

# 2019/2020 Skills Maintenance Bulletin



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### AIRWAY MANAGEMENT REMINDER

Airway management is required to provide an open airway when the person:

- is unconscious
- has an obstructed airway
- needs rescue breathing.

For unresponsive adults and children (1-8 years), it is reasonable to open the airway using the head tilt-chin lift manoeuvre. To correctly perform the Head Tilt/Chin Lift manoeuvre, one hand is placed on the forehead or the top of the head. The other hand is used to provide Chin Lift. It is important to recognize that it is the head (NOT the neck) which is tilted backwards. It is important to avoid excessive force, especially where neck injury is suspected. Chin lift is commonly used in conjunction with Backward Head Tilt. The chin is held up by the rescuer's thumb and fingers in order to open the mouth and pull the tongue and soft tissues away from the back of the throat. Be careful that the ring finger does not squash the soft tissues of the neck. The jaw is held open slightly and pulled away from the chest.

**Photos: Airway management adult and children 1-8 years - Head tilt/chin lift manoeuvre**



In an infant (under 1 year of age), the upper airway is easily obstructed because of the narrow nasal passages, the entrance to the windpipe (vocal cords) and the trachea (windpipe). The trachea is soft and pliable and may be distorted by excessive backward head tilt or jaw thrust. Therefore, in an infant the head should be kept neutral and maximum head tilt should not be used (see image 2 below). The lower jaw should be supported at the point of the chin while keeping the mouth open. There must be no pressure on the soft tissues of the neck. If these manoeuvres do not provide a clear airway, the head may be tilted backwards very slightly with a gentle movement.

**Image 2: Airway management - Infant in neutral position**



This information is courtesy of the Australian Resuscitation Council – ANZCOR Guideline 4 – Airway

## SLSQ BLEEDING CONTROL KITS

SLSQ is introducing Bleeding Control Kits. These kits are to be used in severe bleeding cases and will replace the shark kits. The kits have two components:

1. OLAES Trauma Dressing
2. Arterial Tourniquet

### OLAES Trauma Dressing

1. Unwrap package
2. Place large pad directly on the wound
3. Make sure plastic cup is placed directly over the wound
4. Wrap bandage over the cup applying direct pressure to the wound
5. Use locking clips to secure the bandage in place.
6. If bleeding not controlled consider the application of an arterial tourniquet



### Arterial Tourniquet's (AT) – Severe Bleeding

Sof<sup>®</sup>TT-W tourniquet is for use on limbs only.

The Sof<sup>®</sup>TT-W does not replace the use of direct pressure to control bleeding but is used when direct pressure is not effective.

Do not use AT over joints and always at least 5-7 cm above the wound.

For simplicity and for consistent results SLSQ will apply the Sof<sup>®</sup>TT-W '**High, Tight and Horizontal**' above the wound

1. Use shears to expose the wound (if clothed)
2. Position the tourniquet 'high tight and horizontal' with the strap to the outside of the limb
3. Pull the tourniquet tightly through the buckle
4. Turn the windless to tighten until the bleeding stops.  
This will cause some/much discomfort to the victim
5. Secure the windless through the locking loop
6. Record the time of application on the tab located on the end of the tourniquet strap
7. Do not ease the tension or remove the tourniquet
8. Constantly check that bleeding has stopped



Watch the instructional video for correct application of both devices.

**ALL MEMBERS WHO ARE COMPLETING 2019/2020 SEASON SKILLS MAINTENANCE MUST DO A PRACTICAL DEMONSTRATION OF APPLYING A TOURNIQUET IN ORDER TO HAVE AWARDS MADE PROFICIENT.**

## HEAT STROKE

Heat stroke is the most serious form of heat related illness and may lead to unconsciousness or death. Because of the severity of this illness, prevention is better than treatment however when dealing with members of the public (beachgoers) the more likely case is that patrol members will need to quickly recognise and manage these cases than be able to prevent them. Heat induced illnesses may be caused by a variety of factors including:

- excessive heat absorption from a hot environment
- excessive heat production from a metabolic activity
- failure of the cooling mechanisms
- an alteration in the body's set temperature

Common factors which contribute to heat induced illnesses are:

- excessive physical exertion such as prolonged manual labour or training
- hot climatic conditions with high humidity
- inadequate fluid intake
- infection (particularly a viral illness)
- inappropriate environments (e.g. unventilated hot buildings)
- wearing unsuitably heavy, dark clothing on hot days
- drugs which affect the body's heat regulation

Heat stroke casualties may be recognized by the lack of sweating, body temperature above 40°C, an altered conscious state and generally hot dry skin. In some cases the casualty may collapse. A common example of heat stroke which many will have seen either in person or on TV is the athlete at the end of a marathon who is staggering from side to side, who collapses and tries to get up and continue. Heat stroke may lead to unconsciousness and death. All the organs of the body may be affected so swift action needs to be taken by first aiders.

Management of Heat Stroke is to:

- call for an ambulance immediately
- resuscitate if required
- place the victim in a cool environment and remove unnecessary clothing
- moisten the skin with moist cloths or atomizer spray and fan repeatedly
- apply wrapped ice packs to the neck, groin and armpits
- constantly monitor

This information is courtesy of the Australian Resuscitation Council – ANZCOR Guideline 9.3.4 Heat Induced Illness

## NEW LAWS REGARDING EXCLUSION ZONE AROUND SHARK CONTROL APPARATUS

Commencing 28<sup>th</sup> May 2019, QLD has new laws in place which formally establish an exclusion zone for the waters within 20 metres of any shark control apparatus.

