







# Body Check

		Yes	No
<b>Consciousness</b>	<ul style="list-style-type: none"> <li>• Can the person concerned answer questions about the name, date of birth, current date, residence and name of the ship as well as shipping company?</li> <li>• Face: Differences comparing sides (esp. eyelids/corners of the mouth)?</li> <li>• Speech impairments?</li> <li>• Visual impairments (double vision/partial loss of vision)?</li> <li>• Are the pupils the same size and reduce in size when exposed to light?</li> <li>• Are the pupils different sizes or do not respond to light?</li> </ul>		
<b>Head</b>	<ul style="list-style-type: none"> <li>• Any bleeding, swelling?</li> <li>• Place both hands around the head: Bleeding at the back of the head?</li> <li>• Palpate: Edges/deformations? Any pain?</li> <li>• Seepage of fluids inside auditory canal or nose?</li> </ul>		
<b>Chest</b>	<ul style="list-style-type: none"> <li>• Any bleeding, bruising, swelling, abrasions?</li> <li>• Palpate: Shoulder girdle (collarbones): From the inside to the outside, ribs and sternum from the top to the bottom and lateral chest compression: Bones instabil? Any pain?</li> <li>• Sounds of breathing (whistling, bubbling)?</li> <li>• Chest movements the same on both sides?</li> </ul>		
<b>Abdomen</b>	<ul style="list-style-type: none"> <li>• Any bleeding, bruising, swelling, abrasions?</li> <li>• Palpate: Abdominal guarding? Any pain?</li> <li>• Listen for bowel sounds (present, very few, quiet?)</li> </ul>		
<b>Pelvis</b>	<ul style="list-style-type: none"> <li>• Any bleeding, bruising, swelling, abrasions?</li> <li>• Palpate carefully: Instability of the pelvis?</li> <li>• Any blood from the urethra?</li> <li>• Genitalia: Any swelling? Haematomas? Any pain? Any redness/signs of infection?</li> </ul>		
<b>Limbs</b>	<ul style="list-style-type: none"> <li>• Any bleeding, bruising, swelling, defective position, abrasions?</li> <li>• Palpate and carefully move: stability of the bones, any pain/radiating of pain?</li> <li>• Skin temperature locally particularly elevated? Redness?</li> <li>• Touch comparing the sides: inside and outside, from close to the body to far from the body: same on either side?</li> <li>• Strength comparing the sides? (Patient him-/herself or assisted) Lift arms and legs one after the other: Paralysis?</li> </ul>		

# Body Check

		Yes	No
<b>Back</b>	<ul style="list-style-type: none"> <li>Any bleeding, bruising, swelling?</li> <li>Palpate / tap: Any pain/radiating of pain?</li> </ul>		
<b>Skin</b>	<ul style="list-style-type: none"> <li>pink</li> <li>blue</li> <li>pale</li> <li>warm</li> <li>cold sweat</li> <li>cold fingers / warm torso</li> </ul>		
<p><b>Vital parameter</b></p> <p>Pulse: _____ /min</p> <p>Blood pressure: _____ mmHg</p> <p>Temperature: _____ °C rectal / under tongue / under the armpit</p> <p>Breathing frequency: _____ /min</p>			
<p><b>Assessing pain</b></p> <div style="display: flex; justify-content: space-around; align-items: center;">       </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="background-color: #c0c0e0; width: 20px; height: 15px;"></div> <div style="background-color: #8080a0; width: 20px; height: 15px;"></div> <div style="background-color: #404080; width: 20px; height: 15px;"></div> <div style="background-color: #202080; width: 20px; height: 15px;"></div> <div style="background-color: #000080; width: 20px; height: 15px;"></div> <div style="background-color: #800000; width: 20px; height: 15px;"></div> </div> <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 5px;"> <span>0</span> <span>2</span> <span>4</span> <span>6</span> <span>8</span> <span>10</span> </div> <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 5px;"> <span>No pain</span> <span>Strongest pain</span> </div>			
<p><b>Remarks</b></p>    			
Date and time	Examiner	Signature	