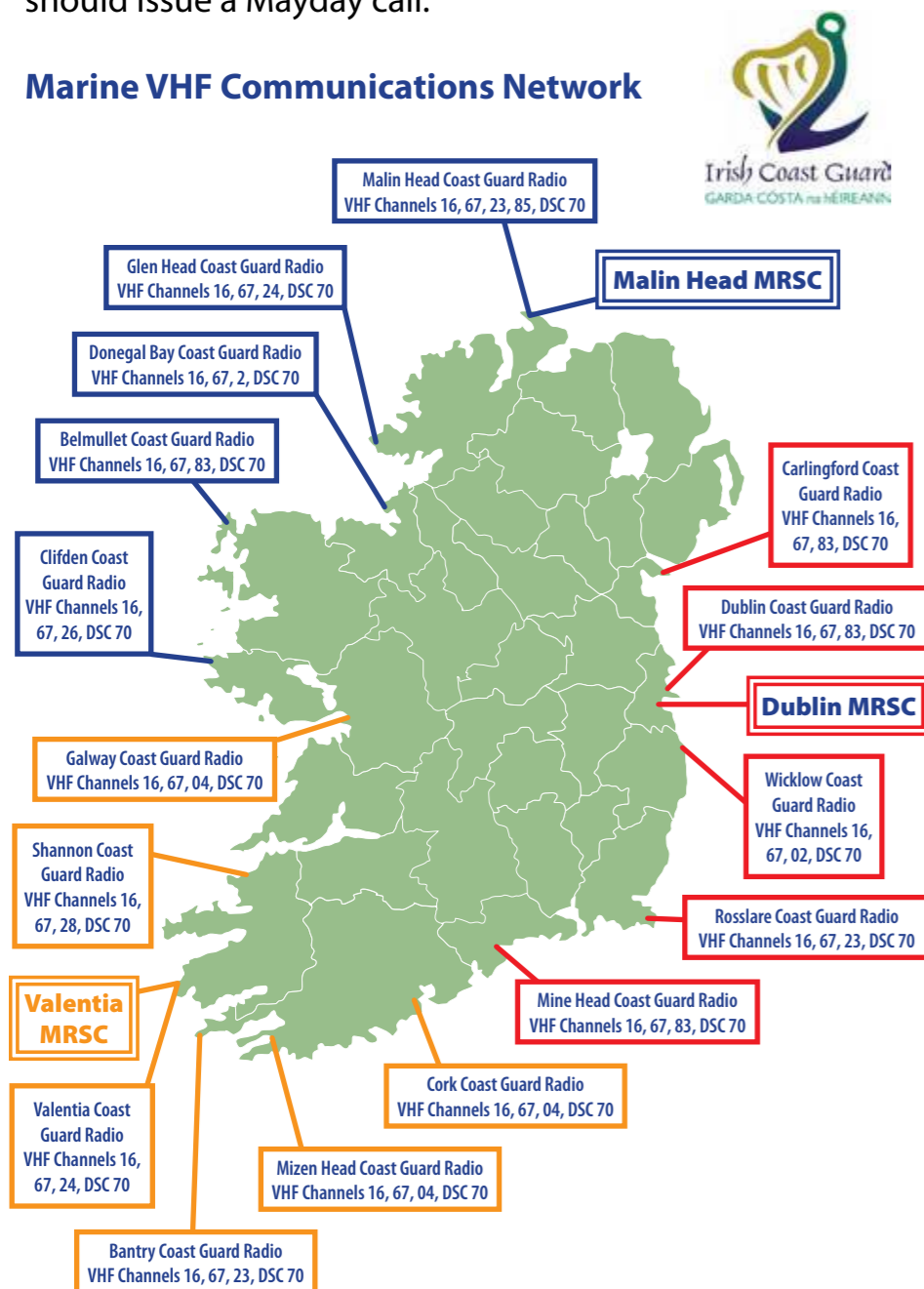


Calling For Help

If you require medical assistance or advice you should contact the nearest Maritime Radio Station to you, using Channel 16 VHF or 2182 MF. If necessary and/or appropriate, they will put you through to MEDICO CORK.

