

METHODS OF CONDUCTING SEARCH AND RESCUE OPERATIONS AND RENDERING ASSISTANCE IN CASE OF DROWNING

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Abstract: With the arrival of the bathing season, the number of accidents in water bodies increases dramatically. Many people do not know what procedures should be followed when a person witnesses such an accident, or when there is a need to provide first aid to a drowning person. Observance of safety rules while bathing in water bodies, prevention of unpleasant situations in water bodies, and timely organization of emergency medical aid to drowning citizens are indicated.

Key words: boats and boats, bathing, drowning, injury, swimming, accident, first aid, fainting, search and rescue.

INTRODUCTION. With the arrival of the bathing season, the number of accidents in water bodies increases dramatically. Many people do not know what procedures should be followed when a person witnesses such an accident, or when there is a need to provide first aid to a drowning person. It is important to observe the safety rules while bathing in water bodies, to prevent unpleasant situations in water bodies, and to organize in a timely manner urgent medical aid to citizens who have drowned.

EXPERIMENTAL METHODOLOGY. The effort and complexity of rescue operations varies and depends on many factors, such as the nature of the problem, underwater conditions, and the type and depth of the dive site. A simple rescue involves bringing a diver who is exhausted or suffering from leg cramps to safety on the surface (Figure 1.).



A) Salvage without hydrocombene



B) Method of rescue from shore.

Figure 1. Method of rescuing a drowning person in field conditions.

It is known from researches that in order to prevent drowning incidents, first of all, it is recommended to bathe when the weather is sunny and there is no wind, and the air temperature is not less than 30-38 degrees. It is not appropriate to bathe when the stomach is hungry, tired, thirsty, recently woken up from illness, when alcohol is consumed, when one is alone, and in cases of sunburn. It is also prohibited to bathe in prohibited places, swim near boats and boats, leave young children unattended in the water, go beyond the restricted signs, jump into the water from bridges, dams and ships, and dive in unfamiliar places (Table 1).

Table 1

The duration of the daily working hours of the diver-rescuer of the "Water rescue group" of the search and rescue squads

№	For divers	Water temperature (°S)	Duration of working hours	Explanation
1.	Without hydrocombenezone	28 °S	up to 4 hours	A 20-minute break every 90 minutes
2.	Without hydrocombenezone	25-27 ° S	up to 2 hours	
3.	Without hydrocombenezone	22-24 °S	up to 1 hour	
4.	Without hydrocombenezone	19-21 °S	up to 30 minutes	
5.	It is not allowed to dive without a wetsuit.	At a temperature of 18 °S and below	-	
6.	Hydrocombenezone	16-18 °S	up to 5 hours	A 20-minute break every 90 minutes
7.	Hydrocombenezone	13-15 °S	up to 4 hours	
8.	Hydrocombenezone	10-12 °S	up to 3.5 hours	
9.	Hydrocombenezone	7-9 °S	up to 2 hours	
10.	Hydrocombenezone	4-6 °S	up to 1.5 hours	
11.	Hydrocombenezone	1-3 °S	up to 1 hour	

The duration of dives to oil and oil products must not exceed 1 hour, while working in one diving jacket, the duration of diving activities must not exceed 2.5 hours.

Also, night dives are diving activities performed in extremely difficult conditions. Only experienced and physically fit divers are involved in such dives. In order to create safe working conditions for the diver at night, the working area should be strongly illuminated from the diving post, the air bubbles coming out of the diver should be visible, it should be possible to control the necessary equipment, the diver's working place under water and the diving corridor should be illuminated with underwater lights.

In the event of an accident that may endanger human life, assistance to the victim, and other cases, diving is carried out at night or in the dark, based on special instructions. The duration of night dives is determined in the same order as daytime dives, depending on the temperature of the water.

RESULTS AND RECOMMENDATIONS. There are a number of things to consider when boating. We must not forget that the use of unmanned and technically defective boats, going on a trip in windy and rainy weather or without rescue and water release devices, carrying extra people and cargo when the boat is allowed, moving from one boat to another boat while sailing, using sailing equipment after dark can cause unpleasant situations.

Requirements for rescuing a drowning person:

- Rescue equipment and boats are used to rescue a drowning person. In their absence, it is necessary to know the safety measures in rescuing a drowning person.
 - If the drowning person has lost consciousness, it will be much easier to get him out of the water. But rescuing a person who has not lost consciousness poses a great danger to the rescuer. Because a drowning person, in confusion and panic, can cling tightly to the rescuer and pull him under the water. Therefore, it is necessary to learn the methods of getting out of the clutches of a drowning person and towing.
 - Death can occur not only in the water, but also after the victim is removed from the water. The positive result of resuscitation measures depends on their correct and timely performance.
 - These measures should be started from the moment of towing the victim in the water, not after taking him to the shore. Because even a few artificial respirations performed at this time will speed up the recovery of the victim's health. The victim is provided with excellent first aid after being brought ashore.
 - If the victim has not lost consciousness, it is recommended to immediately remove his wet clothes, clean the body from various objects, drink some hot drink, give valerian tincture.
 - If the victim has lost consciousness, but breathing and heartbeat have not stopped, immediately take off his clothes and smell navshatir alcohol. If heart attack and breathing have stopped, artificial respiration and heart massage are performed at the same time.
 - If the victim is in a convulsive state, opening their mouth is done using a special method: the mouth is opened with the thumbs while pulling four fingers of both hands from the lower jaw. To prevent the jaws from closing again, something is poured between the teeth (a piece of rubber, a napkin, a bandage, etc.) With the help of fingers, the mouth and nasal cavities are cleaned of foreign objects with a clean gauze or handkerchief. Then the tongue is pulled out with the victim's head up. Cleaning of the oral cavity and upper respiratory tract can be done at the same time as removing water from the respiratory tract.
 - To remove water from the body, the victim is placed on his stomach on his knees (with the helper sitting on one knee) and the shovels are pressed several times. In this case, the victim's head should be below the chest.
 - After the oral cavity is cleaned and most of the water is removed from the body, artificial respiration is started. Simple methods of artificial respiration are "mouth-to-mouth" and "mouth-to-nose". Cardiac massage is performed simultaneously with artificial respiration. At this time, the victim must be laid face up on the hard ground.
 - Cardiac massage is performed after 2 artificial respirations. The massage is performed in strict mode with 15-30 clicks per minute.
 - The ratio of CPR to CPR should be 2:30 in adults, 2:15 in adolescents, 1:15 in eight-year-old children (one-handed massage), 1:5 in five-year-old children (four-paw massage), 1:5 in one-year-old infants (with two fingers sucking). Breathing and heart massage are not performed at the same time. Only during exhalation, the chest is pressed 4-6 times.
 - In two-person assistance, the first person provides artificial respiration, and the second person performs direct CPR. These measures are continued until the victim breathes on his own.
- After providing first aid (after the victim regains consciousness by breathing), it is necessary to immediately remove wet clothes and warm the body. For this, hot sand, a heating pad, a bottle filled with hot water and similar things are used. First of all, the chest, neck, legs, liver and back are heated. Then an ambulance is called.
- SUMMARY.** No ambulance can arrive in 4-6 minutes. Therefore, if cardiopulmonary resuscitation (resuscitation) is shown to a drowned person for 4-6 minutes, the time of clinical death is divided according to the resuscitation of the victim. Therefore, it is necessary for every rescuer to know CPR and CPR procedures.
- In addition, when a drowning person is quickly rescued and given the necessary first aid, the victim's life will be saved.

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