Risk Management & Safety Action Plan for Clubs.

D Risk Management: Basic First Aid

BEWARE: Extreme Caution must be taken when administering any medication.

DO NOT give ANY medication without parental or guardian consent.

Injuries / Risks:	Danger areas:	Precautions	Treatment
Asphixiation	Fumes	Ventilation	Seek medical assistance
	Smoke	Ventilation	Seek medical assistance
Burns	Kitchen	Supervision - Training	Submerge in Iced water - First Aid or medical treatment
	Barbeque	Supervision - Training	Submerge in Iced water - First Aid or medical treatment
	Showers	Supervision, Temperature controls	Cold water
	Motors	Training	Cold water - first aid Cover damaged area to prevent infection
	Tractor	Training	Cold water - first aid Cover damaged area to prevent infection
	Ropes	TRAINING, Gloves, Awareness	Cold water - first aid Cover damaged area to prevent infection
	Fire	Training,	Cold water - first aid Cover damaged area to prevent infection
	Chemicals/Fuel	Correct labelling,	Rinse thoroughly with cold water - Seek medical assistance
Bruising / Crushing	Doors	Safety Hooks, Club guidelines	Ice Stem any blood flow - Cover if skin damaged and seek madical attention.
	Storage areas	Safe Stowing, Assistance	Ice / Cold water Cover if skin damaged and seek madical attention.
	Boat Handling	Training,	Cold water Cover if skin damaged and seek madical attention.
	Ground tackle	Training, Safe stowing	Cover if skin damaged and seek madical attention.
Dehydration	At sea - All craft.	Ample fluids,	DO NOT SHARE DRINK BOTTLES!
Electrical	Kitchen	Maintenance - Training	Immediate medical Assistance
BEWARE OF	Showers	Maintenance -	Immediate medical Assistance
WATER NEAR	Power lines/ OH	NOTICES - Training	Immediate medical Assistance
ANY ELECTRICS!	Power lines/ UG	WARNING NOTICES	Immediate medical Assistance
	Electrical Outlets	WARNING NOTICES -TRANSFORMERS	Immediate medical Assistance
	Work Shop	**USE ISOLATING DEVICES**	
Eyes	Rigging	Training, flayling ends	Cover to protect from light - Seek medical attention.
	Ropes	Training, Club Guidelines.	Cover to protect from light - Seek medical attention.
	Chemicals	Labelling, efficient equipment	Rinse well with clean water, Seek madical help.
	Foreign Bodies	Wear protective goggles if risk	Rinse well with clean water, Seek madical help.

		Injuries / Risks:	Danger areas:	Precautions	Treatment
		Falls	Steps	Regular cleaning & maintenance	RICE - first aid, seek medical assistance **Avoid any movement until medical help**
			Verandas	Maintenance, Set safety criteria	RICE - first aid, seek medical assistance **arrives if injuries may be serious.**
			Ramps	Regular cleaning & maintenance	RICE - first aid, seek medical assistance **Keep Patient warm & Comfortable -**
			Wet floors	NOTICES - Regular mopping	RICE-first aid, seek medical assistance. **If necessary stabilise any suspected fracture**
			Deck Stairs	Keep gate closed when children present.	**before moving!!**
			Ladders	Ensure safe usage - seek assistance,	**All of the above!**
		Gas Supply:	Heaters / Stove	Gas Detectors/ Ventilation	Good ventilation, Burn treatment
			Water Heater	Fire Risk	Ensure ALL Flamable materials are stored well clear of Caliphont.
		Head Injuries	Low beams	Visual Marking	**Apply compression pad immediately to stem any blood flow.**
		BEWARE	Storage areas	Secure Stowing, Visual Marking	**Watch for any signs of concussion - If ANY concerns or bleeding**
			Mast & Booms	TRAINING, Remove learners' hats!	**continues seek medical help as soon as possible.**
			Rigging areas	TRAINING, Notices, Assistance.	**DO NOT GIVE ANY FOOD OR DRUGS - ASPIRIN ETC. Apply ice pack if minor.**
		Hypothermia	Sailors	Protective clothing, Rescue craft	) If Hypothermia is suspected warm from the core - DO NOT GIVE HOT SHOWER!
		Very Cold!	Paddlers	Protective clothing, Rescue craft	) Be prepared to swap crews, Remove to shore as soon as possible
			Patrol Craft	Protective clothing, Swap crews	) KNOW THE SYMPTOMS!!
			Rescue Craft	Protective clothing, Swap crews	) Carry Thermal blanket / Polythene wrap (Black garden sack!!)
		Hyperthermia	Sailors	Ensure continual hydration	Watch for signs of lassitude and or insensibility - Cool under supervision.
		Over heating!	Boat Crews	Protective clothing & water	Watch for signs - ensure ample fluid intake - remove to shade & cool.
		Lacerations	Trolleys	Maintenance	First Aid, Medical assistance
		Bind to stem any	Propellors	TRAINING, wear kill switch	First Aid, Medical assistance
		blood flow & bind	Rigging	Training, Assistance	First Aid, Medical assistance
		wound to prevent	Kitchen	Training, Supervision.	First Aid, Medical assistance
		further damage.	Anchors	Training, Safe Stowing	First Aid, Medical assistance
			Rocks & Shells	Wear protective clothing	First Aid, Medical assistance
			Broken Glass	Clean up breakages, Wear protective clothing	
		Local Hazards	**Be aware of specific hazards & risks in your area and ensure all visitors are aware of these hazards!!**		
		Area Specific	**On Water**: Sea Plane Landing Areas, Water Ski Lanes,Ferry Lanes & Wash,Overhead Power cables - rivers & Lakes, currents.		
			On Shore: Accessways & traffic lanes, Uneven surfaces - holes & quicksand,		
			Storm water outflows - Pollution,		

		Injuries / Risks:	Danger areas:	Precautions	Treatment
		Marine Hazards	Sea Lice	Stay ashore if a problem	Hose with fresh water - DO NOT RUB - seek medical attention.
			Jelly Fish	Stay ashore if a problem	Hose with fresh water - DO NOT RUB - seek medical attention.
			Pollution	Stay ashore if a problem	Avoid swimming & capsizing
			Toxic Warnings	Heed warning - avoid immersion	Avoid swimming - wash hands and equipment well with fresh water
		Seasickness	At sea	Pills, Ample fluids, Warmth	**Watch for Hypothermia & dehydration!! Remove to shore.**
					Electrolytes & Sugary drinks help restore energy!
		Sunstroke/sunburn	All outdoor areas	Protection, Ample fluids	Watch fro HYPERTHERMIA - Cool body temperature - supervision.
		Water	Drowning	Buoyancy Aids at all times	Immediate Medical Attention
			Hypothermia	Adequate clothing	Warm SLOWLY from the core - DO NOT PUT IN HOT SHOWER - Seek medical attention
			Trauma	Supervision - Prompt support	Positive support & encouragement - warmth
			Collisions	Training - KNOW the Rules	**COLLISIONS CAN CAUSE ANY OF THE ABOVE INJURIES - BEWARE!**
			Dehydration	Ample drinking water	**If prolonged exposure to risk of dehydration electrolytes are essential.**
			Hyperthermia	Overheating	Ensure adequate hydration - be aware when winds are light!
			Sunburn	Protective clothing & sunscreen	Be aware of reflection off the water - AND CLOUDS if no sun!!

E	Access Sailing:				Draft - to be completed
		Injuries / Risks:	**Danger areas:**	**Precautions**	**Treatment**
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