

## Emergency Action Plan: Code Red

On Water	Both on Water & Land	On Land	Minor Injury
<p>First Safety Boat at scene calls <b>Mayday (or Pan Pan)</b> to Coastguard.</p> <ul style="list-style-type: none"> <li>For <b>Mayday only</b> - Activate Red Button on GMDSS VHF (transmits exact location)</li> <li>Make <b>Mayday (or Pan Pan)</b> call on Ch16</li> <li>SBL/ first aider – Check MRL (Medical Response List for the sailor)</li> <li>Take immediate action needed to minimise harm as BRONZE command</li> </ul> <p><b>Coastguard will direct the incident</b></p>	<p>Duty Officer (DO) picks up key info from Mayday/Pan Pan on Ch 16 or our VHF Channel:</p> <ul style="list-style-type: none"> <li>No. of people/ What happened/ injuries</li> <li>Responsive/unresponsive</li> <li>Breathing/not breathing</li> <li>Check MRL (Medical Response List for the sailor)</li> <li>DO Takes SILVER Command – i.e. tactical decisions, CS resource management.</li> </ul>	<p>Person at scene declares <b>Code Red &amp; location</b> on our VHF channel</p> <p>Shore First Aider to:</p> <ul style="list-style-type: none"> <li>Assess situation.</li> <li>Check MRL (Medical Response List for the Sailor)</li> <li>Confirm key info to Duty Officer</li> <li>Take immediate action needed to minimise harm as BRONZE command</li> </ul>	<p><i>SBL or Reception or Pontoon or Skipper</i></p> <p><i>Inform Duty Officer</i></p>
<p>First Safety Boat keeps DO informed.</p> <p>Unless otherwise indicated priority will be to return casualty to the CS Pontoon as quickly as possible.</p>	<p>DO to inform key CS roles of Code Red on the water</p> <p>DO acts as primary link to Coastguard.</p> <p>Base/Reception records all comms &amp; timing and keeps the Academy informed.</p> <p>Defibrillator to be taken to the Pontoon/ location of casualty</p>	<p>DO to call:</p> <ul style="list-style-type: none"> <li>999 (Serious Injury or Life-threatening) or</li> <li>NHS 111 (Urgent but not Emergency care)</li> </ul>	<p><i>On the Water /Shore First Aider to assess and treat.</i></p> <p><i>Can use First Aid room.</i></p>
<p>DO to offer and provide support from CS resources as needed by Coastguard.</p>	<p>DO/Reception instructs volunteer to go to Gate 4 with gate card &amp; VHF. Card pad is on the external side of the gate.</p> <p>Allocate Volunteers to open lifting barrier (code needed) and direct Emergency Services to the location of the casualty</p>	<p>Shore First Aider to provide ongoing support for casualty.</p> <p>Reception to provide any medical specific info on casualty, and incident timing for Emergency Services when they arrive</p>	<p><i>If any serious deterioration, or need external medical support, declare <b>Code Red</b> and follow process.</i></p>
<p>Other Safety Boat to bring all other boats back to Marina to Moor up on eastern pontoons and/or sail up and down</p> <p>Consider buddy Hawk and Hansa.</p>	<p>Reception to cancel session for sailors not arrived yet.</p> <p>Reception to contact family/carer if on site.</p> <p>Provide volunteer support for family/carer</p>	<p>Reception to contact family/carer if on site.</p> <p>Provide volunteer support for family/carer.</p>	<p><i>Ensure casualty is fit to travel home.</i></p> <p><i>If not, contact family/carer to escort home.</i></p>
<p>Once casualty is evacuated, other Safety Boat to oversee all boats back to pontoons</p>	<p>All volunteers to be reassuring to sailors and carers</p> <p>Provide support to volunteers.</p>		<p><i>DO to complete Accident Book.</i></p>
	<p>Emergency Services arrive and take responsibility for casualty.</p> <p>Work to Emergency Services instructions.</p>	<p>DO / Reception to inform family / carer (if not on site) re situation and external medical venue.</p>	
	<p>If Major Incident, DO to initiate <b>Major Incident process.</b></p>		
<p>DO to declare Code Red closed. Close down session, debrief volunteers and write up Accident Book</p>			

A **MAYDAY** call is only to be used when a vessel or person is in *grave and imminent danger* and *immediate assistance* is required.

A **PAN PAN** call indicates that a vessel or a station has a *very urgent message concerning the safety of a ship or a person* and *assistance is needed*.

A Pan Pan call may be used when the situation does not warrant a Distress call, however an urgent response is required.

### **For a serious injury or a life-threatening condition**

#### **Dorchester A&E – Dorset County Hospital**

Williams Avenue, Dorchester. DT1 2JY Tel: 01305 251150

Open 24/7 Full A&E service

### **For an injury which requires urgent but not emergency care**

**If you have an ailment or injury which requires urgent but not emergency care, please call NHS 111, and you will be given advice or booked in for a face-to-face appointment at the appropriate site (see below).**

#### **Weymouth Community Hospital, Urgent Treatment Centre (UTC)**

3 Melcombe Avenue, Weymouth, Postcode: DT4 7TB

**Ring NHS 111 first, for an assessment.** If you turn up unannounced at the MIU, you will be assessed, but may be directed elsewhere for treatment, or given a later appointment.

Open 7 days a week, 8:00 – 20:00 (& website says will see patients up till closing time)

- sprains and strains
- broken bones
- wound infections
- minor burns and scalds
- minor head injuries
- insect and animal bites
- minor eye injuries
- injuries to the back, shoulder and chest

#### **Portland Community Hospital, Minor Injuries Unit (MIU)**

Permanently closed

## Chesil Sailability - Mild Head Injury Advice Leaflet

You have suffered a mild head injury (bump to the head) please follow the instructions in this leaflet which will help you safely recover from any injury. **Give this leaflet to a household member, family member, or friend who can be with you and keep an eye on you for the next 24 hours.** Concussion can develop straight away, or after a few days, following a mild head injury. The following are symptoms that you may experience that do not normally need hospital treatment:

- A mild headache and feeling sick (without vomiting)
- Dizziness, tiredness and problems sleeping
- Problems concentrating or slight memory loss
- Irritability or feeling low in mood
- Sensitivity to bright lights or loud noises

These symptoms are common, and usually settle within a few days but can last a week, or two. You should be able to sleep as normal. If your symptoms persist, or you are concerned, you should arrange to see your GP, or call NHS 111.

**Seek Urgent Medical Assistance** - If you develop any of the signs and symptoms below. You should be taken to your local Hospital Minor Injuries, or Accident and Emergency Department, or, **if you, or the person looking after you is very concerned they should call 999 and ask for an ambulance:**

- If the person becomes unusually sleepy or is hard to wake up
- Headache all the time, despite painkillers such as paracetamol being taken
- Repeated vomiting *ie* more than once
- Weakness of arms or legs, e.g. unable to hold things
- Difficulty in seeing, speaking, walking, acting clumsy and uncoordinated, or loss of balance
- Confusion (not knowing where he/she is, getting things muddled up).
- Fluid or blood coming from ear or nose.
- Fits (convulsions or seizures), or any other abnormal behaviour.

**NHS Website**

[www.nhs.uk/conditions/head-injury-and-concussion](http://www.nhs.uk/conditions/head-injury-and-concussion)