



Maritime Health Trainings for Seafarers and Doctors

«Training 6-Using materials in emergency medical kits»

ERASMUS+ KA2 - Cooperation for Innovation and the Exchange of Good Practices
KA202 - Strategic Partnerships for vocational education and training



REPUBLIC OF TURKEY
MINISTRY OF HEALTH
GENERAL DIRECTORATE OF HEALTH
FOR BORDER AND COASTAL AREAS OF TURKEY



AP&A
GROUP

Using materials in emergency medical kits

✓ **Learning Objective;**

The aim of this section is to provide the knowledge about vessel emergency medical kits. Upon completion of this section, trainers will be able to:

- Gain information about places of medical kits
- Familiarize the materials of emergency medical kits:
 - Antiseptic wipes to clean wounds
 - First aid cream
 - A variety of adhesive bandages
 - Gauze pads
 - Adhesive tape
 - Sting relief wipes
 - Cold packs
 - Scissors
 - Aspirin

Shipboard Emergency Medical kit

The emergency medical kit is placed:

- Bridge
- Engine control room
- Galley
- Hospital



Antiseptic wipes to clean wounds

Antiseptic Wipes have a wide variety of uses. The short answer is, they are used for sterilizing. Antiseptic wipes kill germs and sanitize skin or whatever surface to which they are applied. Antiseptic wipes can be used to clean wounds, help perform a sterile catheter procedure, and prepare skin for surgery. They are a mainstay of home first aid kits and hospitals. It is always important to consult a medical professional, preferably your personal doctor or nurse, if you have any questions about your specific wound or wound care.



This antiseptic cream soothes and heals wounds, protects against infection and can be used to treat cuts and grazes, minor burns and scalds, small areas of sunburn, dry chapped skin, nappy rash, insect bites, spots and pimples.



Adhesive bandages

Adhesive bandages are available in a range of sizes making them suitable for covering all sizes of cuts or grazes. These dressings allow a wound to breathe and heal whilst providing protection from infection. Adhesive dressings are a fantastic addition to any first aid kit.



Gauze pads

Gauze is a type of thin medical fabric with a loose open weave used in wound care. They wick vertically to draw exudates out of wounds and are stronger than other types of dressings due to their longer fibres.



Adhesive tape

Adhesive tapes are used to hold dressings in place or to hold the loose end of bandages. Also good when necessary to tape fingers and or toes together.



Sting relief wipes

The sting relief wipes temporarily relieve pain and itching associated with minor burns, scrapes, insect bites and stings.

The wipes easily cleanse the area around point of insect puncture. Individual single use packets are easy and convenient to use. Perfect as a first aid refill or standalone.



Cold packs

Cooling an injury like a sprain or bruise can help to reduce the swelling and pain. There are two types of compress: ice packs, and cold pads, which can be made from dampening a cloth with cold water.



Scissors

Scissors, shears and tweezers are used to cut sterile pads, bandages or sticky tape to the right length.

They need to be strong enough to cut through clothing if you need to get to a wound.



Aspirin

It does a good job of relieving pain and bringing down fevers. It has also been shown to reduce the risk of heart attack, stroke, and colon cancer. It can even stop heart attacks and strokes in their tracks.



References

- [1] World Health Organization. International medical guide for ships. 3rd Ed. Geneva: World Health Organization, 2007.
- [2] <https://www.discoverboating.com/resources/onboard-first-aid-guide>