

Hazards associated with PRE-EXISTING MEDICAL CONDITIONS OR POOR LEVEL OF FITNESS



Hazard	Barriers	Hazardous events	Controls ⁱ
Rowers with low level of fitness	<ul style="list-style-type: none"> • Understand fitness capabilities and work within them • Improve fitness level 	Collapse or illness	<ul style="list-style-type: none"> • First aid treatment • Seek medical attention • If necessary, request medical assistance from ambulance or coastguard for casualty evacuation • Teach casualty evacuation procedure
Pre-existing health condition	<ul style="list-style-type: none"> • Ensure the coxswain /fitness trainer and relevant people know the condition so that the appropriate action can be taken to prevent an incident • Avoid taking a person who may need help ashore on a long distance row or a row a considerable distance from the harbour or other place where assistance is available 	Medical incident afloat or on land	<ul style="list-style-type: none"> • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance or coastguard for casualty evacuation • Teach casualty evacuation procedure
Crew member with asthma	<ul style="list-style-type: none"> • Ensure that an inhaler is carried and used when appropriate • Avoid stressful situations 	Asthmatic incident afloat	<ul style="list-style-type: none"> • Use rescue inhaler • Bring casualty ashore • First aid treatment • Seek medical assistance • If necessary, request medical

Reference : LRGC safety document – Hazards associated with PRE-EXISTING MEDICAL CONDITIONS OR POOR LEVEL OF FITNESS - issue 1 (January 2018)
 Author : Chris Waller

Hazards associated with PRE-EXISTING MEDICAL CONDITIONS OR POOR LEVEL OF FITNESS



			assistance from ambulance or coastguard <ul style="list-style-type: none"> • Teach casualty evacuation procedure
	<ul style="list-style-type: none"> • Ensure that an inhaler is carried and used when appropriate • Avoid stressful situations 	Asthmatic incident on land	<ul style="list-style-type: none"> • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance • Teach casualty evacuation procedure
Crew member with diabetes	<ul style="list-style-type: none"> • Ensure the appropriate food and medicines (if necessary) are available 	Diabetic incident afloat	<ul style="list-style-type: none"> • Bring casualty ashore • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance or coastguard • Teach casualty evacuation procedure
	<ul style="list-style-type: none"> • Ensure the appropriate food and medicines (if necessary) are available 	Diabetic incident on land	<ul style="list-style-type: none"> • Carry VHF radios and mobile phone to call-ahead for assistance • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance

Reference : LRGK safety document – Hazards associated with PRE-EXISTING MEDICAL CONDITIONS OR POOR LEVEL OF FITNESS - issue 1 (January 2018)
 Author : Chris Waller

Hazards associated with PRE-EXISTING MEDICAL CONDITIONS OR POOR LEVEL OF FITNESS



Crew member other known medical condition	<ul style="list-style-type: none"> • Carry appropriate items 	Incident afloat	<ul style="list-style-type: none"> • Bring casualty ashore • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance or coastguard • Teac casualty evacuation procedure
	<ul style="list-style-type: none"> • Ensure appropriate item available 	Incident on land	<ul style="list-style-type: none"> • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance
Flue/viral infection	<ul style="list-style-type: none"> • Discourage rowers from taking exercise when they are ill 	Disease may spread or worsen	<ul style="list-style-type: none"> • Seek medical attention

-
- Report all incidents