



RUANE MARITIME

Ruane Maritime is dedicated to educating and training for safer seafaring

Our approved courses are delivered to MCA, RYA and Department of Transport standards

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ELEMENTARY FIRST AID

A ONE-DAY RYA CERTIFIED COURSE DESIGNED FOR THE MARINE ENVIRONMENT

The course covers all the usual first aid subjects from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters or coastal passages. In a medical emergency, a little first aid knowledge and immediate action can save lives, especially in remote locations.

This course fulfils the requirements for:

- Professional skippers working under the Maritime and Coastguard Agency Codes of Practice for Small Vessels Operated Commercially.
- The course is a requirement for those wishing to take the Yachtmaster Offshore qualification and is compulsory for professional skippers and sailing instructors.

The subjects specific to the marine environment include:

- the recovery position in a confined space
- CPR, including the drowning protocol
- AED
- cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- preparing for helicopter rescue

The Certificate is valid for three years.

COURSE DURATION AND COST

Course duration: one full day

Cost: €175 per participant

BOOKING

Contact **info@ruanemaritime.com** for further information and to book a course.