

**Regulation of the Minister of Social Affairs No. 31 of 26.02.2003**  
*Entry into force of this wording 9 March 2003*

**THE CURRICULA AND SCOPE OF FIRST AID AND MEDICAL CARE TRAINING  
FOR CREW MEMBERS,  
AND QUALIFICATION REQUIREMENTS FOR TRAINERS**

The Regulation has been adopted on the basis of subsection (3) of § 28 of the Maritime Safety Act of the Republic of Estonia

**§ 1 Scope of Application**

This Regulation shall apply to all maritime educational institutions providing maritime education and refresher and updating training for seafarers.

**§ 2 General Provisions**

- (1) This Regulation establishes the curricula and scope of First Aid and Medical Care training for crew members on ships registered in Estonia, and qualification requirements for trainers.
- (2) For the purposes of this Regulation, First Aid shall comprise Elementary First Aid and Medical First Aid.
- (3) The Elementary First Aid curriculum has been drawn up on the basis of the requirements of Regulation VI/1 of the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers, 1978 (*hereinafter* STCW Convention) and the STCW Code A-VI/1 table A-VI/1-3.
- (4) The Medical First Aid curriculum has been drawn up on the basis of the requirements of Regulation VI/4 of the STCW Convention and the STCW Code A-VI/4 table A-VI/4-1.
- (5) For the purposes of this Regulation, Medical Care shall comprise first aid training, medical education and nursing to the extent provided in the curriculum, familiarisation with the hygiene and occupational health and safety requirements to be applied on board for the purpose of health protection, as well as familiarisation with preparation of relevant legislation and documentation and the provision and reception of shore-based assistance.
- (6) The Medical Care curriculum has been drawn up on the basis of the relevant requirements of Regulation VI/4 of the STCW Convention and the STCW Code A-VI/4 table A-VI/4-2, Regulation of the Minister of Social Affairs no. 128 of 23 October 2002 "Requirements for organization of medical care on board and a list of medical equipment required on board a ship registered in Estonia", as well as the Occupational Health and Safety Act and the legislation established on the basis thereof.
- (7) For the purposes of this Regulation, a trainer shall be the provider of Elementary First Aid, Medical First Aid and Medical Care training.
- (8) For the purposes of this Regulation, an educational and training institution shall be an institution providing maritime education and refresher and updating training for seafarers or another training institution that is a legal person, complying with the requirements established in subsection 20 (3) of the Maritime Safety Act.

### **§ 3 Curricula and Scope of Training**

- (1) The Elementary First Aid curriculum shall be specified in Annex 1. The scope of Elementary First Aid training shall be 15 hours, consisting of 8 hours of theoretical lectures and 7 hours of practical training.
- (2) The Medical First Aid curriculum shall be specified in Annex 2. The scope of Medical First Aid training shall be 30 hours, consisting of 17 hours of theoretical lectures and 13 hours of practical training. Practical training classes shall comprise up to six trainees per one trainer.
- (3) The Medical Care curriculum shall be specified in Annex 3. The scope of Medical Care training shall be 45,5 hours, consisting of 31,5 hours of theoretical lectures and 14 hours of practical training. Practical training classes shall comprise up to six trainees per one trainer.
- (4) The curricula set out in Annexes 1 to 3 shall be approved by the head of the educational and training institution, who shall be entitled to change the number of hours by a maximum of 10% per subject without changing the list of subjects and the overall scope of training.
- (5) The training courses set out in subsections (1) to (3) shall be completed by an oral examination. A certificate according to the form established in subsection 20 (2) of the Maritime Safety Act shall be issued to those who pass the examination.
- (6) Periodic Medical First Aid and Medical Care training shall be organised every five years.

### **§ 4 Qualification Requirements for Trainers**

- (1) An Elementary First Aid trainer may be a health care professional who has completed a training course for first aid trainers and holds a corresponding certificate.
- (2) A Medical First Aid trainer may be an emergency medicine doctor or a doctor who has completed an emergency medicine refresher and updating training course. For conducting the practical part of a Medical First Aid course, the trainer may engage a health care professional who has the competence specified in subsection (1).
- (3) A Medical Care trainer may be an emergency medicine doctor or a doctor who has completed an emergency medicine refresher and updating training course. For conducting the theoretical part of a Medical Care course, the trainer may engage a specialist in the subject taught, and for the practical part of the course, the trainer may engage a health care professional who has the competence specified in subsection (1).

\* This Regulation has been prepared taking into account the requirements in Council Directive 92/29/EEC.

