

PIROBS3.02C – Administer first aid

Functional area **Observer operations**

Prerequisites **None required**

Descriptor

This unit covers the performance outcomes, skills and knowledge necessary for a person to provide first aid response, life support, management of casualty(s), the incident and other first aiders, until the arrival of medical or other assistance

Elements

1. Perform immediate lifesaving first aid pending the arrival of medical assistance

Performance criteria

- 1.1 The priorities of first aid care are correctly applied in a real or simulated first aid situation
- 1.2 The DRABC action plan is correctly used to identify and control danger, loss of consciousness, loss of airway, breathing and circulation
- 1.3 An unconscious casualty is correctly placed in stable side position and the steps in clearing the airways to promote breathing in accordance with established first aid procedures
- 1.4 The correct method of expired air resuscitation (EAR), external cardiac compression (ECC) and cardio pulmonary resuscitation (CPR) is applied in a real life resuscitation situation, or in a simulated exercise using a mannequin

2. Recognise the symptoms and signs of acute illness and/or injury and take appropriate action

- 2.1 The symptoms and signs of the most common causes of unconsciousness are correctly identified
- 2.2 A real or simulated unconscious casualty is cared for in accordance with established first aid procedures
- 2.3 Causes of respiratory failure and breathing difficulty are correctly identified and appropriate care is provided for a real or simulated casualty with obstructed breathing
- 2.4 The symptoms and signs of a casualty with angina pain, heart attack and heart failure are correctly identified
- 2.5 Symptoms and signs of acute abdominal and pelvic injury are correctly identified and appropriate immediate first aid treatment of these conditions is provided in a real or simulated situation
- 2.6 Facial, ear and eye injuries in a real or simulated first aid situation are correctly managed in accordance with established first aid procedures
- 2.7 The symptoms and signs of poisoning, bites and stings are correctly identified and appropriate immediate management of these conditions is provided in a real or simulated situation
- 2.8 A real or simulated conscious casualty with an acute illness and/or injury is cared for in accordance with established first aid procedures

- 3. Manage wounds and bleeding**
- 3.1 Severe external bleeding is correctly controlled in a real or simulated situation
 - 3.2 The symptoms and signs of severe internal bleeding are correctly identified and appropriate immediate management of these conditions is provided in a real or simulated situation
 - 3.3 The symptoms and signs of shock as a result of severe injury are correctly identified and appropriate immediate management of shock is provided in a real or simulated situation
 - 3.4 A real or simulated laceration, abrasion and a deep puncture wound are correctly managed in accordance with established procedures
 - 3.5 The signs of wound infection are correctly identified and a real or simulated wound infection is correctly managed in accordance with established procedures
- 4. Manage burns**
- 4.1 Immediate rescue procedures are correctly used in real or simulated first aid situations involving a burned casualty
 - 4.2 The severity of a burn is correctly assessed in terms of depth, position and size in accordance with established first aid procedures
 - 4.3 The correct method of treatment for burns and associated shock is correctly applied in real or simulated first aid situations involving a burned casualty
- 5. Manage bone, joint and muscle injuries**
- 5.1 Symptoms and signs of fractures (simple and complicated), are correctly recognised in accordance with established first aid procedures
 - 5.2 Problems and treatment associated with dislocated joints are correctly managed in accordance with established first aid procedures
 - 5.3 First aid treatment of pelvic and chest injuries and fractures of limbs, including immobilisation techniques is correctly performed as per established procedures
 - 5.4 A real or simulated casualty with suspected head, neck or back injuries is correctly cared for in accordance with established first aid procedures
 - 5.5 The symptoms and signs of sprains and strains are correctly identified in accordance with established first aid procedures
 - 5.6 The RICE method of treatment of sprains and strains is correctly used in real or simulated first aid situations involving sprains and strains

6. Adapt first aid procedures for remote situations

- 6.1 Safety precautions needed to prevent accidents, illness and injuries and infection in remote area situations are correctly applied in real or simulated situations
- 6.2 Factors involved in the prevention of heat and cold exposure are identified.
- 6.3 The symptoms and signs of a real or simulated casualty exposed to heat or cold are correctly identified, including hyperthermia and hypothermia and appropriate management of the casualty carried out in accordance with established first aid procedures
- 6.4 A real or simulated ill or injured person in remote conditions is correctly cared for until help arrives, including the monitoring of airway, breathing and heart beat, the control of pain, hydration and the maintenance of body temperature.

