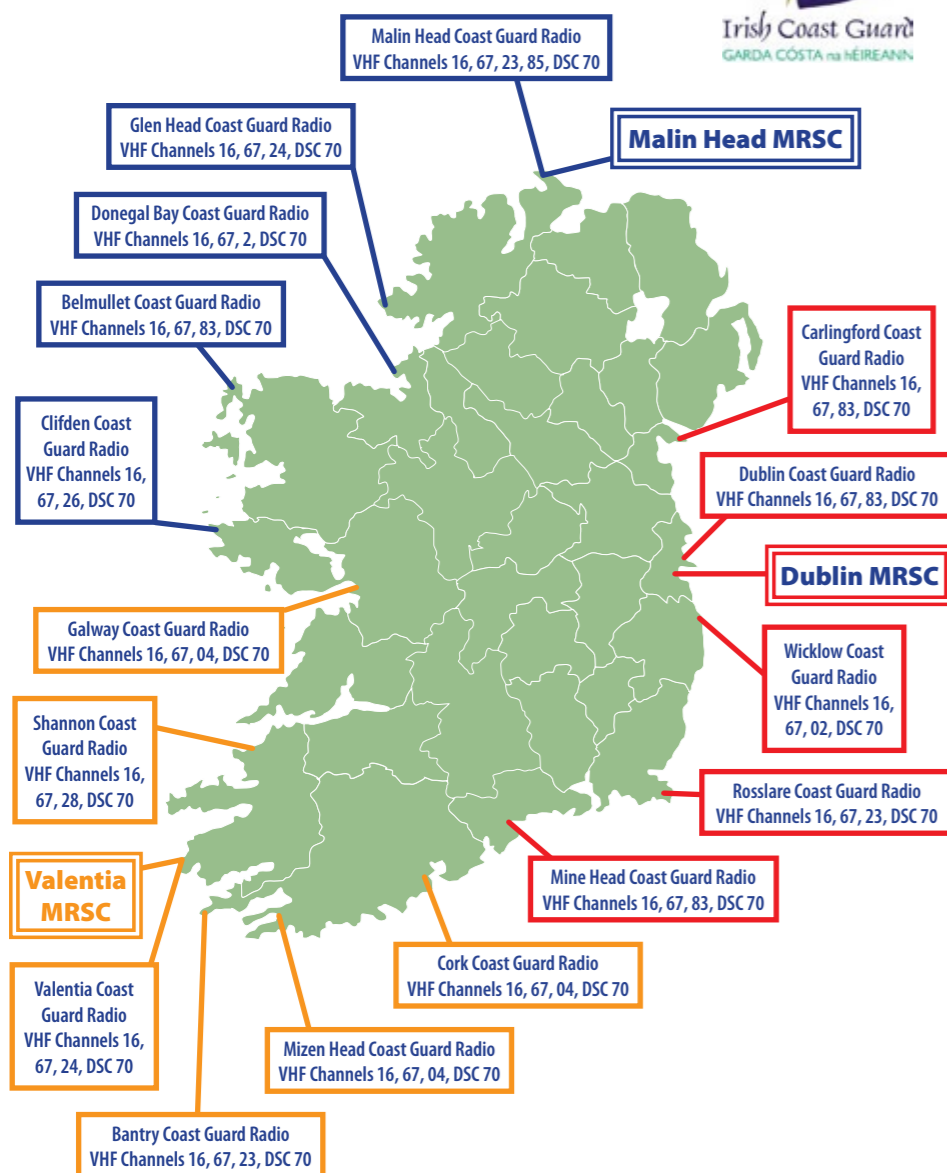


Calling For Help

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





CASUALTY RECORD CARD

By filling in this section, you consent to the use of the personal information (including health information) disclosed by you or on your behalf as set out in the data protection notice overleaf.

Fill in the sections 1 to 4

Make sure the card stays with the casualty

1

Fill in this section before setting out on a voyage

Name of person		
Date of birth	DDMMYYYY	Male <input type="checkbox"/> Female <input type="checkbox"/>
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	<input type="checkbox"/> No	If yes, give detail:
Medications	<input type="checkbox"/> No	If yes, give detail:
Medical history	<input type="checkbox"/> No	If yes, give detail:

next

2

Data for the emergency services

Date of incident DDMMYYYY 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.

	Quick description of injury/illness	Grid Reference	Time	①
				②
				③
				④
				⑤
				⑥
				⑦
				⑧
				⑨
				⑩

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

next

4

Fill in after casualty has been treated

Who gave first aid?	
Immediately	Time <input type="text"/> : <input type="text"/>
10 mins	Time <input type="text"/> : <input type="text"/>
20 mins	Time <input type="text"/> : <input type="text"/>
Who assessed after 30 mins	Time <input type="text"/> : <input type="text"/>
40 mins	Time <input type="text"/> : <input type="text"/>
50 mins	Time <input type="text"/> : <input type="text"/>
60 mins	Time <input type="text"/> : <input type="text"/>

next

3

Fill in while checking the casualty

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.