

REVIEWS

FIRST AID AT SEA - Dr Douglas Justins and Dr Colin Berry (7th edition). Published in spiral-bound format between hard covers by Adlard Coles Nautical [www.adlardcoles.com] at £12.99. 30 250mm x 170 mm pages in full colour on card. ISBN 978-1-4729-5341-4

This latest edition of *First Aid at Sea* remains 'a little cracker', to use the words of a previous reviewer (5th edition, *Flying Fish* 2009/1). It contains all the essential information for immediate first aid, as well as for non-life threatening situations where readers may still seek reassurance or guidance.

It remains the same practical, water-resistant, spiral-bound design, colour-coded sections which make finding the correct page much quicker and more straightforward than thumbing through an index. As in previous editions the language is clear with no medical jargon to confuse the reader. The previous reviewer questioned the need for a page to be devoted to distress signals. I have to say I agree with his wife, who suggested that inexperienced (or indeed experienced) crew may benefit from a step-by-step guide to seeking help when faced with an emergency situation.

Many sailors quite rightly worry about the potential for serious injury aboard a yacht, such as head injuries, hypothermia and drowning. While these serious situations are covered extremely well in the book, I particularly liked the pages covering sudden illness. In this section it describes the point at which to call for urgent medical assistance or evacuation. While prompting the crew to seek medical advice at the appropriate point may serve to reassure them that they are giving the correct care to the casualty, early advice regarding intervention and evacuation may prove to be life-saving.

First Aid at Sea is light despite its robustness, and will be easy to stow on board even the smallest yacht. It offers excellent value for money and is a worthy addition to any boat's safety equipment.

Cath Bridgen