

## APPENDIX B

### STANDARDS OF COMPETENCE FOR SEAFARERS DESIGNATED TO PROVIDE ELEMENTARY FIRST AID

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# **STANDARDS OF COMPETENCE FOR SEAFARERS DESIGNATED TO PROVIDE ELEMENTARY FIRST AID**

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## **STANDARDS – SECTION A-VI/1-3 OF STCW CODE**

Standards Regarding Emergency, Occupational Safety, Medical Care and Survival Functions

Seafarers employed or engaged in any capacity on board ship on the business of that ship as part of the ship's complement with designated safety or pollution prevention duties in the operation of the ship shall, before being assigned to any shipboard duties, receive appropriate approved basic training or instruction in elementary first-aid as set out in table A-VI/1-3; be required to provide evidence of having achieved the required standard of competence to undertake the tasks, duties and responsibilities listed in column 1 of tables A-VI/1-3 within the previous five years through:

- .1 demonstration of competence, in accordance with the methods and the criteria for evaluating competence tabulated in columns 3 and 4 of those tables; and
- .2 examination or continuous assessment as part of an approved training programme in the subjects listed in column 2 of those tables.

The Administration may, in respect of ships other than passenger ships of more than 500 gross tonnage engaged on international voyages and tankers, if it considers that a ship's size and the length or character of its voyage are such as to render the application of the full requirements of this section unreasonable or impracticable, exempt to that extent the seafarers on such a ship or class of ships from some of the requirements, bearing in mind the safety of people on board, the ship and property and the protection of the marine environment.

## TABLE A-VI/1-3 of STCW CODE

### STANDARD OF COMPETENCE FOR SEAFARERS DESIGNATED TO PROVIDE

#### ELEMENTARY FIRST AID

##### Specification Of Minimum Standard Of Proficiency In Elementary First Aid

COMPETENCE	KNOWLEDGE, UNDERSTANDING AND PROFICIENCY	METHODS FOR DEMONSTRATING COMPETENCE	CRITERIA FOR EVALUATING COMPETENCE
<p>Take immediate action upon encountering an accident or other medical emergency</p>	<p>Assessment of needs of casualties and threats to own safety</p> <p>Appreciation of body structure and functions</p> <p>Understanding of immediate measures to be taken in cases of emergency, including the ability to:</p> <ul style="list-style-type: none"> <li>.1 position casualty</li> <li>.2 apply resuscitation techniques</li> <li>.3 control bleeding</li> <li>.4 apply appropriate measures of basic shock management</li> <li>.5 apply appropriate measures in event of burns and scalds, including accidents caused by electric current</li> <li>.6 rescue and transport a casualty</li> <li>.7 improvise bandages and use materials in emergency kit</li> </ul>	<p>Assessment of evidence obtained from approved instruction or during attendance at an approved course</p>	<p>The manner and timing of raising the alarm is appropriate to the circumstances of the accident or medical emergency</p> <p>The identification of probable cause, nature and extent of injuries is prompt and complete and the priority and sequence of actions is proportional to any potential threat to life</p> <p>Risk of further harm to self and casualty is minimized at all times</p>

**Coast Guard Assessment Guidelines for TABLE A-VI/1-3  
Specification for minimum standard of competency in Elementary First Aid**

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
	Knowledge of body structure and function	When given a body chart and asked to identify the basic components and describe function of each major body system when named,	the candidate will identify and describe (or select the answer that identifies and describes) the basic components and function of each named major body system.	For each major body system (respiratory, circulatory, lymphatic, nervous, musculoskeletal, integumentary, digestive, endocrine and genito-urinary), the candidate will identify and describe (or select the answer that identifies and describes) the system's basic function.
	Knowledge of immediate measures to take in cases of emergency, including the ability to:  .1 position the casualty	When asked in an approved written examination to list the reasons for not changing the position of a patient,	the candidate will list (or select the answer that lists) the reasons for not changing the position of a patient.	The candidate will list (or select the answer that lists) the reason or reasons for not changing the position of a patient: possibility of causing further injury or aggravating other internal injuries; and, possibility of the existence of a spinal cord injury.
		When asked in an approved written examination to list the reasons for changing the position of a patient,	the candidate will list (or select the answer that lists) the reasons for positioning a patient.	The candidate will list (or select the answer that lists) the reason or reasons for positioning a patient: to eliminate airway obstruction; to alter level of consciousness to recovery position; and, as part of shock management.

