



Remote First Aid for the Recreational Boater

Instructor Information and Course Curriculum

Instructor: Sarah-Marie Loupe

The course provides “Wilderness/Remote First Aid” plus “Standard First Aid” certification, including CPR level C. WRFA exceeds the Standard F.A. workplace requirement in Nova Scotia.

Course Includes two text books and 3 yr. certification

Includes all the material of an Emergency and Standard First Aid C level course, but in the context of remote marine situations and non-industrial vessels. Relevant content is more in-depth than a standard course and includes procedures not included in urban based first-aid or the Transport Canada Advanced Marine First Aid.

24 to 26 hours. Requires two days and two evenings:

Students are not required to memorize a set of procedures without understanding the “why?”. This course is about problem solving, managing the crew and the boat, as well as the casualty. The course can be customized to address specific group concerns and abilities.

Instructor qualifications: Sarah-Marie Loupe:

- First-aid certifications: instructor Red Cross and St. John Ambulance; First Responder, Halifax Search and Rescue.
- MA specializing in adult education and experiential learning.
- Sails 26 ft. C&C, ten coastal trips of 10 to 12 day duration in coastal waters of Nova Scotia and State of Maine, San Juan islands in Washington State, Gulf Island and Desolation Sound in B.C. Learned to sail in the Fijian Islands in the South Pacific.
- Fifteen years kayaking and canoeing the coastal waters of Nova Scotia, familiar with the emergencies and complications of travel in cold ocean environments.
- First-aid experience working as: Outward Bound instructor, rock climbing and mountain guide, SCUBA Dive Master, first aid attendant on the oil rigs in B.C.



Curriculum

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1. Emergency scene management re: Mayday vs. Pan Pan, Communications with Coast Guard and medical personnel. Considerations for M.O.B. and an “abandon ship”. Crew and captain responsibilities. Location beacons, etc.
2. Environmental illness: Hypothermia, seasickness, dehydration, malnutrition, immersion injury, heat. Specific techniques for handling a drowning and near drowning casualty. Rescue collapse.
3. Head-Spine injury. A boat deck is particularly problematic in managing injuries and requires special techniques and considerations. These include: recognition, care of unconscious casualty, immobilisation, and preparation for evacuation.
4. CPR Level C. Shock, unconsciousness and fainting.
5. Trauma emergency: Mechanism of injury, level of consciousness, primary survey, the importance of the secondary survey, evaluating situations and making decisions.
6. Severe bleeding: Wound classifications (when is it an emergency, etc?), care of a wound, and infections. Eye injuries: trauma, infection. Dealing with minor wounds.
7. Medical conditions: Diabetes, epilepsy, asthma, allergic reaction, stroke, heart condition, drug complications. Medications and first aid kit considerations.
8. Chest injuries: trauma, sucking, penetrating object, lung collapse, etc.
9. Poisonous marine creatures and marine substances, antidote and treatment. Contaminated air, and ingestion, gastrointestinal, food poisoning, water quality, drug related, etc.
10. Burns and discussions on lightening and sailboats.
11. Fractures: upper and lower limbs. When to consider reduction and how to implement.
12. Packaging the casualty for evacuation: Helicopter and ship-to-ship considerations. First Aid Kits.
13. Evaluating situations and making decisions. Long term care of casualty and practice, practice, practice . . .