

## Maritime Life Support

<b>Overview</b>	<ul style="list-style-type: none"> <li>- Is the site safe? Emergency evacuation?</li> <li>- Problem – symptoms?</li> <li>- Is the patient alert?</li> <li>- Medicine / allergy?</li> </ul>
<b>A Airways</b>	<ul style="list-style-type: none"> <li>- Positioning according to problem (e.g. inline, half-sitting or foetal position)</li> <li>- Secure free airways (if none or abnormal start CPR) (jaw lift, tongue depressor, suction)</li> <li>- Give oxygen</li> <li>- Place if necessary a cervical collar</li> </ul>
<b>B Breathing</b>	<ul style="list-style-type: none"> <li>- Quality of breathing</li> <li>- Observe – Listen – Feel</li> </ul>
<b>C Circulation</b>	<ul style="list-style-type: none"> <li>- Pulse + capillary response</li> <li>- Skin: colour and temperature</li> <li>- Bleeding?</li> <li>- Consider vein needle and drip</li> <li>- Reassess ABC</li> <li>- Contact Radio Medical?</li> </ul>
<b>D Disability</b>	<ul style="list-style-type: none"> <li>- Level of consciousness?</li> <li>- Pupil reaction</li> <li>- Continue treatment on site?</li> </ul>
<b>E Expose</b>	<ul style="list-style-type: none"> <li>- Top-to-toe related to problem</li> <li>- Fixation in stretcher if immobilization is necessary</li> <li>- Transfer to medical cabin</li> </ul>
<b>Medical cabin</b>	<ul style="list-style-type: none"> <li>- Reassess ABC</li> <li>- Notes to Radio Medical + contact to Radio Medical</li> <li>- Check Vital signs</li> <li>- Follow Radio Medicals prescriptions</li> </ul>

### NORMALE VALUES ADULTS

<b>BP:</b>	120-140 / 60-90
<b>Pulse:</b>	60-80
<b>Breathing:</b>	12-16
<b>Capillary response:</b>	less than 2 seconds
<b>Saturation:</b>	95-100 %