

# Safe Boating

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## RIP CURRENTS

### Break the Grip of the Rip!



**IF CAUGHT IN A RIP CURRENT**

- Don't fight the current
- Swim out of the current, then to shore
- If you can't escape, float or tread water
- If you need help, call or wave for assistance

**SAFETY**

- Know how to swim
- Never swim alone
- If in doubt, don't go out

Beach communities should use this information to educate and inform the public about rip currents and beach safety.



### DROWNING? THEN FLIP, FLOAT, AND FOLLOW!



**DROWNING?** Don't panic! Stay calm! Take a breath!

**THEN FLIP:** Flip to your back. Relax. Breathe. Float. Follow the current. Don't fight it. It's easier to follow than to fight.

**FLOAT, AND FOLLOW!** Follow the current. It will lead you to deeper water. Don't panic! Stay calm! Take a breath!

**FLIP TO YOUR BACK:** Flip to your back. Relax. Breathe. Float. Follow the current. Don't fight it. It's easier to follow than to fight.

**FOLLOW THE CURRENT:** Follow the current. It will lead you to deeper water. Don't panic! Stay calm! Take a breath!

# Topics

- General Safety on the water
- Medical emergencies & First Aid
- Safety Equipment
- Weather
- Communications & first responders



# PFD Life Vests



Type III



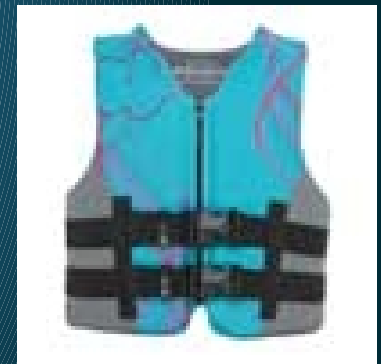
Type II



Type V



Type III



Type III

# Throwable





# First Aid Basics

Take an American Red Cross First Aid Course

Have a first aid kit on board

First aid manual

Adhesive bandages in various sizes

3-inch sterile pads

Triangular bandages

1-3 inch rolled bandages

Tweezers and blunt scissors

Cotton balls and cotton tipped applicators

Antiseptic

Sunscreen

Calamine lotion

Motion sickness pills or patches

Aspirin or substitutes

Eyewash cup

# Heat Stroke

- Life threatening
- Signs:
  - Hot, red, and usually dry skin,
  - Changes in consciousness
  - Rapid, weak pulse
  - Rapid, shallow breathing



# What to do

- Call 911
- Move the person to a cooler place
- Cool the body by wrapping wet blankets
- Fanning
- If ice packs or cold packs place on wrists, ankles, armpits and on the neck to cool large blood vessels
- Make sure airway clear
- Keep the person lying down

# Heat Exhaustion

- Caused by an increase in core body temp often accompanied with fluid loss.
- Signs/Symptoms:
  - Weakness
  - Dizziness
  - Warm, Moist, Pale Skin
  - Nausea and vomiting

# Treatment for Heat Exhaustion

- Check airway and victims breathing
- Move the victim to cooler environment
- Remove victim's clothing to encourage heat loss
- If the victim is conscious and can follow commands-encourage fluids
- If the victim is unconscious and not able to follow commands-CALL 911



# Propeller Strikes

Out of sight, Out of Mind

Common propeller strike events

Crew Overboard

Circle of death

In 2006, the U.S. Coast Guard reported 234 accidents involving being  
28 fatalities



# Minimize Propeller Strike Potential

Never run engine when people boarding or unloading

Make sure everyone on board is seated before starting engine

Do not allow passenger to stand, sit on transom, gunwales, seatbacks or bow while moving



# Bleeding

Control bleeding using the following guidelines:  
Place direct pressure on the wound with sterile dressing or clean cloth

If no broken bones suspected, elevate the area above the level of the heart

Apply a pressure bandage to hold the dressing in place

If blood soaks through add more pads but do not remove those already in place.

Help the victim rest in a comfortable position

Maintain normal body temperature

Reassure the victim

Call for help





# Heart Attack

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**Shortness of breath** with or without chest discomfort.

**Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



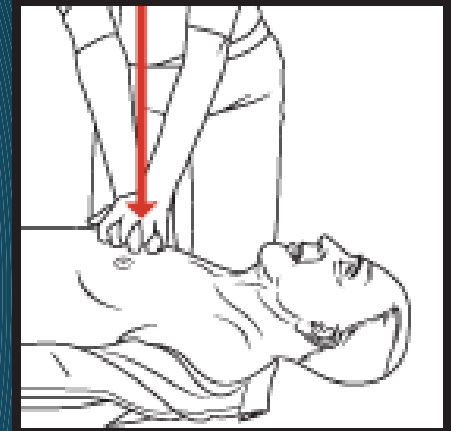
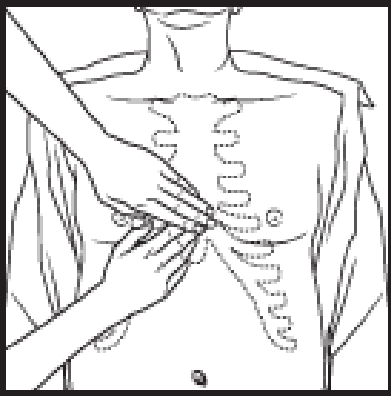
# Heart Attack

- Look for signs
- Keep person seated upright
- Chew on one Asprin



Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped. The American Heart Association recommends that everyone — untrained bystanders and medical personnel alike — begin CPR with chest compressions. It's far better to do something than to do nothing at all if you're fearful that your knowledge or abilities aren't 100 percent complete. Remember, the difference between your doing something and doing nothing could be someone's life.

**Untrained.** If you're not trained in CPR, then provide hands-only CPR. That means uninterrupted chest compressions of about 100 a minute until paramedics arrive (described in more detail below). You don't need to try rescue breathing.



# How to Give Hands-Only CPR

If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Staying Alive."

CPR can more than double a person's chances of survival, and "Staying Alive" has the right beat for Hands-Only CPR.