NAVIGATION AND VESSEL INSPECTION CIRCULAR NO. 5-00

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
	.2 apply resuscitation techniques	Given a resuscitation mannequin, when asked to demonstrate determining whether resuscitation is required,	the candidate will use the resuscitation mannequin to demonstrate determining whether resuscitation is required.	The candidate will use the resuscitation mannequin to demonstrate determining whether resuscitation is required by doing all of the following in 30 seconds or less in the order stated: call out to the individual, gently shake the individual, assess the response in each case, and then, if no response, call for help.
		Given a resuscitation mannequin, when asked to demonstrate the opening of the airway and checking for breathing,	the candidate will demonstrate the opening of the airway and checking for breathing.	The candidate will in 1 minute or less correctly use the resuscitation mannequin to demonstrate the opening of the airway and checking for breathing by doing both of the following: administering the modified jaw thrust or the head-tilt/chin-lift, and listening and feeling for breathing.
		When asked in an approved written examination to describe procedures for two-person CPR,	the candidate will list (or select the answer that lists) the proper procedures for two-person CPR.	The candidate will list (or select the answer that lists) the proper procedures for two-person CPR, including determining whether resuscitation is required, opening the airway and checking for breathing and pulse, proper hand placements, proper compressions and ventilations.

**Coast Guard Assessment Guidelines for TABLE A-VI/1-3  
Specification for minimum standard of competency in Elementary First Aid**

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		Given a resuscitation mannequin, and told to take the appropriate action for an unresponsive person who is not breathing,	the candidate will demonstrate the proper action to take for an unresponsive person who is not breathing	The candidate will use the resuscitation mannequin to demonstrate the proper action by immediately providing 2 ventilations (mouth-to-mouth or mouth-to-nose or mouth-to-barrier device), achieving good chest rise and taking 1-1/2 to 2 seconds each.
		Given a resuscitation mannequin, and asked to demonstrate the procedure for determining if a patient has a pulse,	the candidate will demonstrate the procedure for determining if a patient has a pulse.	The candidate will use the resuscitation mannequin to correctly demonstrate the procedure for determining if a patient has a pulse by checking the carotid artery pulse for 5 to 10 seconds.
		Given a resuscitation mannequin, and asked to demonstrate proper hand placements for chest compressions,	the candidate will demonstrate proper hand placements for chest compressions.	The candidate will use the resuscitation mannequin to demonstrate proper hand placements for chest compressions, ensuring all of the following: compression site is two finger widths above xiphoid process, heel of hand is on sternum with other hand on top, and fingers are off ribs.

NAVIGATION AND VESSEL INSPECTION CIRCULAR NO. 5-00

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		Given a resuscitation mannequin, when asked to demonstrate proper CPR compressions for 2 minutes,	the candidate will demonstrate proper CPR compressions for 2 minutes.	The candidate will use the resuscitation mannequin to demonstrate proper CPR compressions for 2 minutes, ensuring all of the following: cycles of 15 compressions followed by 2 slow ventilations are maintained, compressions are administered at a rate of 80 - 100 compressions per minute, compression depths are 1½ to 2 inches, and the patient is reassessed for breathing and pulse after the fourth cycle.
	Two person  Entrance of second rescuer	Given a resuscitation mannequin with one candidate performing one person CPR, when asked to perform two person CPR,	the second candidate will take over proper CPR compressions for 2 minutes while the first candidate maintains proper ventilations; after two minutes, the candidates will switch positions and continue two person CPR.	The candidates will use the resuscitation mannequin to demonstrate proper two person CPR compressions and for 2 minutes, ensuring all of the following: cycles of 5 compressions followed by 1 slow ventilation are maintained, compressions are administered at a rate of 80 - 100 compressions per minute, compression depths are 1½ to 2 inches, and the patient is reassessed for breathing and pulse after the fourth cycle.

