

# PERTH – COURSE REPORT FIRST AID FOR MOTORCYCLISTS

7<sup>TH</sup> MAY 2016



Roger - 12 CMA members in this booked out course

It was good to finally meet Roger and Tracy (course administrators) after 3 months of correspondence both by e-mail and over the phone, getting as many of our CMAWA family in this important training opportunity as possible.



Tracy

This course as Tracy said, was designed specifically for motorcyclists, so items you would find in your normal work place first aid course, were not discussed. i.e. drowning, snake bites. This allowed the course to be shorter 4hrs and not 1-2 days as per the normal accreditation first aid courses which are required to meet government requirements.



Tracy demonstrating on Sean how to stop arterial bleeding.

Things covered on the course which really helped me were Abrasion Injuries – Think twice about your riding jacket, pants and gloves. Don't go for the cheap China made gear with all the bling. An Abrasion injury (sliding down the road) can keep you in the hospital for many months of pain and skin grafts. Tracy had the best quality leathers on at time of her accident, and suffered No Abrasion injuries, which allowed her to leave hospital a lot sooner.

Helmet Removal – Probably the grey area going into this First Aid course for most of us, but definitely the Black and White area coming out.

Using the helmet left on but strap opened, to support the neck. Open face and swing up jaw protector helmets should be left on as access to airway is not restricted.

If patient is Not breathing, or bleeding at head/face or vomiting, Full Face helmets should be removed as instructed, with No twisting.

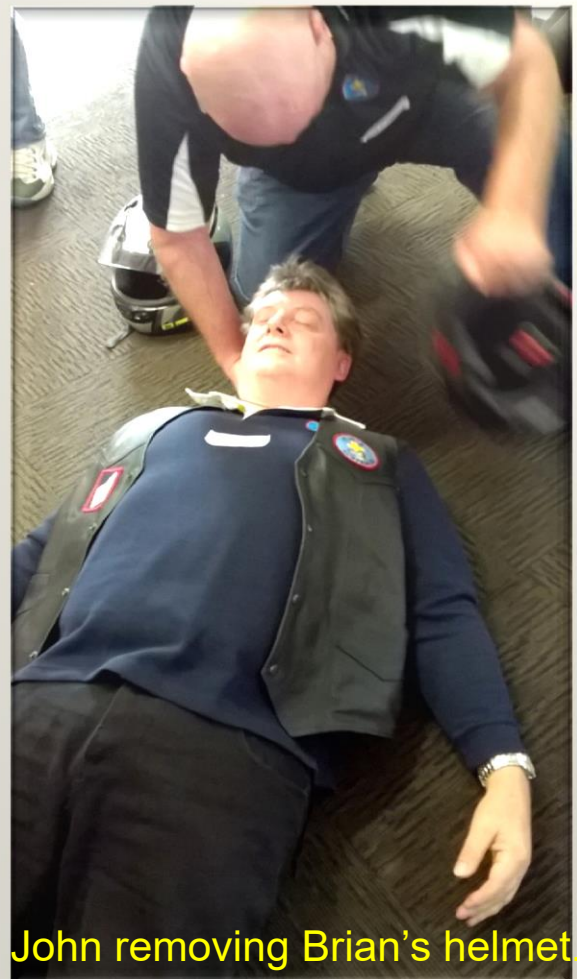


Brian removing Wayne's helmet

Helmet Identification –

There are many types of helmets on the market, it is important to identify the helmet before attempting to remove it. As removal may not be required if the helmet has a swing up jaw protector, or the jaw protector releases with two clips on either side.

Some helmets like Annette's, are air inflated once put on, and this air must be released before removing.

