



University of the
Highlands and Islands
Shetland

Elementary First Aid (STCW)

(1 day First Aid)

Accreditation: MCA / STCW

Length of course: 1 day

Who is this course aimed at: This course is required by most people working at sea. It would also be relevant to amateur or recreational seafarers.

Entry Requirements: None.

Course Outcomes: Elementary First Aid certificate

Course Description: This 1-day course provides training in how to provide basic first aid at sea.

The course covers a variety of both theoretical and practical topics, including:

- Applying immediate first aid in the event of an accident or injury
- Actions on discovering a casualty
- Examining a casualty
- Resuscitation (CPR)
- Recovery position
- Fractures and spinal injuries
- Bleeding, burns and shock
- Medical conditions (including heart attacks and asthma)
- Transporting a casualty