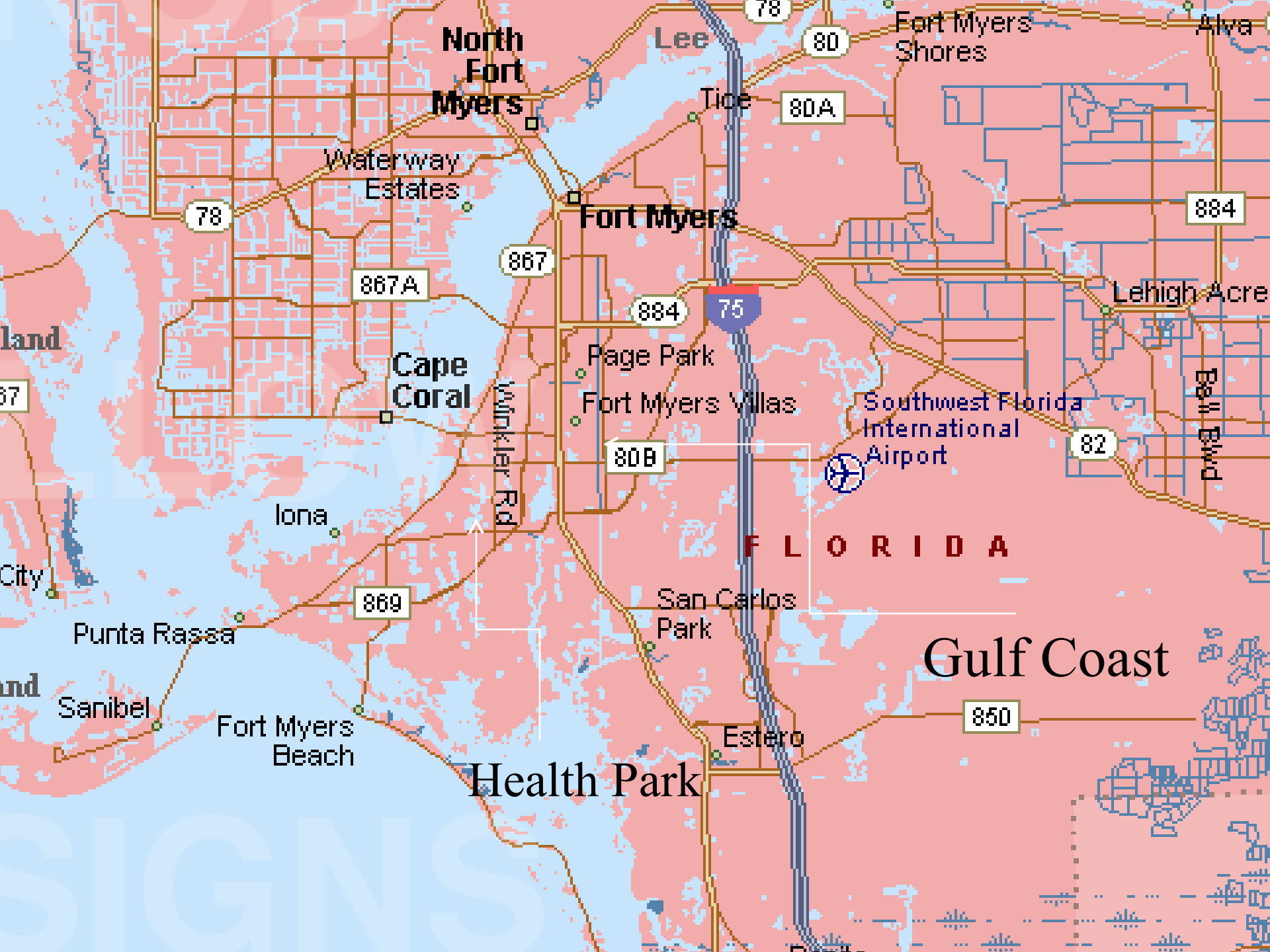




# Where are you going to meet EMS

- Lee Memorial has two Trauma Centers for heart disease patients
- Health Park near Summerlin/Gladiolus
- Gulf Coast Medical Center  
Daniels/Metro





North  
Fort  
Myers

Lee

Fort Myers  
Shores

Alva

Tice

Waterway  
Estates

Fort Myers

78

80A

884

867A

867

884

75

Lehigh Acres

land

37

Cape  
Coral

Page Park

Fort Myers Villas

Southwest Florida  
International  
Airport

Bell Blvd

82

80B

Iona

Winkler Rd

FLORIDA

City

Punta Rassa

869

San Carlos  
Park

Gulf Coast

land

Sanibel

Fort Myers  
Beach

850

Estero

Health Park

# Getting to EMS from the water

- Best case scenario: 3 people on board with injured person
  1. Captain
  2. Person attending injured person
  3. Person in communication with dispatch

# Consider pilot boat



- Creates safe path to land
- Helps clear path for second vessel
- Alerts waiting EMS
- Prepares for dockage of vessel with injured person



# Man Overboard

Make sure everyone is accounted for

Make sure all have life jacket on

Stay with the boat

Use items such as coolers for floatation

Always try to cling as high up the hull as possible

Keep clothing and hats on to preserve heat

# Man Overboard

Yell man overboard

Toss out a life preserver

Stop the boat, check your headings and turn the boat around 180 degrees

Have one person keep the swimmer in sight at all times

If boating alone use kill switch-especially in rough weather

Approach the swimmer so they are upwind of the boat

Hit MOB key on GPS to mark spot



# Man Overboard

Tie a rope in a loop and fasten to railing

Throw the rope to the swimmer when the boat is close enough

Have the victim position the loop under his or her armpits

Pull the victim to the side of the boat and lift them up

Send a rescuer into the water as a last resort



# Takes Seconds



# What If ???

- What if someone fell in
- What is the water current TIDES
- How fast can I throw a safety cushion
- How accurate can I throw that cushion
- How many things do I have to do before I can get my boat moving again & how long will that take



