed-til-soes

Did you know ?

According to WHO, 372,000 persons drown globally every year.

WHO states that numbers are uncertain, but probably way too low.

A drowned person has no breathing or impaired breathing after his stay under/in water.

Answers to Assignments

Assignment 1

In cases of near-drowning followed by resuscitation, recommendations are still, that patient should be evacuated. Why?

In the days following the incident, the risk of lung-edema is quite high.

Assignment 2

What kind of first-aid would you apply to a person, just pulled out of the water, but with very slow breathing?

Be aware of possible hypothermia. Remove clothing, wrap in blankets, with the hypothermia-blanket as the innermost layer. Give oxygen and contact Radio Medical Denmark

Assignment 3

What kind of first-aid would you apply to a person, just pulled out of the water, but with no breathing?

Start resuscitation and prevent hypothermia. Contact Radio Medical Denmark

Assignment 4

45-65 persons die yearly in Denmark from drowning. Name a possible contributing cause in many cases.

Intake of alcohol prior to drowning is a wellknown risk factor. Not wearing a life-jacket.

Assignment 5

How do you tell the difference between apparent dead and dead?

You don't!

Unless you have certain signs of death you should start resuscitation immediately and contact Radio Medical Denmark.