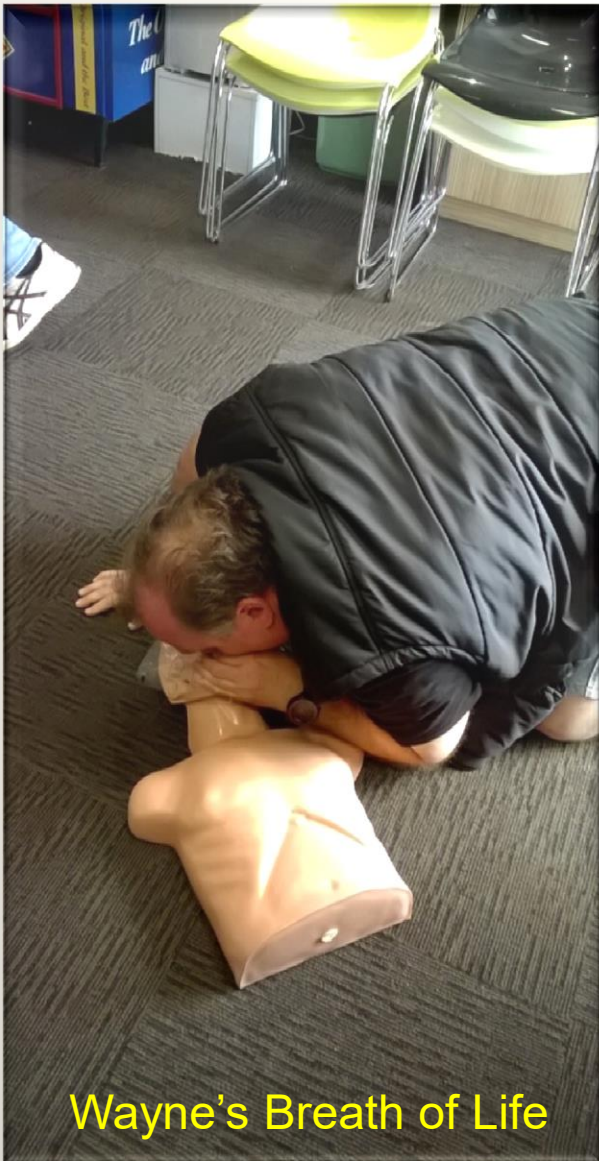


John removing Brian's helmet.

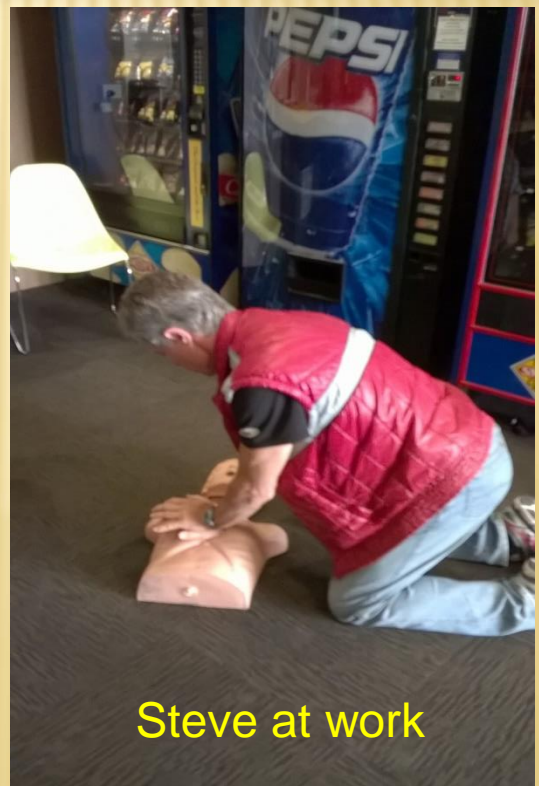
It just wouldn't be a First Aid course without CPR. The CPR approved procedure has changed over the years but it was good for me to know that it is still the same since my workplace First Aid course 6 years ago, being 30 chest compressions, and two breaths....repeat...



Peter showing the way



Wayne's Breath of Life



Steve at work



Tracy demonstrating on Mal, how to insert blanket under patient.

It is difficult to get all that was covered in the course into one report without going too long, but some other Motorcycle specific items worth mentioning were, When /How to remove patient – i.e. if there is fuel spilling out of bikes fuel tank, and running towards patient. Possibility of being run over by traffic or other dangers to patient which may endanger his/her life.





Tracy removing Mal from leaking motorcycle fuel hazard.

How to lift a Motorcycle off of a patient – Some helpful how to videos were shown. As we may be at the end of a hard days ride and come across a fully loaded road tourer which could weigh upwards of 400Kg with a fallen rider trapped underneath. (can view these videos free at the MRA website we were told)

Emergency + This government approved Free App, (go to your app store to download) can be installed on your smart phone. As long as you have mobile phone coverage, open this app at an accident site, and it will tell you where you are, GPS coordinates, and street address (if applicable). It also has speed dial 000 and police phone number buttons. I have already installed on my phone last night and it works better than my Navman car GPS which wont pick up my house number but next door.

It was great to see the majority of this class CMA, well done to those who took this opportunity to sharpen their skills. when Tracy asked all CMA to stand up and greet someone they haven't met, the search was on.

A special Gold Star  goes to Annette for coming all the way down from Jurien Bay for this course, and also for her input into the class with her vast medical knowledge and experience.

A Gold Star  goes each to our CMA dummies who participated in the demonstrations of the course, Sean and Mal.

A big THANK YOU to Roger and Tracy for selling their house and committing several years to take this First Aid for Motorcyclist course around Australia, well done on a great course.

Also thank you to all the sponsors who are supporting this course. (refer F.A. for Motorcyclists website)

Brian Coffey.