



**Telefon:** 49(0) 4721 78 0  
**49(0) 4721 78 5 emergency call**  
**Fax:** 49(0) 4721 78 1520  
**E-mail:** medico@tmas-germany.de  
**Internet:** www.tmas-germany.de  
**MRCC Bremen:** 49(0) 421 536870

## 09. Accidents

### Anleitung zur Gesundheitspflege auf Kauffahrteischiffen

Chapter Attach. B No.

<p><b><u>Possible consequences</u></b></p> <ul style="list-style-type: none"> <li>* Shock</li> <li>* Bone fractures, bruises, dislocations, pulled muscles</li> <li>* External bleeding</li> <li>* Internal bleeding</li> <li>* Pains</li> </ul>	<p>B.2.1. B.2.1.1. B.2.1.2. B2.1.3.3.2. B.2.1.3.3.1.</p>	
<p><b><u>Rescue</u></b></p> <ul style="list-style-type: none"> <li>* Bring the victim away from the danger zone as quickly as possible.</li> <li>* Attention must be paid to one's own safety.</li> <li>* Be prepared for heart and lung resuscitation.</li> <li>* Provide adequate freedom from pain before beginning the treatment.</li> <li>* Haemostasis: Wear gloves, use pressure bandage, avoid constriction.</li> <li>* Bone fractures: Set and splint before transporting.</li> <li>* Open bone fractures: Immediately bind with sterile bandage.</li> <li>* Use rescue stretcher: It is better to use a vacuum mattress.</li> <li>* Cervical vertebrae injuries, already suspected: Apply neck tie, it is better to use "stiffneck".</li> <li>* Spinal injuries, already suspected: Rescue patient with sufficient helpers. Minimise movements in the spine. Fix trunk to hard support. It is better to use a vacuum mattress.</li> </ul>	<p>C.5. B.2.1.</p> <p>C.1.1.</p> <p>C.1.3. B.2.1.1.</p> <p>B.2.1.2.</p> <p>B.2.1.2.3.1.</p> <p>B.2.1.2.3.2.</p>	<p>5.08, 5.07</p> <p>19.23 19.01, 19.11, 19.04/5 25.01 19.24 144.1 25.01</p>
<p><b><u>First Aid</u></b></p> <ul style="list-style-type: none"> <li>* Prepare for heart – lung resuscitation.</li> <li>* Apply infusion.</li> <li>* Keep respiratory tracts free:</li> <li>* Ensure freedom from pain.</li> <li>* Talk with the victim and convey calmness</li> <li>* Positioning: In the case of circulation shock: shock position = head deep, legs high In the case of head injuries: Upright, about 25° slanting position, with head pointing upwards. In the case of stomach traumas: Bend knees and support with rolls. In the case of chest injuries with rib fractures: Position patient on injured side.</li> </ul>	<p>C.1.1.</p> <p>C.1.5. C.1.2.</p> <p>C.1.6. C.1.7.6. C.1.7.4.</p>	<p>23.02 - 23.08, 25.02 11.01 23.04, 23.05 5.07, 5.06</p>
<p><b><u>Further treatment</u></b></p> <ul style="list-style-type: none"> <li>* Write down and document results of accident</li> <li>* Essential functions: Check consciousness, respiration, circulation in intervals of at least 10 minutes until a stable condition has been reached (Emergency protocol)</li> <li>* Shock treatment: Continue persistently with infusions and pain treatment</li> <li>* Open wounds: Final care: Wound stitches, clip plaster, pressure bandage in the case of heavy bleeding, finally sterile bandage</li> <li>* Bone fractures: Final stabilisation, splints, plaster cast. Check skin temperature (compared to the healthy side) and pulse below the fracture. Measure size, especially in the case of thigh fractures.</li> <li>* Internal bleeding: Strict bed rest, large doses of infusions.</li> <li>* Ensure freedom from pain.</li> </ul>	<p>C.1.6. B.2.1.3 B.2.1.3.1 ff B.2.1.2. ff</p> <p>B.2.1.3.3.1.</p>	<p>11.01, 5.07 21.04/5, 21.11, 21.17 21.18-23, 19.01, 19.04 19.23, 124,125 11.01 5.06, 5.08</p>
<p><b><u>Further Measures:</u></b>        Frequent checking of respiration, consciousness, circulation (<b>RCC-rule</b> : <u>R</u>espiration, <u>C</u>onsciousness, <u>C</u>irculation)        Check elimination for quantity and colour and make medical appointment</p>		