Regulation No. 31 of the Minister of Social Affairs of 26 February 2003 “**The Curricula and Volume of First Aid and Medical Care Training for Crew Members, and Qualification Requirements for Trainers**” Annex 1

**ELEMENTARY FIRST AID CURRICULUM**

Subject	Theoretical lectures, hours	Practical training, hours	Duration of training, hours
1. The nature of first aid, assessment of the condition of an injured person, tactics of first aid.	1,0	–	1,0
2. An overview of human anatomy and physiology.	2,0	–	2,0
3. Choosing the position of an injured person depending on the nature and extent of the injury.	0,5	1,0	1,5
4. Providing first aid to an unconscious person.	0,5	0,5	1,0
5. Resuscitation.	0,5	1,5	2,0
6. Techniques to stop bleeding.	0,5	1,0	1,5
7. Shock and its symptoms.	0,5	0,5	1,0
8. Fractures, burns, frostbite, electrical injury.	0,5	0,5	1,0
9. Rescue and transfer of an injured person in the event of an accident.	0,5	1,0	1,5
10. Other relevant topics, including first aid equipment and its use.	1,5	1,0	2,5
<b>Total hours</b>	<b>8,0</b>	<b>7,0</b>	<b>15,0</b>

Regulation No. 31 of the Minister of Social Affairs of 26 February 2003 “**The Curricula and Volume of First Aid and Medical Care Training for Crew Members, and Qualification Requirements for Trainers**” Annex 2

**MEDICAL FIRST AID CURRICULUM**

Subject	Theoretical lectures, hours	Practical training, hours	Duration of training, hours
1. Immediate First Aid activities.	1,0	1,0	2,0
2. First aid equipment	1,0	0,5	1,5
3. Overview of human anatomy and physiology.	2,0	0,5	2,5
4. Toxicological hazards on board, effects of toxic substances on the body. First aid measures in case of poisoning. Antidotes and their use.	1,0	2,5	3,5
5. Assessment of the condition of an injured person.	1,0	0,5	1,5
6. Back injuries.	1,0	2,0	3,0
7. Burns, thermal damage to tissues. Effects of cold and heat on the body.	1,0	0,5	3,0
8. Injuries of bones, joints and soft tissues, bleeding.	1,5	1,5	3,0
9. Post-rescue monitoring and care of an injured person, shock and its symptoms, nature and prevention of hypothermia.	1,25	0,75	2,0
10. Medical advice from a radio consultation centre.	1,0	–	1,0
11. Medical equipment required on board.	2,0	0,5	2,5
12. Sterilization.	0,25	0,25	0,5
13. Action in the event of cardiac arrest, drowning and suffocation.	1,0	1,0	2,0
14. Effects of factors specific to the shipping industry on the psyche of crew members. First aid in case of mental disorders.	2,0	–	2,0
<b>Total hours</b>	<b>17,0</b>	<b>13,0</b>	<b>30,0</b>

Regulation No. 31 of the Minister of Social Affairs of 26 February 2003 “**The Curricula and Volume of First Aid and Medical Care Training for Crew Members, and Qualification Requirements for Trainers**” Annex 3

**MEDICAL CARE TRAINING CURRICULUM**

Subject	Theoretical lectures, hours	Practical training, hours	Duration of training, hours
1. Revision of medical elementary and first aid.	3,0	3,0	6,0
2. Medical assistance in the event of an accident:	4,0	3,0	7,0
1) head and back injuries;			
2) traumas and diseases of the ear, nose, throat and eyes;			
3) internal and external bleeding;			
4) burns, heat trauma, frostbite;			
5) fractures, sprains and soft tissue injuries;			
6) wounds, bleeding, wound infections;			
7) pain management;			
8) wound treatment and suturing;			
9) acute gastrointestinal diseases, abdominal traumas;			
10) basic surgical procedures;			
11) bandaging and splinting.			
3. Nursing.	1,5	1,0	2,5
4. Medical care in the event of illness:	3,5	1,0	4,5
1) medical conditions requiring emergency medical care;			
2) venereal diseases;			
3) tropical and other infectious diseases.			
5. Effects of alcohol and drugs on the organs.	2,0	–	2,0
6. Diseases of the teeth and oral cavity.	1,0	–	1,0
7. Women's diseases, pregnancy, obstetrics.	2,0	–	2,0
8. Providing medical assistance to a rescued person. The nature of shock and freezing.	2,0	–	2,0
9. Instructions at sea in case of death.	1,0	–	1,0

10. Ensuring hygiene and a safe working environment on board.	1,0	1,0	2,0
11. Prevention of infection:	2,0	–	2,0
1) disinfection, disinsection, extermination of vermin;			
2) vaccination.			
12. Legislation and Reporting:	1,5	1,0	2,5
1) relevant Estonian and international normative documents;			
2) preparation and registration of medical documents.			
13. Drugs required on board, their indications and use.	3,0	1,0	4,0
14. Medical equipment required on board, its use.	2,0	2,0	4,0
15. Assistance from shore-based services:	2,0	1,0	3,0
1) medical advice from a radio consultation centre;			
2) transportation of sick and injured persons,			
including helicopter evacuation;			
(3) cooperation with maritime rescue centres in providing medical assistance to the sick and injured.			
<b>Total hours</b>	<b>31,5</b>	<b>14,0</b>	<b>45,5</b>