

Hook Removal

Tip: Treat the hooked area with Ambesol (toothache medicine) to temporarily numb the affected area.

Method #1 - When a hook's point and barb are protruding out the skin, it's easier to cut off the barb with a pair of sharp wire cutters and back the hook out of the wound.

Method #2 – Loop a string around the curve of the hook and grasp the string with one hand. Gently press down on the hook's shaft to free the barb from surrounding tissue. Once the barb is disengaged, yank quickly on the string to pull the hook from the wound.



After removing, treat the wound with an antibiotic ointment, cover with a band-aid, and check to make sure tetanus shots are current.

Note: Seek professional attention when hooks are embedded in the eye, joints, tendons, or near an artery.

Jelly Fish Stings

1. If the victim is in the water, immediately remove them to avoid further stings. (Caution: The tentacles may be difficult to see.)
2. Immediately douse the stung area with copious quantities of household vinegar or meat tenderizer. If unavailable, urine can be substituted.
3. Some authorities recommend if the sting involves more than half of one limb in area, then apply a pressure immobilization bandage and douse with further copious amounts of vinegar, meat tenderizer, or urine.
4. Cold packs are often helpful for pain relief.
5. If the sting has caused the victim to become critically ill, maintain their ABC's **A**irway, **B**reathing, and **C**irculation while seeking professional medical attention.

Stingray Treatment

1. If the victim is still in the water, remove them immediately.
2. Thoroughly rinse the affected area with cold salt-water. Most of the toxins will rinse out of the wound and the cold water will help reduce the pain.
3. Staunch any profuse bleeding with application of local pressure bandage.
4. Immerse the wounded area in hot water for 30-60 minutes. Keep the water as hot as the victim can tolerate without injuring their skin.
5. Apply hot compresses to wounds that do not lend themselves to complete immersion.
6. Apply a sterile dressing after the soak.
7. Medical help should be sought urgently



The information provided herein is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a licensed physician.

Fish Fin Injuries

1. Immediately immerse the affected area in water as hot as the victim can tolerate without injuring the skin.
2. If required, remove spines with tweezers.
3. Scrub the wound and irrigate with fresh water.
4. Do not tape or sew the wound together.
5. Apply an antibiotic ointment to the affected area and cover with a sterile bandage.
6. Pain may be relieved with 1-2 Tylenol every 4 hours and/or 1-2 ibuprofen (Motrin, Advil) every 6-8 hours.
7. If the wound becomes infected, seek professional medical advice for



Survival at Sea

The greatest danger associated with survival at sea is drowning.

The second highest danger is exposure. (Cold, Wind, Heat, Sun, Salt). Here are some tips to help you survive at sea.

- Always wear your PFD.
- Try to get off the water and to some land form as soon as possible. If you can't, save your energy.
- Protect yourself from the wind with a wind breaker.
- Use a hot-pack to generate enough heat to avoid hypothermia during cold periods.
- The salt water takes away the skin's natural moisture and sunburns accelerate dehydration. Keep applying sunscreen.
- Protect your eyes with 100% UV protection sunglasses.
- Digestion requires a lot of water. If you are low in water and rationing yourself, you should avoid eating.
- If you have a marine radio, tune it to Channel 16 and make periodic calls for help. Conserve battery power by spreading out your calls.

Survival at Sea (cont)

- When surviving at sea for an unknown duration of time, it is necessary to ration the water to the minimum needed to survive.

The first 2 to 4 days you should drink 14oz. After that you should reduce to 2 to 8 oz daily.

It is possible to survive with 2 to 5 oz per day.

- Make good use of your fresh water by wetting your lips, tongue, and throat by gurgling lightly before you drink.
- Use the first rain to wash your body and remove the salty mist on your skin.
- Saltwater should be the last resort for consumption. Experts believe it is harmful, but some people have survived over 60 days by consuming large amounts of saltwater.
- Be on the lookout for proximities to land. (Birds, drifting vegetation, etc.)
- Try to catch fish for food. It is best to thinly fillet them and allow the sun to completely dry the meat.

The information provided herein is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a licensed physician.