**Coast Guard Assessment Guidelines for TABLE A-VI/1-3  
Specification for minimum standard of competency in Elementary First Aid**

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		Given a resuscitation mannequin, when asked to demonstrate proper actions for a conscious adult with a foreign body airway blockage,	the candidate will demonstrate proper actions for a conscious adult with a foreign body airway blockage.	The candidate will use the resuscitation mannequin to correctly demonstrate proper actions for a conscious adult with a foreign body airway blockage by doing all of the following: asking, "Are you choking?" and if the response is affirmative, giving abdominal or chest thrusts, using proper hand placement, until effective or victim becomes unconscious.

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Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		<p>Given a resuscitation mannequin, when asked to demonstrate the proper series of actions for an adult with a foreign body airway blockage and slipping into an unconscious state,</p>	<p>the candidate will demonstrate the proper series of actions for an unconscious adult with a foreign body airway blockage until attempts are successful.</p>	<p>The candidate will use the resuscitation mannequin to correctly demonstrate the proper series of actions for an unconscious adult with a foreign body airway blockage by doing all of the following until attempts are successful: establishes patient's unresponsiveness; calls for help; opens airway by using head-tilt/chin lift; attempts to ventilate; when told 1<sup>st</sup> attempt is unsuccessful, repositions head and attempts to ventilate a 2<sup>nd</sup> time; when told 2<sup>nd</sup> attempt is unsuccessful and victim is unconscious, performs up to 5 abdominal or chest thrusts using proper hand placement; performs tongue-jaw lift and finger sweep; repeats repositioning of the head and ventilation attempts until told attempts are successful.</p>
	<p>.3 control bleeding</p>	<p>Given a rescue mannequin with a bleeding injury simulated or described and asked to demonstrate proper bleeding control techniques, taking into consideration the location and severity of the injury,</p>	<p>the candidate will use the rescue mannequin with a simulated or described bleeding injury to demonstrate proper bleeding control techniques, taking into consideration the location and severity of the injury.</p>	<p>Using the rescue mannequin, the candidate will correctly demonstrate proper bleeding control techniques, taking into consideration the location and severity of the injury, by doing the following: applying direct pressure; elevating the extremity; and applying pressure at the appropriate pressure point.</p>

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Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
	.4 apply appropriate measures of basic shock management	When asked in an approved written examination to identify the signs and symptoms of shock development,	the candidate will identify (or select the answer that identifies) the signs and symptoms of shock development.	The candidate will identify (or select the answer that identifies) the following sets of signs and symptoms of shock development: (1) rapid and shallow respiration; (2) thirst, nausea and vomiting; (3) weak and rapid pulse; and (4) restlessness, excitement and anxiety.
		When asked in an approved written examination to describe the position for a patient in shock that does not have an injury to the spine or a lower extremity,	the candidate will describe (or select the answer that describes) the position for a patient in shock that does not have an injury to the spine or a lower extremity.	The candidate will describe (or select the answer that describes) the position for a shock patient that does not have an injury to the spine or a lower extremity including all of the following: (1) patient lying on the floor, and (2) legs elevated.
	.5 apply appropriate measures in event of burns and scalds, including accidents by electric current	When asked in an approved written examination to identify the kinds of burns that can occur,	the candidate will identify (or select the answer identifies) the kinds of burns that can occur.	The candidate will identify (or select the answer that identifies) the following kinds of burns: thermal, chemical, electrical, respiratory and radiation.

NAVIGATION AND VESSEL INSPECTION CIRCULAR NO. 5-00

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		When asked in an approved written examination to describe the nature, severity and differentiating characteristics of first, second, and third degree burns,	the candidate will describe (or select the answer that describes) the nature, severity and differentiating characteristics of first, second, and third degree burns.	The candidate will describe (or select the answer that describes) first, second and third degree burns: (1) first degree – affects only outer epidermal area, characterized by redness, pain, increased warmth, or tenderness; (2) second degree – affects entire layer of epidermis, characterized by blistering, deep reddening, considerable swelling and severe pain; (3) third degree – affects epidermis and possibly muscle and bone, characterized by charring which may be black, brown, hard, cherry red and dry, milk white, or thick and leathery.

