



# Medical Emergencies on board...

## Be prepared

### Some basic information can make a big difference

*Tips and Lessons from a Traveling Nurse at Sea.*

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**\*Injured crew member - Improvise with items on your boat**

**\*How to move an injured crew member onboard a sailboat**

**Head and spine injuries**

**\*Recognizing dehydration**

**\*Chest pains and heart attacks**

**\*Basic medical kit items needed on every boat**

**\*Question & Answer**

**Tuesday, March 19, 2019 – After Dinner**

**Pacific Mariners Yacht Club**