

**Water Rescue Medical Guidelines**

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## References:

“Lifeguarding Today”, American Red Cross, Published by Mosby-Year Book Publishing Company, St. Louis, MO, 1995

**Information Sheet #1**

TOPIC: GUIDELINES FOR PATIENT PACKAGING

INTRODUCTION: Method for packaging with Miller Board or Sea Air Land Stokes

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Pool Testing Shows 2-3 People in Water With Others Prestaging Equipment / Support.  
3<sup>rd</sup> Person in Water Helps Package Under Direction of Lead Packaging Person  
May Be Able to Package Person Off Side of Boat With Rescuers in Boat

**Prep Packaging Device** – Setup for Ease of Use in Water, Brief Setup Before Use

Miller Board – Loosen Packaging Straps and Place Ready for Use

Remove Chest Straps From Board and Double Back

Double Back Side Straps (Straps Staged on Right Side of Board)

Double Back Foot Straps and Push Under Board (Out of Way)

Loosen Head Padding Straps and Attach to Right, Top of Board

Sea Air Land Stokes– All Packaging Staged to Left of Board

Unzip Storage Bag and Unfold Litter (Line Up Rails)

Lock Frame Rigid by Sliding Sleeves to Center (Push Pin In First)

Loosen Foot Holding Straps and Head Holding Straps

Double Back Side Straps on Left Side of Stokes (4 Straps)

Loosen Chest Float Straps and Stage With Buckles Latched to Left Only

Hold Lumbar Support Out (May Add After Patient Packaged)

**Put Patient Onto Board** – Secure Cervical Spine as Needed

Hold Patient Position and Sink Packaging Device Under Patient

On Patient on Boat May Immediately Secure With Waist Strap (Keep On Board)

One Rescuer Positioned at Patients Head (C-Spine, Control, Patient Contact)

Other Rescuer(s) Package Patient (One Lead)

**Secure to Board** – Start At Chest and Work Downwards Toward Legs, Head Last

Miller Board – Lead Packager Works on Right Side of Board

Secure Top Strap Across Chest, Through Far Side of Board

Secure Shoulder Straps Through Top Slots of Board

Secure Waist Strap Through Far Side of Board

Secure Leg Straps Through Outside Slots on Board

Secure Velco Padding Around Head, Snug Straps in Place

Sea Air Land Stokes– Lead Packager Works on Right Side of Board

Secure Straps Across Patient – Work From Head Down

Secure Foot Support – Snug So Patient Cannot Slip Out

Secure Head in Position

Check, Readjust and Snug Any Loose Packaging as Needed

**Information Sheet #2**

TOPIC: GUIDELINES FOR PATIENT EXTRICATION FROM WATER TO BOAT

INTRODUCTION: Methods for removing patient from water into boat or dock

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If Patient Is Conscious Then Explain Extraction Method Before Attempting (As Able)

Severe Hypothermic Patient – Use Parbuckling Technique

Blood Drop To Legs For Rapid Excitation May Cause Problems

Rough Handling May Cause Fibrillation

C-Spine Patient – Secure to Board Before Extrication if Able To

Extrication Same as Pulling Patient onto Pool Side or by Parbuckling

**Rapid Extrication** – Use if Will Not Hurt Patient Or In Hazardous Environment

Position Patient With Back to Boat

Preferred Use of Port Tube on RIBs or Starboard Tube on Firby Boats

Check Deck Area Where Patient Will End Up for Adequate Clearance

Grasp Lifejacket At Shoulder and/or Under Armpits of Patient

If Worn Use Lifejacket Shoulder Straps (Check that Will Not Pull Off)

Have Patient Cross Arms And Hold Lifejacket Down Onto Chest

Use Armpits to Grasp Patient if No Lifejacket or Not Securely On

1 Rescuer Technique – Stand / Kneel Directly Behind Patient

2 Rescuer Technique – Stand / Keel to Either Side of Patient

Pull Patient Into Boat

Give 3 Count Bobbing Patient In Water on Each Count

On Count of “3” Pull Patient Out of And Into Boat

Lift Evenly on Shoulders – Pull In Towards Boat As Well As Up

Support Head and Lower Patient Into Boat

**Parbuckling Extraction** – Use With Severe Hypothermic Patients (Treat Gently)

Attach Rope or Webbing Loop To Side of Boat At Multiple Locations

Double Loop Through Handles / Grab Line Works Well

On Firby – Use Flip Strap With Inner Loop On Strap Under Grab Line

Position Patient Next to Boat With Webbing / Rope Underneath

Capture Patient Under Multiple Places (4 With Doubled Loop)

Slightly Roll Patient Facing Away From Boat (Head Toward Bow)

Grasp Lines On Far Side Of Patient

1 Rescuer – Hold at Center of Lines, 2 Rescuer – Space Out as Needed

Roll Patient Into Boat

Pull Upward and Inward With Rope / Webbing

Stop When Patient is On Top Of Tube

Pull Patient Rest of Way Into Boat

### Information Sheet #3

TOPIC: GUIDELINES FOR PACKAGING WITH FLOATING STOKES KIT

INTRODUCTION: Method for attaching floating stokes kit around patient

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Patient Must Be Secured to Stokes – Will Slide Out If Not (Float Kit Separate)  
Float Kit Will Keep Patient Floating Head and Face Up in Water

**Prerig Stokes** – Brief Packaging Operation Before Use as Able  
Side Floats Clipped to Front Top Side Rails (Should Be Prerigged)  
Chest Float Straps Loosened and Unclipped (Should Be Prerigged)  
Check Stokes Basket for Securely Put Together (4 Pins Lock Halves)

**Package Patient in Stokes** – Use Standard Packaging Technique

**Attach Float Kit Around Patient / Stokes**

Clip Chest Float Over Front of Patient  
Buckle Attaches Between Float Webbing on Either End  
Snug Float In Place After Kit Attached

### Information Sheet #4

TOPIC: GUIDELINES FOR TRANSFER OF VICTIM INFORMATION

INTRODUCTION: Method for documentation of patient information

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Establish Documentation of Victim State as Soon As Possible (As Per Protocol)

#### **Use NASA AMES Health Unit Patient Contact Record**

Logistics Section, Medical Unit, Supplies and Guidelines, Information Sheet #3

In Summary Section of Form:

Describe Surroundings and Condition of Victim When Found

List Other Information Pertinent to Emergency Medical Services

#### **Copy Information Recorded on Contact Record**

Copy is Transferred With Patient

Original Remains With Water Rescue Team

In Summary Section of Form:

Record Transfer of Patient Care in Summary Section

Time, Person and Agency, Location, Special Conditions

#### **Note Special Events or Decisions Made in Care of Patient on Both Copies**

Attach Separate Sheet If Needed

Record Log Of Periodic Checks to Patient Conditions

#### **File Patient Contact Record**

As Per Guidelines for Emergency Medical Response

Logistics Section, Medical Unit, Supplies and Guidelines, Information Sheet #1