



# 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**

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**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

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**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

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**You may phone us at  
**+45 7219 6004****

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**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?

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**Assignment 2**

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

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**Assignment 3**

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

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**Assignment 4**

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

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**Assignment 5**

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

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*Test your knowledge on safety at sea here:*

<https://www.respektforvand.dk/paa-havet/sejler testen/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 well-known 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.