# PFD Life Vests



Type III



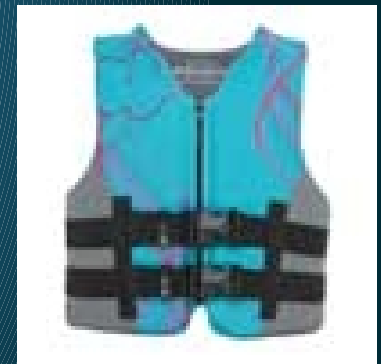
Type V



Type II



Type III



Type III

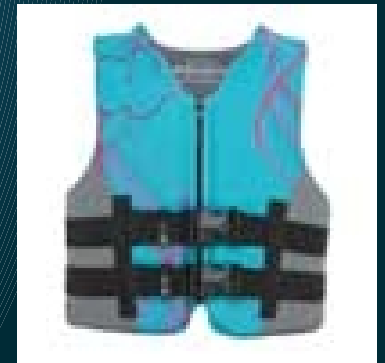
Video Presentation



# PFD Life Vests



Video Demonstration



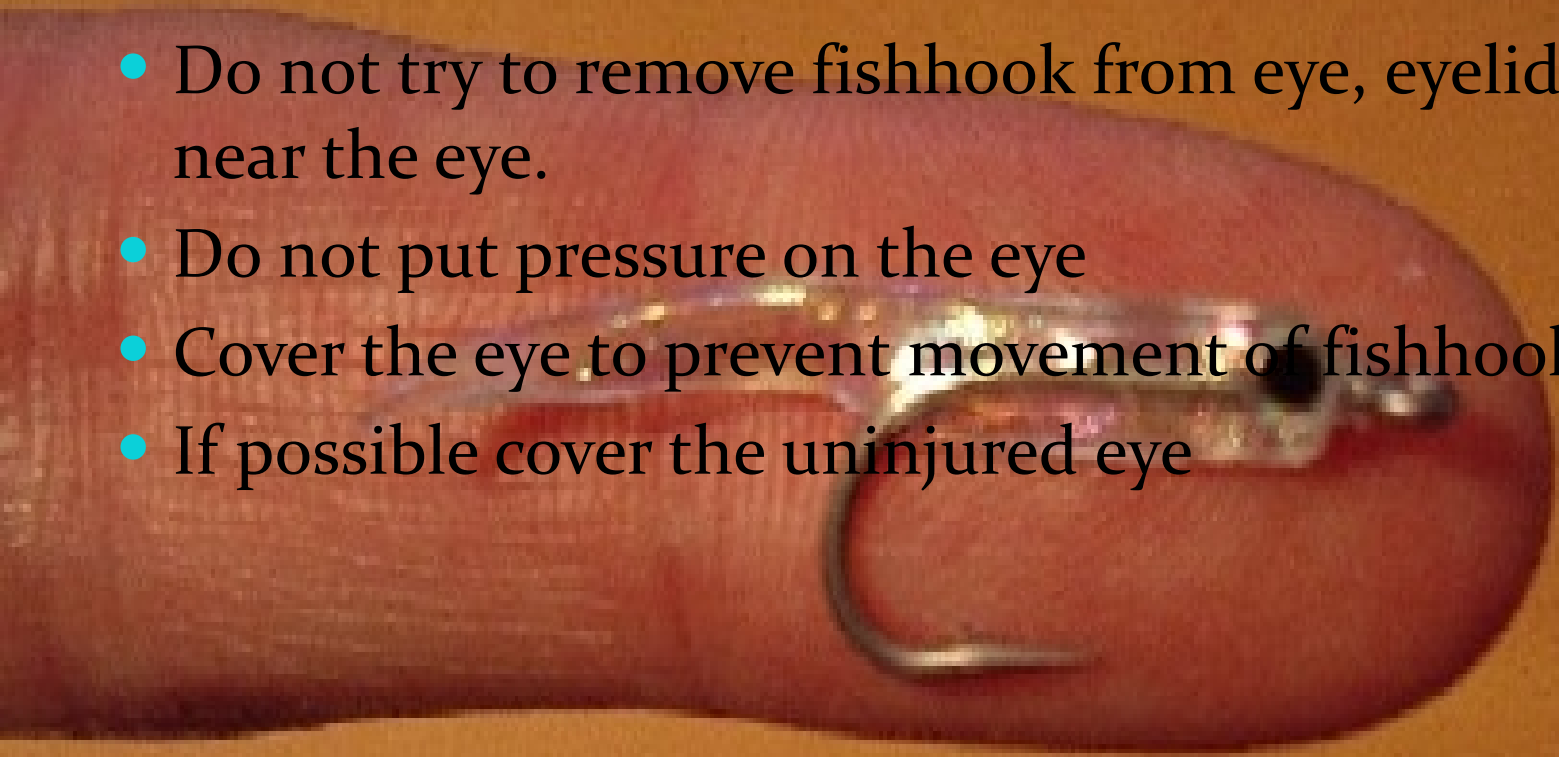
# Increase safety





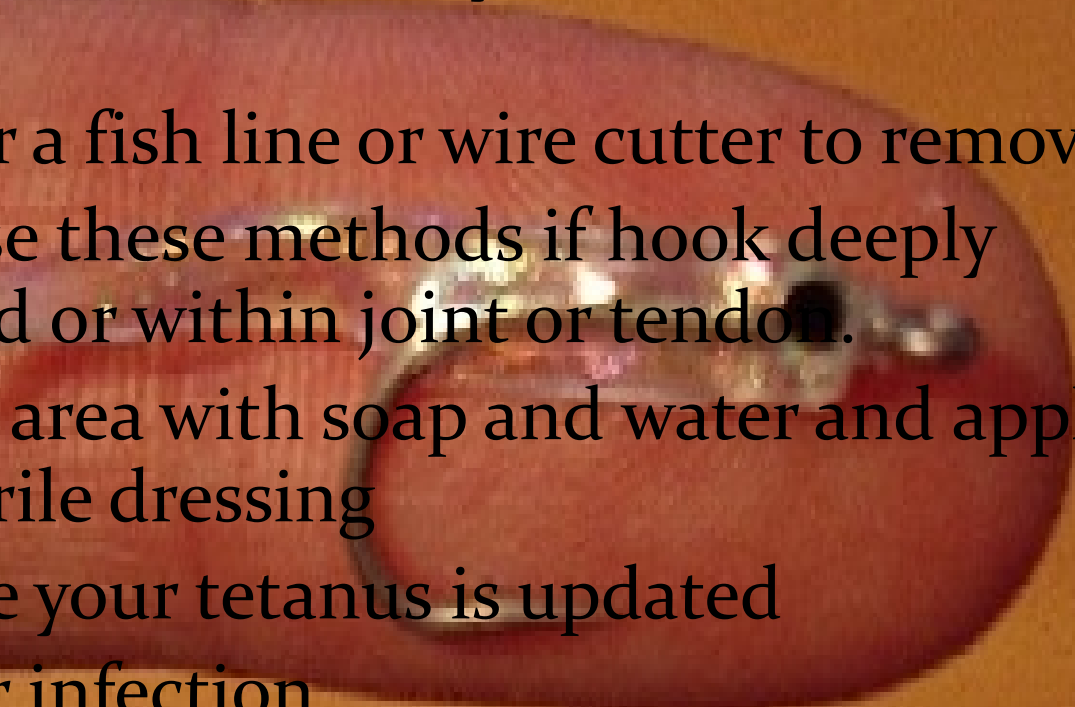
# Fish Hooks

- Do not try to remove fishhook from eye, eyelid, or near the eye.
- Do not put pressure on the eye
- Cover the eye to prevent movement of fishhook
- If possible cover the uninjured eye





# Fish Hook

- Fish Hook in skin, wash your hands with soap and water.
  - Use either a fish line or wire cutter to remove hook
  - Do not use these methods if hook deeply embedded or within joint or tendon.
  - Wash the area with soap and water and apply a loose, sterile dressing
  - Make sure your tetanus is updated
  - Watch for infection
- 

# Lightening



Average more than 10 deaths and 30 injuries per year

Approx 50% of the deaths and injuries occur with recreational activities

40% of those are water related; boating, swimming, surfing, and others

Most lightening strikes occur in afternoon

70% between noon and 6p.m.

