

## SERVICES TRAINING COURSES

### • IMCA DIVE MEDIC TECHNICIAN TRAINING

To administer advanced first aid and life support skills in the management of diving casualties including treatment while at pressure and during saturation diving operations.

### • FIRST AID TRAINING

To deal safely and effectively with injuries or illness at work.

- Level One – Basic
- Level Two – Intermediate
- Level Three – Advanced

### • DIVING FIRST AID TRAINING

#### • Practical Diving First Aid for Divers

To assess and establish the needs of a diving casualty including first aid at work, knowledge of diving physiology and diving related illness, administration of oxygen and assisting in the treatment of diving illness.

#### • Occupational Diving Medical Training for Supervisors

Diving Supervisor must at all times be available to deal with emergencies at the site where diving operations are carried out and have thorough knowledge of first aid treatment to be applied and the use of all equipment used in cases of drowning, decompression sickness and other ailments associated with diving operations."

### • Oxygen Administration

#### • Basic Oxygen Administration

To safely administer 100% oxygen to a diving casualty.

#### • Advanced Oxygen Administration

To safely administer 100% oxygen or oxygen enriched breathing gas mixtures to a diving casualty using basic life support equipment and BIBS.

### • Neurological Assessments

#### • AED (automated External Defibrillation)

#### • MARINE STCW 95 TRAINING

- First Aid at Sea – A-VI/4-1)
- Ship's Captain Medical – A-VI/4-2

#### • Staff Training - Management of Therapeutic Recompression

#### • On-Site Health, Safety and First Aid Training

### PRODUCTS

C-DOC can offer appropriate first aid kits and medical equipment for vessels operational dive sites and chamber packed according to company needs and conform to legislative requirement such as: DMAC O15 Kits, Splints, stretchers and other miscellaneous.



# Compliance in health and safety, medical support and training to diving and marine operations C-DOC

C – DOC provides a comprehensive service of medical support and training, to diving and marine operations that may assist the contractor in complying with legal responsibilities under the relevant regulations and codes of practice.

### COMPLIANCY - PROVISION OF EMERGENCY MEDICAL CARE

Commercial diving and marine operations expose workers to various hazards specific to their work. While these hazards can be controlled by good working practices, the potential for serious injury remains. Compliance with the provision of emergency medical care for the seriously ill or injured worker involved in these operations should be planned in advance.

Compliance involves;

- Recognition of work place hazards
- Provision of suitable trained first aiders (ref: DMAC 11)
- Appropriate medical equipment (ref DMAC 015)
- Qualified Medical Support (ref DMAC 017)
- Support for saturation diving (ref DMAC 028)
- Effective line of communications

C-DOC can assist companies,

supervisors and diver medics to achieve policy compliance by providing guidance in these areas.

### BENEFITS

There benefits of compliancy

- reduces the risk to the health and safety of those involved in diving and marine operations
- provides assurance that risks are being identified assessed and managed
- promotes a health and safety culture

Good first aid training may

- save a life
- reduce the chance of permanent injury/illness
- minimize the length and extent of medical treatment; and therefore
- reduce lost time from work.

“ Over-learning ensures proper responses in the anxiety and confusion of a sudden emergency

### TRAINING

The requirement for contingency planning and good training for medical emergencies caused both by accident

and illness is of vital importance due to the remote nature of the business.

Through compliance, cooperative programmes, and strong leadership, the staff of C-DOC integrates the use of IMCA materials and resources - to ensure training is current and industry related.

Case studies, group discussions and repetitive skills training not only strengthens learning, but it also improves recall speed.

The more competent you become the more capable you are to deal with an emergency and over learning ensures proper responses in the anxiety and confusion of a sudden emergency.

## VALUE

Training is presented by CDOCs registered health care professionals experienced in diving medicine and accident management.

**“ IMCA Diver Medic Students have an opportunity to work in the in the emergency room allowing interactive teaching techniques making the courses alive and realistic**

## DIVER MEDICS AND SHIPS CAPTAINS

Over and above course objectives and simulated skills training, Diver Medic s and Ships Captains have the opportunity to render patient care at the local hospital under the guidance of health care professionals. Under the stressful conditions of an emergency room they are guided in putting to use their newly acquired skills of patient assessment, emergency care, vital sign monitoring, and invasive procedures (injections, intravenous therapy, suturing etc ) This has been proved to be a valuable life experienced to those students who have already passed through one of C-DOCs training programs.

**“ C-DOC can offer appropriate first aid kits and medical equipment for vessels operational dive sites and chambers**



## PRODUCTS

To compliment good training regulations also require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work.

C-DOC is able to source and provide appropriate first aid kits and medical equipment for vessels operational dive sites and chambers as required by company policy to meet legislative requirement. The equipment is carefully selected and packed so they can be easily identified and handled and passed through medical hatches

## CONSULTANCY

As they say prevention is better than cure. C - DOC's goals are:

- to identify opportunities for improved performance and operational readiness
- to work with companies to reduce risks to the health and safety of those involved in diving and marine operations
- to raise awareness of occupational health issues during diving operations.
- to assist in achieving policy compliance and;
- to provide assurance that risks are being identified assessed and managed

## SUMMARY

Diving is a hazardous activity, the questions one needs to ask are:

- Will your team be able to cope?
- Do they have the necessary knowledge?
- Do they have the necessary equipment?
- Is the medical equipment past it expiry date and need re-stocking?
- Is your company Health and Safety Compliant?

C-DOC can assist you with training and compliance with legal responsibilities under the relevant regulations and codes of practice.



## C-DOC

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## Wise Words once Said

*"Safe working does not stem from something directed by office memo BUT By individuals developing a deep seated feeling for working safely By so doing inspires all others to constantly conduct themselves in such a manner that everything they do leaves nothing to chance"*

– J Limbrick