

SCUBA SAFETY & FIRST AID

PERFORMANCE REQUIREMENTS FOR PRACTICAL SKILLS ON LAND

Practical Skills on Land

- Perform a general assessment of at least two different sites of an emergency, put on gloves and remove gloves without contact between the skin and the outside of the glove.
- Perform primary assessment on a conscious person on an unconscious person in a face up position and on an unconscious person with suspected spinal injury in another position than on the back (lying against a wall, face down or other).
- Turn a patient as a unit and place a patient in the recovery position.
- Perform rescue breaths on a mannequin using mouth-to-mouth and mouth to nose methods (and if the type of mannequin permits: mouth to mask).
- Demonstrate how to liberate a blocked airway, both for a conscious and an unconscious person.
- Perform CPR on a mannequin. After initial steps are completed correctly (which may take a few attempts) and speed has been verified (17 to 19 seconds for 30 compressions), students should perform CPR for the duration of at least 5 cycles. If an AED simulator is available, students should then switch to AED use.
- Demonstrate how to stop serious bleeding with direct pressure on the wound and show how to use a pressure point for injuries at extremities.
- Demonstrate primary assessment concluded with shock management.
- Demonstrate the correct use of the type of oxygen equipment used during the course.
- Perform a secondary assessment on a simulated ill person.
- Demonstrate a secondary assessment on a simulated injured person.
- Demonstrate bandaging of wounds on two different sites (arm and hand or other).
- Stabilize a broken leg in the position found and then splint the leg for the same injury.
- Demonstrate comprehension of module 1 theory and mastery of skills learned in the practice session on land by participation in no less than three skill combination scenarios.