Under the new laws, it is now an offence for a person to be in the exclusion zone. A boat which transits directly through the exclusion zone without stopping is not considered to have committed a breach/offence. An SLSQ craft or individuals who are inside the 20m exclusion zone to perform a rescue (of a human patient in an emergency situation) is also considered not to have breached the new laws.

To ensure that clubs/services avoid the possibility of accidentally being within the exclusion zone for non-emergency related reasons (which would incur fines), clubs are advised not to use shark cans, drum lines, nets (or similar shark control measures) as markers/turning points for any activities such as swims/paddle/rows/IRB activities.

Please note that the current penalties which are able to be enforced for breaching the exclusion zone range from a \$522 on the spot fine to a maximum of \$26 100.

For further information: <https://www.daf.qld.gov.au/business-priorities/fisheries/sharks-control-program/shark-control-equipment>

## BEACH CLOSURES AFTER DANGEROUS MARINE CREATURE SIGHTINGS

In the event of a shark sighting the following precautions are recommended:

- Request all swimmers to leave the water;
- Close the beach to all swimming for a minimum of 60 minutes or until the threat is no longer and post appropriate signage (if specific signage is not available standard “no swimming” and “danger” signs may be utilised);
- Advise beach visitors to remain clear of the water;
- Do not attempt to kill, capture or injure the animal; and
- Record as much detail regarding the sighting as possible.

In the event of a lifesaver confirmed crocodile sighting the follow precautions are recommended:

- Remove swimmers from water
- Close beach
- Lifesaver to report confirmed sighting to Crocwatch number – 1300 130 372
  - DES has requested that if a member of the public reports a sighting to the lifesaver, the lifesaver needs to instruct the person to contact DES personally on the CROCWATCH number
- Notify State Communication Centre, Supervisor, Development Officer (DO) or Regional Manager (RM)
- Beach to remain closed for four hours from last confirmed sighting
- No swimming and crocodile caution signs to be placed at water’s edge of bathing reserve
- Maintain vigilance

REF: SLSQ POM LS0020



## REPORTING OF BEACH STATISTICS

From the Communications Centre, we bring you clarification of what is required when reporting beach statistics.

- At Sign on: Statistics on the beach at time of sign on
- 9am: Statistics between sign on and 9am
- 11am: Statistics between 9am and 11am
- 1pm: Statistics between 11am and 1pm
- 3pm: Statistics between 1pm and 3pm
- 5pm: Statistics between 3pm and 5pm
- Sign off: Statistics on the beach at time of sign off

Most stats are gathered to reflect what has been happening over the previous 2 hour period.

## RADIO

SLSQ is gradually replacing all radios with the new Kenwood NX-3300 Portable Radio. The diagram below points out the key functions of each of the buttons/dials. To change channels, the operator will use the small up and down channel buttons located on the same side but below the PTT button. Changing channels on radios should only be done with the permission of your patrol captain or when directed by Surfcom.



## **SIDE BY SIDE VEHICLE (SSV) OPERATIONS**

Vehicles play an important part in getting our equipment on and off the beach as well as being used to extend our reach via roving patrols. Operators of these vehicles are reminded that they are a highly visible asset on the beach and ensure that they follow the necessary rules to avoid negative attention/publicity associated with incorrect use.

Operators must:

- be a minimum of 17 years of age
  - hold a current Driver's Licence (Provisional or Open holders only).
  - display 'P' Plates as per Queensland Transport Regulations if a Provisional licence holder
  - those with an automatic licence must only operate automatic transmission vehicles
  - be a financial member of an affiliated Surf Life Saving Club
  - be proficient in an SLSA award
- AND
- hold the SLSA SSV Induction award

NOTE: As of the 18/19 Season, ATV Induction award was renamed. Any old holders of the ATV Induction who successfully completed last season's proficiency and provided evidence of current drivers licence should have been raised by their club for the new SSV Induction award.

When driving on the beach, SSV's shall not exceed a maximum speed of 20km/hr. If entering a heavily populated area or when between the red and yellow flags, a maximum speed of 5km/hr applies. At all times when the SSV is in use, the headlights and hazard lights are to be on as well as an amber flashing light. An audible reversing beeper must also be fitted to the SSV. Seatbelts must also be worn where they are fitted.

REF: SLSQ POM LS0018 p 6-7

## **ADVANCED RESUCITATION TECHNIQUES CERTIFICATE NO LONGER VALID**

Members had been previously advised in the previous two seasons SLSQ Skills Maintenance and also the SLSQ Mid-Season 2018/2019 Education Bulletin that in order to be able to continue patrolling as an ART member after the 1<sup>st</sup> July 2019 that they would need to upskill to the new Advanced Resuscitation Techniques [AID] award. Any member who has not yet done so will need to enrol in an Emergency Care course and complete the new ART course (1 day). The upgrade which was previously offered is no longer available as of the 30<sup>th</sup> June 2019.