Evidence guide

Each unit of competency has an evidence guide that relates directly to the performance criteria. Its purpose is to guide assessment of the unit in the workplace and/or training program. The following components provide information to assist this purpose.

Required knowledge

The essential knowledge and understanding a person needs to perform work to the required standard include:

- First aid situations that may occur on board a vessel or at another maritime workplace and appropriate first aid action, treatments and solutions
- Priorities of first aid care
- First aid procedures for conducting an initial patient first aid assessment, managing injuries, carrying out resuscitation techniques and reporting on first aid situations and action taken
- Techniques for management and care of casualties in various first aid situations, including acute illness and/or injury, wounds and bleeding, burns and bone, joint and muscle injuries
- Causes of respiratory failure and breathing difficulty
- The DRABC action plan for the identification and control of danger, loss of consciousness, loss of airway, breathing and circulation
- Correct methods of expired air resuscitation (EAR), external cardiac compression (ECC) and cardio pulmonary resuscitation (CPR)
- The symptoms and signs of:
 - the most common causes of unconsciousness
 - poisoning, bites and stings
 - sprains and strains
 - fractures (simple, compound and complicated)
 - dislocated joints
 - head, neck and back injuries
 - severe internal bleeding
 - abdominal, pelvic and chest injuries
 - shock as a result of severe injury
 - angina pain, heart attack and heart failure
 - burns and associated shock

- The safety precautions needed to prevent accidents, illness and injuries and infection in remote area situations
- Knowledge of body structures and functions relevant to possible injury and illnesses that may be encountered on board a vessel or at another maritime workplace
- Communication techniques related to the provision of first aid

Required skills

The essential skills a person needs to perform work to the required standard include:

- Communicating effectively with an injured/ill person when administering elementary first aid
- Communicating effectively with medical staff and others in the event of an emergency requiring first aid
- Working with others when administering elementary first aid
- Recognising and interpret first aid problems and symptoms and taking appropriate action to report and/or address the problems or symptoms
- Recognising and correctly use first aid equipment and materials contained in a typical first aid box
- Applying resuscitation techniques
- Developing an appropriate plan of action when administering first aid as part of a medical emergency
- Interpreting and applying appropriate procedures for various identified symptoms
- Adapting first aid procedures to the context of a specific medical emergency, including first aid in a remote location

Literacy skills used for:

- Reading documentation outlining first aid procedures

Numeracy skills used for:

- Timing actions when applying first aid techniques such as expired air resuscitation (EAR), external cardiac compression (ECC) and cardio pulmonary resuscitation (CPR)
- Operating radiotelephony equipment when communicating remotely with medical staff and others in the event of an emergency requiring first aid

Critical aspects of competence

Assessment must confirm the ability to:

- Perform lifesaving first aid
- Recognise the symptoms and signs of acute illness or injury and take appropriate action
- Manage wounds and bleeding
- Manage burns and bone, joint and muscle injuries
- Adapt first aid procedures for remote situations
- Communicate effectively with others during provision of first aid

Assessment must confirm knowledge of:

- First aid instructions and procedures

Context of assessment

Assessment should be undertaken in a simulated environment with qualified First Aid Trainers and Assessors

Method of assessment

The following assessment methods are suggested:

- Observation of the candidate applying a range of first aid techniques
- Written or oral short answer questions to assess underpinning knowledge
- Practical exercises involving the observation of the candidate conducting simulated first aid

Interdependent assessment of units

This unit will generally be assessed independently of other units

Resources required for assessment

Resources may include:

- Resuscitation manikins and auxiliary resuscitation items
- Disposable gloves
- Slings, roller bandages, triangular bandages, splints (improvisable)
- Face shields, face masks
- Cleaning swabs, cleaning brush, cleaning solution
- Disposable lungs and airways
- Samples of non-adhesive dressings
- Pictures of venomous animals/insects or preserved specimens
- Blankets, pillows and towels
- First aid book for each trainee