



RLSS UK LIFEGUARD TRAINING – ELS Part 2 (Airway Management)

VERSION 2.2 - JANUARY 2005

Name _____ Qual. exp. date _____ RLSS No. 3 0 _____

Trainer to date and sign first column on successful completion of a full test. Skills tests may be signed off each time tested. It is the lifeguard's responsibility to ensure personal logbooks are completed and signed.

Skill 1 - ADULT SUDDEN COLLAPSE - First lifeguard on scene...		✓	FULL TEST	DATE	SKILL NO'S	DURATION	T/A SIGNATURE	DATE	SKILL NO'S	DURATION	T/A SIGNATURE
1 - Check it is safe before proceeding											
2 - Check responsiveness – <i>gently shake shoulders, ask "Are you all right?"</i>											
3 - Shout for help – <i>use radio, alarm or other communication device where available</i>											
4 - Obtain an airway and remove any obvious obstructions											
5 - No breathing after 10 seconds, use radio to request resuscitation kit and call for an ambulance											
6 - Give 2 effective rescue breaths with pocket mask (where available)											
7.1 - If there <i>are</i> signs of a circulation after checking for 10 secs continue rescue breathing and recheck for circulation after every 10 breaths while waiting for resus kit. Keep lifeguard base informed											
7.2 - If there <i>are no</i> signs of circulation start CPR at a ratio of 15:2. Use 2 operator CPR if possible											
8 - When resus kit arrives continue CPR/rescue breaths until kit is set up and operator instructs you what to do. Where the casualty has no circulation and the AED has arrived with the oxygen, AED will be set up first. If casualty has signs of a circulation or O ₂ arrives before AED, O ₂ will be set up first.											
Skill 2 – CASUALTY REQUIRING OXYGEN - O ₂ -equipped lifeguard arrives on scene...		✓	SIGN:	DATE	SKILL NO'S	DURATION	T/A SIGNATURE	DATE	SKILL NO'S	DURATION	T/A SIGNATURE
1 - Assume control of the incident and recheck for danger (especially any cigarettes/naked flame) and check ABC to confirm diagnosis – tell other lifeguards to continue treatment while setting up kit											
2.1- With new kits, turn on oxygen flow ¹	2.2 – With old kits, ensure regulator is attached to cylinder. Turn valve anti-clockwise by hand 1-2 turns until fully open (use ratchet spanner on older cylinders). Turn on flow selector by turning on/off knob anti-clockwise towards 15 litres per min setting ¹										
3 - Check that oxygen is heard flowing through to pocket mask. If not, check tube is not kinked.											
4 - Instruct lifeguard/casualty that you are going to apply mask (where CPR is being performed you should do this as they are performing compressions to avoid disruption to CPR sequence)											
<i>If casualty is not breathing...</i>											
5.1.1- Attach strap and press mask onto face, lift lower jaw upwards with your fingers (jaw thrust). If spinal injury is not suspected tilt head back to open airway further.	5.1.2 – Give 2 RBs by blowing into mask for approx. 1½ to 2 seconds. Chest should rise then fall.	5.1.3 - If casualty has signs of circulation give rescue breaths at a rate of 1 breath every 5 seconds, recheck circulation after every 10 breaths.									
<i>If casualty is breathing...</i>											
5.2 – Apply mask with the strap. Help conscious casualties into a suitable position which assists their breathing. Ensure unconscious casualties are placed in recovery position. Monitor breathing regularly. Ensure an ambulance has been called.		5.1.4 - If no signs of circulation continue 2 operator CPR at a ratio of 15:2									
		5.1.5 - If AED is used to shock casualty, mask should be removed and placed behind lifeguard									
¹ During training ensure that the oxygen flow is switched off to preserve oxygen.											
Skill 3 - VOMITING CASUALTY		✓	VENUE:	DATE	SKILL NO'S	DURATION	T/A SIGNATURE	DATE	SKILL NO'S	DURATION	T/A SIGNATURE
1 - Turn casualty away from you as in normal action for vomit – hold mouth open											
2 - Take V-Vac suction unit and place tip at front of the lower side of mouth in the cheek											
3 - Use the pump ideally for no more than 10 seconds to clear vomit, adjust stroke length for children											
4 - Once mouth is clear, return to CPR sequence immediately. Replace cap and change cartridge.											
Skill 4 - AIRWAY MANAGEMENT THEORY UNDERSTANDING		✓									
Safety aspects to consider when using oxygen											
Procedures after use, and safe storage and maintenance of oxygen kits											
Hygiene precautions and techniques when using V-Vac suction											

Competence notes:

APPROVED TRAINING CENTRES

ATC No. _____ Manager Endorsement _____
 Course Reg. No. _____ Training records to be kept at ATC for verification.

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