If a vessel or person is in grave or imminent danger you should issue a Mayday call.

Marine VHF Communications Network



Weather Forecasts at 0103, 0403, 0703, 1003, 1303, 1603, 1903 & 2203 on working channels

Dublin Controlled Radio Stations

Malin Head Controlled Radio Stations

Valentia Controlled Radio Stations

If you have difficulty in making contact with one of the Coastal Radio Stations above, then use the following procedure to request assistance

Making a PAN PAN Urgency Call

- Check that your radio is switched on and high power setting is selected
- Select Channel 16
- Press the transmit button, and say slowly and clearly

Pan Pan, Pan Pan, Pan Pan.

All Stations (repeat 3 times) or Individual Coast Guard Radio Station (repeat 3 times)

This is ... (repeat the name of your boat 3 times)

My position is ... (use latitude and longitude, or a true bearing and distance from a known point.

If you don't know, don't guess.

I require (describe type of assistance that you require e.g. I require medical assistance.

Over (this means please reply)

- Now release the transmit button and listen for a reply
- Keep listening on Channel 16 for instructions
- If you hear nothing then repeat the call

Data Protection Notice:

Some of the questions on this Casualty Record Card request details about your health and you are requested to fill in section 1 before setting out on a voyage. In the event of an incident, this information (together with information regarding the incident and your condition) is required in order to give you the best possible medical care. By filling in section 1, you explicitly consent to the processing of the information on the Casualty Record Card for these purposes by BIM, the Emergency Department in Cork University Hospital (MEDICO Cork), the Coast Guard, other emergency services and each of their respective agents. Once you have completed section 1 of the Casualty Record Card it is your responsibility to ensure that the Casualty Record Card is stored in a secure manner.



Bord Iascaigh Mhara
Irish Sea Fisheries Board

Casualty Record Card



1

Name of person

Date of birth

DDMMYYYY

Male Female

Next of kin or other contact

Next of kin or contact's phone number

Next of kin or contact's address

Contact's relationship to person

Allergies

No If yes, give detail:

Medications

No If yes, give detail:

Medical history

No If yes, give detail:

next

2

Date of incident

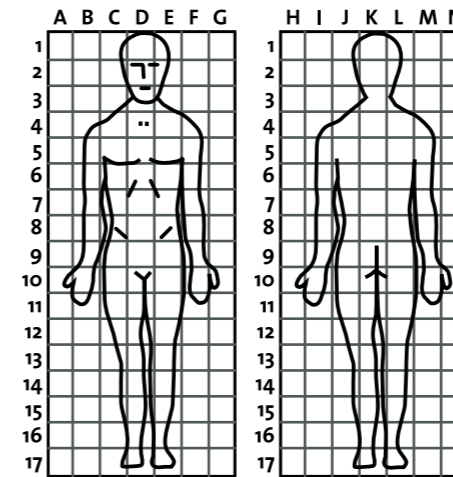
DDMMYYYY

Time :

Quick description of injury/illness Grid Reference Time

Use this body grid to identify the site of injury or illness.

Write B9 for an injury to the inside of the right wrist, etc.



Mark level of pain on a scale of 1 - 10
1-Least Pain 10-Worst Pain

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

next

4

Who gave first aid?

Immediately

Time :

10 mins

Time :

20 mins

Time :

Who assessed after 30 mins

Time :

40 mins

Time :

50 mins

Time :

60 mins

Time :

next

3

How conscious are they?

- Orientation - name/location/time of day
- Alert Reacts to your Voice
- Reacts to Pain
- Not responding (Unresponsive)

- BREATHING** Normal Not Normal
 Distressed Not Distressed
 Fast or Slow
If so, is it...? Deep or Shallow
 Noisy or Quiet

- PULSE** Normal Not normal
If so, is it...? Fast or slow
 Strong or weak

- Do you suspect a spinal injury?
 Yes No

- SKIN**
Colour Pale Normal Flushed
Temperature Very cold Cold Normal Hot Very hot
Moisture Clammy Normal Dry

When did they last eat or drink? :

Review these signs at least every 10-15 minutes.
If anything changes contact MEDICO Cork through the Coast Guard.