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Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		When asked in an approved written examination to identify the means of reducing the possibility of infection for burn victims,	the candidate will identify (or select the answer that identifies) the means of reducing the possibility of infection.	The candidate will identify (or select the answer that identifies) the following means of reducing the possibility of infection: (1) scrubbing hands before treating burn; (2) using sterile gloves; (3) cleansing area with water and povidone-iodine solution; (4) removing dirt and debris from <u>around</u> burn site; and (5) not opening blisters or removing pieces of tissue.
	.6 rescue and transport a casualty	When asked in an approved written examination when the victim <i>should not</i> be moved <i>prior</i> to evaluation and treatment,	the candidate will state (or select the statement that states) the circumstances when the victim <i>should not</i> be moved <i>prior</i> to evaluation and treatment.	The candidate will state (or select the answer that states) that the victim should not be moved prior to evaluation and treatment unless danger from fire, flooding, explosion and toxic substances, or any other immediate threat to life, requires movement from the area.

NAVIGATION AND VESSEL INSPECTION CIRCULAR NO. 5-00

Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		When asked in an approved written examination to list the circumstances when a victim <i>should</i> be moved from the scene,	the candidate will list (or select the answer that lists) the circumstances when a victim <i>should</i> be moved from the scene.	The candidate will list (or select the answer that lists) the circumstances when a victim should be moved from the scene by indicating both of the following: (1) after suspected fractures have been immobilized and severe bleeding has been stopped; (2) movement is necessary due to an unsafe scene or in order to further treat the victim.
		Given a rescue mannequin or a volunteer patient, and given a variety of splints and ties, when asked to demonstrate the immobilization of a fracture,	the candidate will demonstrate the immobilization of a fracture named by the assessor using splints and ties on either the rescue mannequin or volunteer patient.	The candidate will in 10 minutes or less, correctly demonstrate the immobilization of the simple limb fracture named by the assessor using splints and ties on either the rescue mannequin or volunteer patient, achieving all of the following: (1) proper traction; (2) stability; and (3) padding.

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Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
		Given a rescue mannequin or a volunteer patient, when asked to demonstrate a log-roll,	the candidate, as team leader, will use a rescue mannequin or volunteer patient to demonstrate a logroll.	Using the rescue mannequin or volunteer patient, the candidate will, in 10 minutes or less, act as the team leader to correctly demonstrate a log-roll, doing all of the following: supporting the head; directing other rescuers to position themselves on the side of the patient; directing other rescuers hand placement on patient's shoulder, waist, hip, thigh, and legs; informing the other rescuers that on command, to roll the patient toward them, calling the command to "roll" while maintaining alignment of head with body; directing placement of spine board behind patient; and, calling the command for moving the patient onto spine board.

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Column 1 STCW Competence	Column 2 Knowledge, understanding and proficiency	Column 3 Performance Conditions	Column 4 Performance Behavior (Mariner knowledge or action)	Column 5 Performance Standard(s) (Criteria against which performance is measured)
	.7 improvise bandages and use materials in first aid kit	Given a roller bandage, a triangular bandage, a tubular rolled bandage and a cravat, when asked to demonstrate bandaging techniques for wound treatment for each injury site indicated,	the candidate will select the appropriate bandage(s) and/or cravat, and demonstrate the bandaging technique for wound treatment for each injury site indicated.	The candidate will select the proper bandage(s) and/or cravat, and correctly demonstrate the bandaging technique for wound treatment that holds dressing securely in place, but does not interfere with circulation for 70% (3) of any 4 of the following injury sites (named by the assessor) in the time frame indicated: (1) forearm (5 minutes; uses roller bandage); (2) chest or back (10 minutes; uses triangular bandage); (3) shoulder or hip (10 minutes; uses cravat and triangular bandages); or (4) hand or foot (5 minutes; uses triangular bandage).