



Pointe au Baril Islanders' Association

COTTAGER EMERGENCY ACTION PLAN ("CEAP")

Evaluate the situation - Emergency exists IF the injured or ill person:

- Is not breathing
- Does not have a pulse
- Is bleeding profusely (blood soaks more than 1 bath towel)
- Has impaired consciousness
- Has injured the back, neck or head
- Has a visible major trauma to a limb

What should I do?

1. **Assess the problem.** Make sure the patient is safe from further harm.
2. **Know the location** of the emergency
 - This is your ToA address _____ - _____ - _____
 - This is your Dock's GPS location _____ °N _____ °W
 - If not at your cottage, use your chart plotter or cell phone to obtain your GPS location
3. **Call 911**
 - Follow the direction/advice & information given by the Operator
 - Anticipate these questions:
 - What is your emergency? Male or Female? Age? Describe Incident
 - Know if any pre-existing conditions of patient
 - What is your phone number?
 - 911 will call you back if you are cut off.
 - Stay on the phone with the operator! *Help is being dispatched simultaneously as more information is being collected.*
 - Discuss transportation strategy with emergency dispatch
4. **Call someone with First Aid and/or CPR training** to provide assistance before the arrival of professional medical help.
5. **If no one trained in First Aid and/or CPR** is available, try to:
 - Stop the bleeding with firm pressure on the wounds
 - Clear air passages using the Heimlich Maneuver in case of choking

Evacuation of a patient

- What are your personal options for moving the injured/sick person? (*The emergency operator may take this into account depending on the medical history, the availability of transport and personnel.*)
- Ask the 911 Operator if they can send help directly to your location (OPP or Coastguard), and if yes, ask how long it will take.
- If it will take too long in the circumstances; or, if they are unable to come to your location:
 - Call the Marine Patrol during their regular daytime hours
 - Call the friends/neighbours you have identified
 - Know First Aid and/or
 - Can assist getting the patient into the boat, and/or
 - Can drive their boat or your boat to the station at night, or
 - If prearranged, call your Marina or Contractor for assistance